



Tips for a Less Stressful Family Dinner with Your Kids

LEARNING HOW TO EAT is one of the earliest lessons for a child. When it comes to family dinner and mealtimes, parents are the most important teachers, and many of the lessons taught around the table set the course for lifelong healthy eating habits. Since we know it's not always sunshine and rainbows when it comes to kids, use the tips below to help guide your child's behaviors and make mealtimes less stressful.

PRESSURE VS. CHOICE

Although you may be tempted to pull the parenting card and tell your child to just do something rather than give them a choice, that can backfire at mealtimes. Here's why you may want to opt for choice over pressure:

- **Pressure:** Despite every good intention you may have, encouraging your child to clean his plate and finish his fruits and veggies may not end like you planned. Saying things like this and pressuring your child to eat certain foods can actually decrease your child's enjoyment of those foods and make him a pickier eater.



- **Choice:** Instead of pressuring, a better approach is to let children decide when they have had enough. Their bodies will let them know without you telling them. Also, giving kids a choice between two healthy alternatives, such as green beans and carrots, can help increase the chance they'll eat one.

FOOD AS A REWARD VS. POSITIVE REINFORCEMENT

It may seem like an easy fix to promise your child a cookie in exchange for eating some veggies, but in the end you're creating worse problems. There are other ways to make it work.

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DID YOU KNOW...

- Millions of Americans are sickened with foodborne illnesses each year, resulting in roughly 128,000 hospitalizations and 3,000 deaths.
- Cleaning up after rinsing or washing raw poultry can easily spread bacteria to other surfaces and foods. The best practice is to not wash poultry.
- Prepare foods that will not be cooked, such as vegetables and salads, BEFORE handling and preparing raw meat and poultry.
- **November 13 is World Kindness Day**
- Undertaking acts of kindness makes one happy and people who are happy tend to be kinder to others.
- A random act of kindness can be as simple as smiling at a stranger or leaving someone a kind note.
- **November is American Diabetes Awareness Month**
- Almost 30 million people in the U.S. have some form of diabetes; one in four don't even realize they're walking around with the disease.

NationalToday.com, American Diabetes Assn, USDA, U.S. Centers for Disease Control and Prevention

Quotable Quotes

“Kindness is a language which the deaf can hear and the blind can see.”

— Mark Twain

INSIDE:

- Managing Type 1 Diabetes in Child Care
- Gratitude Scavenger Hunt
- Leftover Turkey Recipes
- Food Funny

Tips for a Less Stressful Family Dinner with Your Kids

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- **Food as a Reward:** It's no secret kids naturally prefer sweets and desserts over veggies. If you use sugary foods as bait for eating healthy foods, this will only make them like sweets more while still leaving veggies out in the cold.
- **Positive Reinforcement:** A better route is to pair healthy foods with positive attention. When your child tries a bite of broccoli or a spoonful of spinach, show how proud you are with a hug and kiss (not a candy kiss!).

PREPARING SPECIAL MEALS VS. MODELING HEALTHY EATING HABITS

Mealtime shouldn't turn you into a short-order cook, preparing everyone a different meal. Family dinnertime should mean one meal is made for everyone.

- **Preparing Special Meals:** If children know they can have whatever special alternative they want at the drop of a hat, why would they eat what the rest of the family is eating? If you make a custom meal every time, children will likely not learn to like the foods eaten by the rest of the family.
- **Modeling Healthy Eating Habits:** We all know children like to copy things they see other people doing. So, if moms, dads and caregivers "walk the walk" by eating healthy foods themselves, that will increase a child's willingness to try them.

PLATED PORTIONS VS. SELF-SERVING

Although you may be tempted to fill up your child's plate the way you think it should look, you may be setting them up for trouble down the road.

- **Plated Portions:** When parents decide how much food to put on a plate, they tend to serve portions that are too big. This can cause children to eat too much and increase their risk for obesity. It's no secret that childhood obesity is a problem in the U.S. The CDC reports that 1 in 5 school-age children is obese.
- **Self-Serving:** This is a better option because there are a lot of perks for children who dish out their own portions. They not only develop motor skills by holding a spoon and feeding themselves, but they also develop confidence. Children learn to tell when they're hungry and when they're full instead of someone else making that decision for them.

Every family's mealtime may take its own unique form, but following these tips can make family dinnertime a bit more picture perfect and lessen those mealtime meltdowns!

— Developed by Children's Healthcare of Atlanta Strong4Life. Children's created Strong4Life.com as a free resource to help busy parents raise healthier families.

KIDS' HEALTH & SAFETY

Managing Type 1 Diabetes in Child Care

TYPE 1 DIABETES, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin. Unlike type 2 diabetes, where the pancreas usually makes some insulin, type 1 is an autoimmune condition and requires insulin injections. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy. Different factors, including genetics and some viruses, may contribute to type 1 diabetes. Although type 1 diabetes usually appears during childhood it can develop in adults. Despite research, type 1 diabetes has no cure. Treatment focuses on managing blood sugar levels with insulin, diet and lifestyle. A Continuous Glucose Monitor (CGM) may be prescribed for some children. This sensor tracks blood sugar levels and can be combined with an insulin pump. This advanced technology for managing type 1 diabetes can provide increased safety during sleep and exercise and reductions in both high and low blood sugar.

