

HEALTHY HABITS



FOR FAMILIES

THE CHILDREN'S CENTER



Fall 2013

NUTRITION

Healthy Eating Tips For Fall

- Buy local, in-season produce at a farmers market so you get the freshest fruits and vegetables.
- Try a new green, leafy vegetable. Swiss chard is an excellent source of vitamins A, K and C as well as potassium. Simply sauté with oil and garlic and enjoy as a side dish or add to casseroles.
- Winter squash is abundant in autumn and is low in calories and high in fiber.

Ways to prepare different kinds of squash:

- Roast spaghetti squash until soft, then shred with a fork to create strands and serve like pasta.
- Stuff roasted acorn squash with wild rice, dried cranberries and other vegetables.
- Make butternut squash into a creamy and warming soup.

<http://www.healthcarereview.com/2011/10/nutrition-tips-for-a-healthy-fall/>

Overnight Slow Cooker Pumpkin Pie Steel Cut Oats: No Sugar Added

Ingredients

- 1 cup steel cut oats
- 3 cups water (add an extra 1/2 cup if you prefer a less thick oatmeal)
- 1 cup canned pumpkin puree
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 teaspoon pumpkin pie spice
- Optional: 1/2 cup honey or 2 teaspoons vanilla liquid stevia*



*Sweetener can be added during cooking or cook it without and each person can add their own sweetener of choice on top after cooking.

Directions

Combine all ingredients in your slow cooker and cook on low for 8 hours. Enjoy!

PHYSICAL ACTIVITY & PLAY – TIPS FOR AN ACTIVE FALL*

- **Take advantage of the weather.** This is a great time to exercise outdoors. Discover park trails and take in some new scenery, while walking, biking, or in-line skating. Go to the beach and play volleyball, throw the Frisbee, or play a vigorous game of fetch with your dog.
- **Think outside the box.** Many classes at gyms and elsewhere start in the fall, so find something that intrigues you.
- **Be an active TV watcher.** While you watch, walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. Don't waste all that commercial time.
- **Rejuvenate yourself.** Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise, but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.
- **Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes, so don't give up on your fitness program too soon.
- **Strive for the 3 Cs.** Exercise takes **commitment**. We're all busy; that's just part of our lives. Put exercise on your calendar so it becomes part of your routine. **Convenience**: choose a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted. **Consistency**: even if you can only exercise 10 minutes a day, it's a start. Start slow and work up to more time each day.

*For more tips go to: www.webmd.com/fitness-exercise/features/10-tips-fall-fitness?page=3

FROM THE PHYSICIANS PERSPECTIVE

HEALTHY HAPPY MOMS ... HEALTHY HAPPY BABIES

By Tanya Taival, DO, Obstetrics and Gynecology

The most important thing we can do for our children as mothers is to be healthy—physically and emotionally. When we are feeling well, we can better care for and love our babies. As moms we often put everyone else's needs before our own. We sacrifice our own meals, sleep, and time for the sake of our loved ones. This stresses our minds and bodies, ultimately affecting how we interact with our children. Here are some pointers for a better mind, body, and soul for all women:

DIET. You need to provide your body with well-balanced meals. Ideally we should eat at least three meals a day with healthy snacks in between. A healthy diet consists of protein, carbohydrates, fruits and vegetables. Women should consume approximately 2400 kcal while pregnant, 2600 kcal while lactating, and 2200kcal when not pregnant. This is a general rule, and doesn't take into consideration variances of height, weight, and other medical issues. If you are not eating like this you need to look into a good multivitamin. All pregnant women need to be on a prenatal vitamin.

EXERCISE. During pregnancy and postpartum you don't need to limit your exercise, but may need to adjust the type of exercises so you don't harm yourself. Always consult your physician when you start a new exercise program, especially while pregnant. Exercise provides many benefits to every woman, including endorphin release to make you feel better.

SLEEP. You need to sleep at least 6 to 8 hours a night. Enough said.

MIND AND SOUL. Take time to be you! Do things you enjoy to help you relax. Get a massage, manicure, or pedicure. Go for a walk, sing, and dance. Go to lunch with friends, meditate. Being a mom is hard work and it's 24/7. You deserve a break, so take one every so often.

Lots of moms are going through the same things you are. Share what's going on in your life, and talk to your physicians. We are here to help you. Places like The Children's Center offer various educational classes and support groups. A happy, healthy mommy makes for a happy, healthy family!



Healthy Happy Moms & Babies



Mindful Yoga



A service of Parrish Medical Center

Childcare, preschool, parenting groups, play groups, school tutoring and behavior interventions, developmental evaluations and therapy services, respite care, support groups & more

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SPIRITUAL HEALTH & MINDFULNESS

By Helen Duane, LCSW

"Mindfulness simply means paying attention in a different way." — Jon Kabat-Zinn

In its second year at The Children's Center, the Wellness and Mindful Living Program for Preschoolers teaches children how to live well. It teaches compassion, deep breathing, relaxation techniques, the importance of exercise and the need to eat nutritious foods. This program brings experts from the community into the Center to share their knowledge with the children. This quarter Lori Duester, The Children's Center director, taught disability awareness. Lucas Jordan, a fitness professional, taught the children that exercise can be fun. Bridgett Griffin taught the children yoga, and I taught self-soothing techniques and deep breathing exercises.

The program's overall goal is to help children develop healthy habits that will last a lifetime. You can help reinforce the lessons your child learns at home if you'd like. We encourage you to use the same language they are taught at the center. For instance, talk to your child about the difference between a "whoa" food (a treat) and a "go" food (a fruit or vegetable). And try some relaxation exercises at home, such as *Sleepy Little Yoga* by Rebeca Whitford and Martina Selway. This book is designed to be interactive and will help teach both you and your child yoga poses and how to regulate your breathing. The poses are child-friendly and your children will enjoy showing you the moves they've already learned. You could introduce this type of mindful activity into your bedtime routine.



Disability Awareness