



## The Basics of Better Eating by Children's Healthcare of Atlanta

Here's a little guidance on how you can help your family build healthier plates.

### Overview

Eating a variety of vegetables, fruits, grains, protein and dairy is a good way to think about what a healthy diet is like.

### Veggies and Fruits

Make half your plate veggies and fruits. Veggies and fruits contain vitamins, minerals and fiber—stuff your body needs to work like it should.

Serve a variety of colors, especially red, orange and dark green because they are full of nutrients. To add variety, pick a new fruit or vegetable for daily menus on a regular basis.

### Whole Grains

Make at least half your grains whole grains. Whole grains contain fiber and other nutrients to help digestion and overall health.

If a grain is brown, it doesn't guarantee it is a whole grain. Look for the word "whole" before the name of the first ingredient to get the full benefit of grains.

### Go Lean With Protein

Protein is a source of energy that helps your body build and repair itself. You can find it in both animal and plant foods. Varying your protein sources is a good way to balance potential nutrients.

Choose lean proteins when possible with foods like lean beef, fish, chicken, turkey, eggs, low-fat dairy, beans, peas, lentils and soy/meat alternatives.

### Drink and Eat Calcium-Rich Foods

Dairy products are an important source of calcium and Vitamin D that keep bones strong. Serving low-fat milk and dairy products such as yogurt and cheese is an easy way to add dairy to children's meals.

Children older than 2 years of age should be given 1% milk or skim milk.

### More Water, Less Juice

Our bodies are made of water so it is important to drink water regularly. Offer water with snacks and have it readily available. Keep in mind, we need more water when exercising vigorously and in warm temperatures.

Also, limit daily juice intake to 4 to 6 oz. or less of 100% fruit juice. While 100% fruit juice can count as a serving of fruit, drinking multiple servings every day is not encouraged. Fruit juice lacks the fiber and other nutrients found in whole fruit.

Sweetened beverages increase your body's need for water and can crowd out the fluids your body really needs. Limit the amount of sweetened beverages they drink. Although water can be found in all of these drinks, your family should still drink six to eight 8-ounce glasses of water every day to keep hydrated.

### Why?

1. Water makes up more than two-thirds of the body's weight.
2. Every cell and organ in the body needs water to function.
3. A lack of water can make the body tired.
4. A lack of water can cause headaches.



### Inside this issue:

Water Is Important	2
Happy Thanksgiving	2
SCHOOL CLOSED	
Dive Into the Basics of Being Active	3
Recommended Reading: Achieving a Healthier Family	4
November Events	4



**Agua...L'eau...or H2O...**  
**No matter how we say it,**  
**WATER IS IMPORTANT !**

Open your refrigerator and there's a good chance you'll find soda, juice, sweet tea, and more - all of the things kids go for. As a parent, it's easy to give in and let your kids enjoy the sugary drinks of their choice. Kids think they want soft drinks and other sugar-sweetened beverages but their bodies actually crave water.

Because the movement of muscles heats up the body and causes it to lose water by sweating, drinking water before, during and after being active. While active, drink sips of cold water every 15 minutes to keep the cool and hydrated.

Feeling thirsty means the body is low on water. Drink water throughout the day rather than sweetened beverages, like sodas, fruit juices, fruit drinks, sweetened iced tea, and sports drinks.

Serve only 4 to 6 ounces for children 1 - 6 years old and 8 oz. to 12 oz. for children 7 - 18 years old of 100% fruit juice to get the daily recommended nutritional benefit.

Allow your child to drink 4 to 6 ounces of sports drinks followed by water if he is playing outside in very hot temperatures for long periods of time, such as practicing for a sport or playing.