A little advanced planning goes a long way in managing type 1 diabetes.

1 Check Child's Diabetes Supplies

A diabetic child needs items to manage her blood sugar. Run through a checklist every morning to make sure she has everything for the day. If a child is carrying her own supplies, check that they're in her bag. Many items, including insulin, blood sugar meters and testing strips, have expiration dates so check dates often.

2 Plan Meals and Snacks

Eating the right foods can help keep blood sugar levels steady. Follow the meal plan from the child's doctor or dietitian. Many plans recommend counting carbohydrates. That means setting a limit for the amount of carbs that the child can eat at each meal. To stay on track, plan meals and snacks ahead of time.

3 Be Prepared for 'Lows'

Blood sugar can drop too low, this is called hypoglycemia. Without the right care, it can lead to seizures so it's important to treat quickly. Be sure to have a "low box" handy at all times. Pack a few fast-acting sources of carbohydrates, such as glucose tablets, hard candy and juice inside this box.



4 Factor in Physical Activity

Exercise has an effect on blood sugar. For many children, it causes a drop. In others, physical activity increases stress hormones and raises blood sugar levels. To determine how a child may react to exercise, be sure blood sugar is tested before and after activity. A child may need to eat some carbs before physical activity or the doctor may need to adjust the insulin dose.

5 Ask About Special Events

At times, there will be an occasion that requires extra prep work. They may include field trips, parties and other activities. Try these tips to keep diabetic children healthy:

- Have someone with diabetes training on hand to help.
- Confirm that the child has her diabetes supplies available.
- Check the location to ensure food, restrooms and water are available throughout the day.

6 Child Care Diabetes Medical Management Plan

Even with careful planning, a child's blood sugar can get too high or low. There should always be an adult nearby who has diabetes training and families should provide a diabetes medical management plan with emergency contacts.

— Adapted from *Mayoclinic.org*; *Webmd.com*

Leftover Turkey Recipes—Gobble Gobble!

Asian Turkey Lettuce Wraps

Olive oil	1 Tbsp
Ginger and garlic minced	2 tsp each
Scallions, thinly sliced	2
Mushrooms, chopped	1 cup
Broccoli slaw	1 cup
Carrots, shredded	1 cup
Red pepper, chopped	½ cup
Roast turkey, leftover, chopped	12 ounces
Asian Peanut sauce	to taste
Large lettuce leaf “cups”	6

1. Heat olive oil in a skillet. Sauté ginger, garlic, scallions and mushrooms until just lightly browned. Add broccoli slaw, carrots and red pepper and continue cooking until crisp-tender.
2. Add turkey and Asian sauce and heat through. Spoon into lettuce cups. Roll to eat.

Yield: 6 servings

Meets requirement for meat/meat alternate and vegetable

Turkey & Avocado Lettuce Wraps

Roast turkey, leftover, cubed	12 ounces
Cherry tomatoes, halved	2 cups
Mayonnaise	to taste
Avocado, sliced	1 whole
Large lettuce leaf “cups”	6

1. Lightly mix together the turkey, tomatoes, and mayonnaise just to moisten.
2. Spoon into lettuce cups. Top with avocado slices. Roll to eat.

Yield: 6 servings

Meets requirement for meat/meat alternate and vegetable

Post-Thanksgiving Lettuce Wraps

Roast turkey, sliced	12 ounces
Mashed potatoes, warmed	1½ cups
Mixed veggies, warmed	1½ cup
Gravy or Cranberry sauce	to taste
Large lettuce leaf “cups”	6

1. Layer each lettuce cup with sliced turkey, mashed potatoes, veggies and top with gravy or cranberry sauce.
2. Roll to eat.

Yield: 6 servings

Meets requirement for meat/meat alternate and vegetable

—Adapted from *DiabetesFoodHub.org*

ACTIVITY CORNER

Gratitude Scavenger Hunt

Gratitude is all about being thankful and focusing on the good around us. Get the kids up and moving, searching and recording their discoveries. When you learn to be thankful for everything and have an attitude of gratitude, you'll feel more positive, peaceful and happy each and every day.

1. Find something that makes you happy.
2. Find something that is your favorite color.
3. Find something you know someone else will enjoy.
4. Find something that tastes good.
5. Find something that smells amazing.
6. Find something that makes a beautiful sound.
7. Find someone you are grateful for.
8. Find something that makes you laugh.
9. Find something that you enjoy doing outside.
10. Find a place that you love.

—Adapted from *naturalbeachliving.com*

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Food Q. Why was the Thanksgiving soup so expensive?
Funny A. It had 24 carrots!