



Positive Parenting

By The Guidance Center's *Family Resource Center* and



Setting a Healthy Example



Many kids today choose to play video games or watch television rather than go outside to play. Portions in restaurants are huge and fast food is the dinner choice for many busy families. As a parent, you can take small steps to ensure that your child develops healthy eating habits. Remember that you are their role model – the food choices you make will influence what your children eat. Here are some tips you can use to promote healthy eating for your family.

- Eat meals together as a family.
 - Say “no” to super-size options when you eat out.
 - Plant a vegetable garden at home.
 - Avoid telling your child to “take one more bite” or “clean your plate.”
 - Make up a healthy snack list with your child and post it on the refrigerator.
 - Drink water as the beverage of choice when thirsty.
 - Limit sweetened drinks such as juice or soda.
 - Limit total “electronic time” (video games, computers, and tv) to a maximum of 2 hours daily.
 - Cook with your child and involve them in the meal planning.
 - Encourage your child to play outside – play with her whenever possible.
 - Teach your child how to read and understand food labels.
 - Find an indoor swimming pool that you can use all year long.
 - Eat a variety of foods – teach your child about all kinds of food.
- When your kids see you making nutritious choices they will be inspired to make the same choices in their lives.



***Information cited from <http://nutritionforkids/emlnews/FK-December03.htm>



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Special Points of Interest:

- ☺ Healthy Habits
- ☺ Book Store Re-Opening
- ☺ Folic Acid and a Healthy Pregnancy
- ☺ Food for the Body
- ☺ Children's Dental Health Month



Guidance Center Bookstore Re-opens!

The Guidance Center Bookstore moved this month from its previous location to a new one in the Aquinas Center on Northline Road. Open Monday through Friday,

the store carries a wide range of products for parents and children. In addition to the many books offered, there are games, puzzles, videos, puppets, and other fun, educational

activities. The bookstore also carries snacks, beverages, and freshly made sandwiches. Take some time this month to stop by and check out the selection!

Let's Talk Language Tip



Let's Talk Language All Ages Tip: Expand on what your child says to you. For instance, if your toddler says "Cheese," say, "You would like a piece of cheese to eat." Add words to what your toddler says to make sentences. This helps your toddler understand the structure of language and learn new words.



Women Take Note, It Is Important!

By Amy Kosiba



Many women who are of child bearing age may be making big mistake everyday, not getting enough Folic Acid (a B vitamin). Soon after conception, folate helps develop the neural tube, which becomes the baby's spinal cord and brain.

What is it?

Folate is essential for health, your body needs it to create new cells, helps form hemoglobin in red blood cells, may help protect against heart disease and helps lower the risk of delivering a baby with neural tube defects such as spina bifida.



How does it help?

Women who consume enough folate, particularly in the weeks prior to conception and during the first three months of pregnancy, may reduce the risk of neural tube defects, which occur when the neural tube does not close completely. In fact, as many as 75 percent of serious birth defects in the spine and neural tube (spina bifida) and brain (anencephaly) might be prevented if women consumed enough folic acid in the critical time before in the early weeks of pregnancy.¹ Got your attention? Read on....

How much do we need?

The RDA for women capable of becoming pregnant (fourteen to fifty years) is 400 micrograms of folic acid daily from fortified foods, vitamin supplements, or a combination of the two, in addition to folate found naturally in certain foods. (As always talk to your physician before starting any vitamin/mineral supplement.) Pregnancy increases the recommended amount to 600 micrograms daily, during breast feeding, 500 micrograms are advised.

What do we do?

It is simple and easy. Eat a well balanced diet with a variety of foods that naturally contain folate, Okay, that might not be easy for all, there are some simples alternatives you can do everyday. (For those of you who like to eat well balanced, oranges and orange juice, lentils, dried beans, spinach, broccoli, and peanuts are good sources of folic acid.). According to law in 1998, enriched grain products – most breads, flour, crackers, rice, pasta – must be fortified with folic acid.

Check your cereal labels. Some breakfast cereals are fully fortified at 400 micrograms per serving – that is 100 percent of the RDA for women of child bearing age.! You may already be getting what you need with your OJ and coffee every morning while watching Good Morning America. If you don't think your cereal or diet is making the grade – 400 micrograms daily, a basic multivitamin/mineral supplement will provide you that insurance. (Talk to your doctor before starting any supplements.)



Although most women know the benefits of getting enough folic acid, how many of us are getting it everyday? And all pregnancies are planned, right? We have educated ourselves, now let's step up to the plate and be proactive! Spread the word to your daughters, friends, sisters, relatives and coworkers.

