



"Off To A Good Start"

A Newsletter for You and Your Kids

University of California Cooperative Extension 858 514-4976 <http://cesandiego.ucdavis.edu>



Health and Well Being



Your preschooler is developing emotionally, socially, physically, and mentally. Another very important area in your child's development is health and well-being. Preschoolers need nutritious food, lots of exercise, enough sleep and good medical and dental care.

Good nutrition is necessary for your child's proper growth and development. The habits your child develops now will last a lifetime. Young children gen-

erally eat the same as adults, just in smaller portions. Use the Food Guide Pyramid as a guide for feeding your preschooler. Offer your child lots of fruits, vegetables and whole wheat grain products. Avoid sugary foods, foods with a lot of fat, and processed foods. A healthy breakfast is very important for children. If children go to school hungry, it's difficult for them to con-

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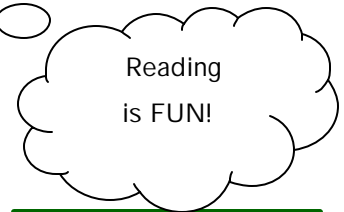
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Suggested Book List



- **Growing Vegetable Soup** by Lois Ehlert
- **Chato's Kitchen** by Gary Soto
- **Abuelo and the Three Bears** by Robert McCloskey
- **The Biggest Sandwich Ever** by Rita Goleen Goldman
- **Feathers for Lunch** by Lois Ehlert
- **Let's Eat** by Reser Cape-devila
- **How Big is a Pig** by Clare Beaton



Fingerplay Activity



Five Little Fishes



Five little fishes swimming in a pool, (wiggle 5 fingers)
 The first one said, "the pool is cool". (wrap arms around body)
 The second one said, "the pool is deep", (voice deep)
 The third one said, "I want to sleep", (rest head on hands)
 The fourth one said, "let's dive and dip,

(hand dives and dips)
 The fifth one said, "I spy a ship", (peer out under hand)
 Fisherman boat comes, (fingers form V and move away from body)
 Line goes KER-SPLASH, (pantomime throwing fishing line)
 Away the five little fishes dash. (wiggle 5 fingers away)

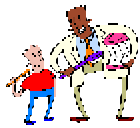
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concentrate and this can affect their academic performance.

Children also need lots of exercise. Take your child to the park, zoo, or museum. Let them run, jump and play. A walk with you around your neighborhood is a good way to get exercise and meet possible playmates. Children should have at least one hour of physical activity every day. Daily exercise and healthy eating habits will help prevent childhood obesity which can lead to diabetes and other illnesses.



It is also important that children get plenty of sleep every day. A child who goes to school tired will find it more difficult to learn. Regular bedtime routines, such as dinner, bath, and a book, will help your child prepare to fall asleep.

Children are growing rapidly. Good medical and dental check-ups will help keep your child healthy and fit. Vaccinations will help to prevent disease. Teeth-cleaning will not only help prevent disease but will protect the permanent teeth once they come in.

Parents should always try to remember they are their child's first and most important teacher. Children will follow what their parents do and try to copy that. Good health is a life-long goal and one in which parents play an essential role. The habits and attitudes taught by parents on healthy eating, exercise and medical and dental care will last a lifetime.



Activities To Do With Your Child

Color Cubes



Materials: Ice cube tray
Red, Blue and Yellow Food Coloring
Three tall clear glasses or baby food jars

What to do:

- * Fill an ice cube tray with water
- * Add drops of red, blue and yellow food coloring to different compartments (be sure not to mix colors in the same compartment)*
- * Freeze the water
- * After the water freezes, place one red cube and one yellow cube in the glass. Watch what happens as the ice melts.
- * Place one yellow cube and one blue cube in another glass. Watch what happens.
- * Place one blue cube and one red cube in another glass. Watch what happens.

1 egg
Dash of salt
1/4 cup sugar
1 1/2 cups flour
1 cup skim milk
1/4 cup vegetable oil
1 tablespoon baking powder
2 cups flake breakfast cereal
1 cup fresh or frozen blueberries

Blueberry Muffins

Blueberry Muffins cont.

Stir flour, breakfast cereal, sugar, baking powder and salt together in a bowl.

Beat milk, egg and oil together in a separate bowl. Add flour mixture to egg mixture.

Stir together. Stir in berries. Spoon batter evenly into 12 muffin tins that have been greased with vegetable cooking spray.

Bake in a 400 degree oven for 20 minutes or until lightly browned.

Sweet Cereals



Read the label for the best choice! 5 grams of sugar = 1 teaspoon of sugar
Cereals with 6 grams of sugar or less in a serving are the best choices. Some cereals are adding non-calorie sweeteners. These cereals have less sugar, but are very sweet. Your child will be eating less sugar. However, he or she may be learning to prefer these sweet tasting cereals.



Breakfast Cereals

- ? Breakfast cereals are one of our best breakfast foods. Eating cereal can add fiber, iron, folic acid and calcium to your child's diet. It can also be a breakfast low in fat and sugar, if you make the right choice. Read the label and choose the best!
- ? Choose whole grain cereals. The extra fiber and nutrition helps to protect against cancer, heart disease and diabetes.
- ? Choose cereals high in iron. Small children need plenty of iron for their growing bodies. Cereals with at least 45% DV for iron are the best.
- ? Choose cereals low in sugar. Cereals with 6 grams of sugar or less in a serving are the best.
- ? Serve cereal with skim or 1% milk.
- ? Top cereal with fruit. Try sliced bananas, peaches, pears, strawberries, blueberries, raspberries or raisins.

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