**It's getting cold outside...**



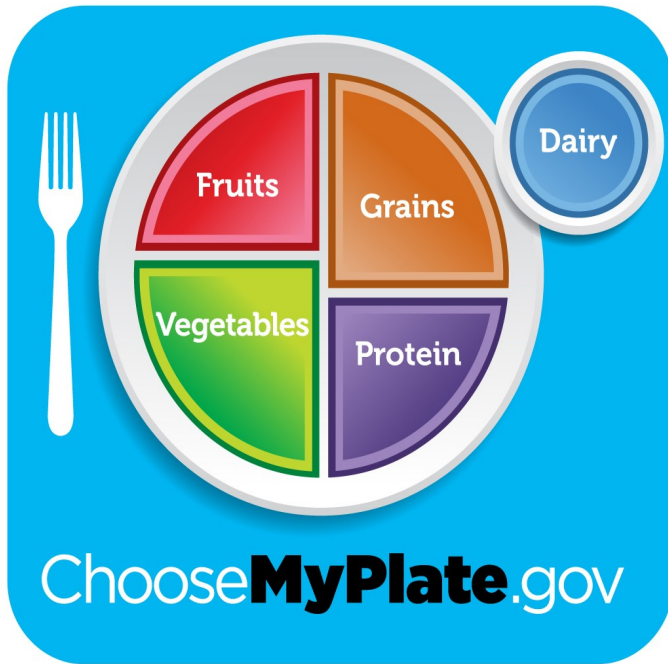
**Let's go play!**

Spend a fun-filled day playing across five football fields of frosty joy. Zoom down the 400-foot hill all together in our family-sized tubes, or go it alone as a single rider. From snowman building to snowball shooting, tubing to togetherness, enjoy all the moments that will make for the perfect snow day.

**NEW for 2013, Avalanche Alley is adding an extra lane for you to get in more family tubing time! And take a spin in the snow on the new Snow-Go-Round, a tubing carousel adventure designed for Little Angels!**



**School will be closed in observance of the Thanksgiving holiday November 28th & 29th.**



IN 2010, the USDA Dietary Guidelines were presented in a whole new way. Growing up, most of today's parents learned about the food pyramid. Sound familiar?

Today, children are learning about balanced eating and nutrition through a new initiative called "My Plate".

MyPlate is part of a larger communications initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices. It is designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone. The icon illustrates the five food groups using a familiar mealtime visual, a place setting. There are several messages communicated through the MyPlate program including: portion control, making half your plate fruits and vegetables, half of your grains should be whole grains, switch to fat free or 1% milk, reduce sodium, and drink more water and less sugary drinks.

## Dive Into the Basics of Being Active

Why is physical activity vital for growing bodies? Find out in this section made to make you move.

### Overview

This article explains the benefits of physical activity bringing in some of the Strong4Life 4 Healthy Habits to help you along.

It's all designed to help families grow stronger with clear movement and fitness goals.

### Moving is Good for You

Every thing your body does requires energy. - Inside the body: Heart beating, blood flowing, lungs breathing, etc. - Outside the body: Raising your arms to dry your hair, walking, etc.

Encouraging kids to be active improves health and well being now and sets the stage for improved health later in life. Some of the benefits of exercise include:

**Healthy Weight:** Physical activity is important to help your child get to or keep a healthy weight.

**Strong Bones:** Exercise can strengthen bones. Building strong bones in childhood means healthier bones throughout in life.

**Developing Lifelong Habits:** If your child enjoys being active, he or she may develop a lifelong, healthy habit of being physically active. Physical activity throughout life can decrease the risk of obesity, cancer, diabetes, high blood pressure and heart disease in children and adults.