Eat up or take that supplement!

What is Good for What...

By Linda Stanko of Everybody Ready

Children need to eat for a healthy body. If they are healthy, it is easier to learn and grow and be successful in their life.

What to feed them? Here are some suggestions for each part of their little bodies.

For healthy hair: Whole grains, nuts, cheese, dried beans, yogurt, milk, eggs, poultry, fish

For healthy eyes: Carrots, pumpkin, sweet potatoes, spinach, yogurt, milk, cheese, whole grains, lean meat

For healthy lungs: oranges, dark green vegetables

For healthy digestive systems: apples, carrots, sweet potatoes, prunes, corn, dried beans, whole grains, nuts, peanut butter

For healthy muscles: lean meat, fish, poultry, dried beans, nuts, milk, yogurt, cheese, eggs, bananas, and spinach



For healthy teeth: milk, yogurt, cheese and egg yolks

For a healthy brain: fish, whole milk, whole grains, dark green

leafy vegetables, dried beans, and lean meat

For a healthy heart: fatty fish, olive oil, nuts, bananas, spinach, lowfat yogurt

For healthy skin: carrots, sweet potatoes, pumpkin, spinach, citrus, fruits, berries, kiwi, green peppers, nuts, whole grains, peanut butter lean meat

For healthy bones: MILK, yogurt, cheese, and egg yolks

And remember, "An apple a day keeps the doctor away."

Healthy eating!

National Children's Dental Health Month

Every February the American Dental Association celebrates Children's Dental Health Month. The ADA offers tips and activities to help parents and teachers promote good dental health.

Parents can begin teaching dental health early by brushing and flossing their own teeth regularly. Once a child has a first tooth, parents can start a dental health routine by brushing the tooth with water. After the age of 2, parents can add a pea-sized drop of toothpaste to the brush, which the child should spit out. Children usually brush twice a day unless their dentist says otherwise.

Like brushing, flossing is

important for maintaining a healthy smile. Parents can begin flossing their children's teeth as soon as they have two teeth that touch.. This will remove plaque that a toothbrush cannot reach and help them develop another healthy habit.

The ADA recommends making a child's first trip to the dentist before his or her first birthday. This "well baby checkup" is a chance for the dentist to look for plaque and for parents to learn more about their children's dental health.

Parents can also use some of the activities recommended by the ADA to make learning dental health a fun part of the day. Make a collage of smiles from pictures in

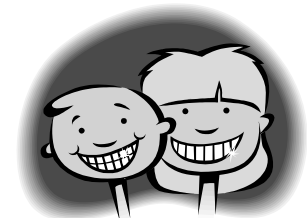
books or magazines. Ask children how they use their teeth each day. Let them show you how they brush. Or have them sing a song about teeth (to the tune of Row, Row, Row Your Boat):

*Brush, brush, brush your teeth,
brush them every day.*

*Right, left, up, down, clean the
plaque away.*

*Brush, brush, brush your teeth,
brush them every day.*

*Front, back, take off the plaque, now
we smile all day!*



Mission Statements

Everybody Ready

Our Vision: All children will be physically, intellectually, emotionally, socially and spiritually prepared to enter kindergarten “Ready to Learn, Ready to Succeed, Ready for Life” through the love, nurture and support of their families, their caregivers and their communities.

Our Mission: Everybody Ready engages the community to support families and caregivers as they meet the needs of children 0-5.

Please check out our website www.everybodyready.com. On it you will find upcoming events for children 0-5, and information telling you all about Everybody Ready. Look for our open quarterly meetings. We always have a keynote speaker talking about issues of young children.

Please call 734 282-5497 with any questions.

The Guidance Center

The Guidance Center’s mission is to enhance the development and mental well being of children, adults, families and communities through the delivery of creative, innovative, and quality programs. Services will be delivered with excellence and professionalism in an atmosphere of caring, hope, and respect.

Infant Massage

The Family Resource Center offers a free infant massage class to parents of babies ages one month to crawling. The many benefits of infant massage include:

- ◆ Bonding – enhances communication, encourages positive interaction and helps parents feel more competent and confident in their role.
- ◆ Relief for baby from discomforts such as teething, colic, congestion, gas, and emotional distress.
- ◆ Relaxation – helps baby sleep deeper and longer.

Our qualified instructor will guide you through the infant massage process with demonstrations and handouts for you to keep. For more information, please call the Family Resource Center at (734) 785-7705, ext. 7053.



After Baby Comes is a support program that offers a home visit, weekly playgroup, and infant massage. **For more information about ABC, call Andrea at (734) 785-7705 ext. 7159.**

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