

HEALTHY HABITS



FOR FAMILIES

THE CHILDREN'S CENTER



NUTRITION

TIPS FOR EATING HEALTHY WHEN EATING OUT*

- Ask for water, or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- Start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner. Ask for dressing on the side.
- Choose main dishes that include vegetables like stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes
- Choose a "small" or "medium" portion for food and beverages
- Order from the menu, not the "all-you-can-eat" buffet.
- Try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
- If you can chill the extra food right away, take leftovers home in a "doggy bag."
- When your food is delivered, set aside or pack half of it to go immediately.
- Resign from the "clean your plate club"—when you've eaten enough, leave the rest.
- On long rides or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



*www.choosemyplate.gov/



SPIRITUAL HEALTH & MINDFULNESS

By Helen Duane, LCSW

Plato said, "The right education must tune the strings of the body and mind to perfect spiritual harmony." The Wellness and Mindful living for Preschooler Program has started its second year and is trying to embody Plato's message. This program focuses on helping young children tune their strings by planning movement activities and group cohesion. So far this year we have had Billy Specht from the YMCA teach the 3–5 year olds soccer. This organized movement activity taught the young children specific skills, enhanced motor skills, and the concepts of teamwork and sportsmanship.

To enhance the children's mind and body awareness I taught them breathing exercises. I encouraged the children to use their breath to settle themselves, much like sand sinking to the bottom of a glass.



THE PHYSICIAN'S PERSPECTIVE

SUMMER FUN

By Pediatrician Erica O'Bryan, MD



SUN SAFETY: Your child's skin is very delicate and it's up to you to protect it. The best way to prevent skin cancer is to avoid sunburns. Sunscreens, wide brimmed hats, protective clothing and sun avoidance (between the hours of 10 a.m. and 4 p.m.) are important for maximum sun protection. Children are smaller than adults and they dehydrate quicker. When kids play, they sweat. They should not be out in the heat for more than 30 minutes. Bring them inside for at least 15 minutes for water and snacks.

- Babies under 6 months of age should be kept out of direct sunlight and in the shade when possible.
- Select clothes with a tightly woven fabric. Cotton is both cool and protective. Wear protective sunglasses with UV protection.
- Select a sunscreen that is at least SPF 15 (30 for fair skin) and look for the words "broad-spectrum" on the label (UVA & B protection). Apply 15 minutes before sun exposure. Reapply every 2 hours and be generous. [SPF 15 = 5 hours of protection, "waterproof sunscreen" stays on or 30 minutes in water].

SUNBURN TREATMENT

Do's: Ibuprofen, Hydrocortisone (1%) three times per day, cool baths/compresses, hydration, antibiotic ointment for broken blisters.

Don'ts: skin barrier ointments, butter, First Aid creams/sprays.

WATER SAFETY: To ensure that your child is safe, never leave them unsupervised around water. Drowning is a leading cause of accidental death especially in Florida. Teach your child to swim, but remember that younger children shouldn't be left unsupervised around water even if they know how to swim. Swim lessons are not a substitute for proper barriers and adult supervision. Children less than 3 years old are most vulnerable to drowning. Always wear a safety-approved life jacket when on a lake, river or ocean while boating, water skiing, jet skiing or tubing.

- Do not let your child play around any water (lake, pool, ocean, etc.) without adult supervision (even if he is a good swimmer).
- Don't allow running or rough play around the water.
- With school out for summer kids are everywhere and parents should be too. Even though your children may be older, make sure you're on watch, so that you won't have to make a trip to the emergency room. Enjoy the summer with your children — **SAFELY!**

PHYSICAL ACTIVITY & PLAY

If the kids are already bored with summer vacation, why not lather on some sunscreen, head outdoors and get moving as a family?

Go swimming: Swimming is a great cardiovascular workout that can help lower your blood pressure, boost your "good" cholesterol levels, improve your mood and help you stay cool. Get your heart rate up by racing to see who can swim the fastest. And don't be afraid to "lose" occasionally. Winning can motivate kids.

Plan "active" vacations: Plan your summer vacation around activities like hiking, off-road cycling, kayaking, camping or snorkeling. Explore new places and teach your kids to appreciate nature. These activities could be lifelong hobbies for your family.

Have a ball: Keep a Frisbee or ball in the car and whip them out when you've been sitting for a while at a picnic, on a road trip and or at the beach.



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

5650 S. Washington Ave.

Titusville, FL 32780

321-264-0855

childrenscenter@parrishmed.com

parrishchildrenscenter.com

Funded by a grant from



Florida Blue Foundation is a trade name of the Blue Cross and Blue Shield of Florida Foundation, an Independent Licensee of the Blue Cross and Blue Shield Association