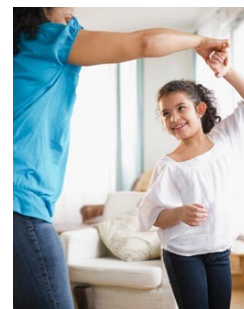
Taking part in regular physical activity can help your child:

- \*Fun With Family And Friends
- \*Deal With Stress
- \*Sleep Well
- \*Feel Better In Their Bodies
- \*Have More Energy
- \*Increase Strength And Endurance
- \*Feel Better About Themselves
- \*Develop Skills In Sports
- \*Perform Better In School

### Be Active for 60 Minutes

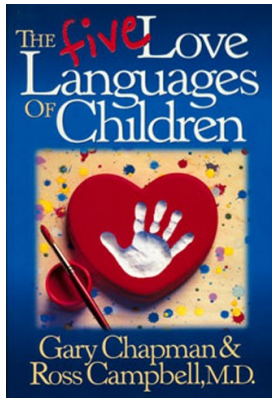
Starting at age 2, children should be active for at least 60 minutes every day. Children today are less active than they were just a few years ago because of an increase in sedentary time, and decrease in daily physical education (PE) classes in school.

Lots of little bursts of activity can add up throughout the day. Let your child choose his/her activity. Allowing him/her to pick an activity will ensure he/she is having fun. Try to be active for at least 15 minutes of every hour. Tag, hide and seek, and dancing are great ways for children to be active.



**Remember the water for re-hydrating and to reduce screen time!**

## Recommended Reading for Achieving a Healthier Family



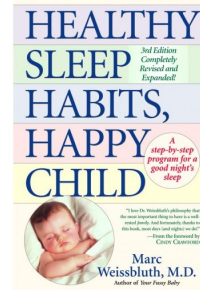
### The Five Love Languages of

Children by Chapman & Campbell

Does your child speak a different language? Sometimes they waver for your attention, and other times they ignore you completely. Sometimes they are filled with gratitude and affection, and other times they seem totally indifferent. Attitude. Behavior. Development. Everything depends on the love relationship between you and your child. When children feel loved, they do their best. But how

can you make sure your child feels loved?

Since 1992, Dr. Gary Chapman's best-selling book *The 5 Love Languages* has helped millions of couples develop stronger, more fulfilling relationships by teaching them to speak each others' love language. Each child, too, expresses and receives love through one of five different communication styles. And your love language may be totally different from that of your child. While you are doing all you can to show your child love, he may be hearing it as something completely opposite. Discover your child's primary language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child's emotions and behavior.



### Healthy Sleep Habits, Happy

Child by M. Weissbluth

One of the country's leading researchers updates his revolutionary approach to solving--and preventing--your children's sleep problems

Here Dr. Marc Weissbluth, a distinguished pediatrician and father of four, offers his groundbreaking program to ensure the best sleep for your child. In *Healthy Sleep Habits, Happy Child*, he explains with authority and reassurance his step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles. This valuable sourcebook contains brand new research that...

- Pinpoints the way daytime sleep differs from night sleep and why both are important to your child
- Helps you cope with and stop the crybaby syndrome, nightmares, bedwetting, and more
- Analyzes ways to get your baby to fall asleep according to his internal clock--naturally
- Reveals the common mistakes parents make to get their children to sleep--including the inclination to rock and feed
- Explores the different sleep cycle needs for different temperaments--from quiet babies to hyperactive toddlers
- Emphasizes the significance of a nap schedule

Rest is vital to your child's health growth and development. *Healthy Sleep Habits, Happy Child* outlines proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems.

## What's Happening...

**NOVEMBER**



**Daylight Savings: November 2nd**

**GA PreK Teacher Work Day (No Classes):**

**November 5th**

**Health & Hygiene w/ Nurse Radden:**

**November 13th**

**Blood Drive: November 14th**

**Giving Thanks Feast: Room 1- 11/19,**

**Room 2 - 11/20, Room 3 - 11/21, &**

**Private PreK 11/22**

**Henry County Schools Closed:**

**November 25th—29th**

**Barrington Academy Closed:**

**November 28th—29th for Thanksgiving**

**Pinnacle**



**November —“We Are Thankful”**

**Early Settlers  
Native Americans  
The First Thanksgiving  
Healthy Foods**