



SIEDA: **HEAD START HEALTH NEWSLETTER**

Nurse Fisher-Walz's Health Tips: Fall 2015

1. Wash your hands frequently, as well as your children's hands; especially after doing activities outside and using the restroom. Carry instant hand-sanitizer in your bag or coat pocket to use when you cannot be near a sink with hot, soapy water.
2. Make sure meals focus on a well-balanced diet; utilizing all food groups (be sure to eat lots of green-leafy vegetables, fresh fruits, lean meats, such as turkey or oven-roasted chicken, and whole-

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COMMUNITY ACTION

Sieda: Head Start Fall Health Newsletter

**Nurse Fisher-
Walz's Health Tips:
Fall 2015**

**Fall Kid-Friendly,
Healthy Recipes**

**Exercises to Do
With Your Children
(see game "Sock
Toss.")**

SIEDA: HEAD START

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grain breads).

3. Make sure to serve your children two to three servings of milk daily (8 ounces is one serving) for strong-healthy bone development.

4. Make sure your children are getting plenty of sleep every night; aim for 9-11 hours of sleep per night. Try to keep the same "sleep schedule," even over the weekend or during holiday breaks from school. Avoid caffeinated snacks and drinks (candy, specifically chocolate; soft drinks; hot chocolate, etc.) at least 3 hours prior to sleep-time to help promote more restful sleep every night.

5. Exercise! It is important to aim for 30 minutes of sustained exercise every day. Some good forms of exercise during the Fall months include taking your dog/household pet on a 20-30 minute, brisk walk; going to the YMCA or your local recreation facility for a 30 minute swim, playing indoor basketball, etc. A fun exercise "game" you can play with your child is listed below:

Game: Sock Toss

Description: Using a laundry basket or box and multiple pairs of socks, have your toddler stand up and throw paired socks into the basket, cultivating movement and throwing skills, strength and coordination.

- After folding the laundry, set aside matched socks.
- Place an empty laundry basket about two feet away.
- Demonstrate to your child tossing the socks, underhand, into the basket.
- Emphasize 'turn-taking' by alternating with the toddler and narrating, "MY turn, YOUR turn."
- Include practice counting while you and the toddler toss.
- Learn to identify socks by colors and/or sort by a different attribute such as size, material, solid/striped/polka-dot (divide the socks into color piles before throwing them into the basket).

For added challenge:

Have two different baskets as targets for the throw.

Lead your child in a 'victory lap' (or two) around the room to get their heart rate up.

Have your child hold a pair of socks in each hand with their arms raised above their heads as they run.

6. Cover your cough! During the Fall months when we are all susceptible to catching colds it is very important to cover your mouth when you cough. Aim to cough into the shoulder-part of your shirt or into a Kleenex, so as to not spread germs to other individuals. Do the same technique when you have to sneeze; avoid coughing and sneezing into your hands. Remember to also wash your hands after you cough or sneeze to help keep germs at bay! Use hand wipes at the grocery store, Target, etc. to wipe down shopping carts, as these serve as “germ-transport” vehicles. Also make a point of wiping down all counters, desks, doorknobs, etc. in your classrooms to help keep those nasty germs away!

7. Count to 10 when feeling stressed! Squeeze a stress-ball/squishy ball when feeling stressed. Squeeze the ball for 5-10 seconds then release. Repeat this step as many times as needed to help lower tension levels. Remember to breathe! Take deep breaths in and out; filling up your diaphragm with each breath. Strive to find healthy outlets for relieving your tension; engaging in exercise, journaling, reading an enjoyable book, stroking a pet, etc. are just a few great ways to lower stress levels.

8. Make sure your child is current on all their immunizations. It is easy to forget the last time that child your child attained a specific immunization. Check your records, or contact your child’s primary-care doctor/pediatrician, to attain this information. Be sure and get influenza vaccinations (flu shots) for yourself, as well as your children, if you haven’t already this year, to protect yourselves during “influenza-season.”

9. Finally, reach out to family and friends this year. I have always found that keeping healthy relationships with other individuals keeps you not only mentally-healthy, but physically-healthy, as well!

Have a Happy Fall/Autumn! Stay Healthy! Please feel free to contact me if there is anything I can do to be of assistance to you this holiday season! 😊

~Nurse Kate M. Fisher-Walz/Sieda Head Start/Health Coordinator

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Kid-Friendly, Fall

Recipes:



Breakfast:

Jungle French Toast Sticks:

Ingredients:

Nonstick Cooking Spray

1 small banana, peeled

6 slices whole-grain or wheat bread

6 tbsps. tub-style light cream cheese

2 eggs

½ cup fat-free milk

1/8 tsp ground cinnamon

Powdered sugar

Steps:

1. Turn on oven to 400 degrees Fahrenheit. Lightly spray baking pan with nonstick cooking spray.
2. Slice banana into 10 pieces.
3. Spread cream cheese on 3 slices of bread. Top with banana slices. Put the other three bread slices on top. Put sandwich on cutting board and slice each sandwich into 3 equal-size pieces.
4. Crack eggs into bowl. Beat the eggs with a fork until combined. Add milk and cinnamon. Mix together.
5. Dip sandwich pieces into egg mixture. Coat both sides of bread. Place in baking pan.
6. Bake in oven about 20 minutes until pieces are toasted. Use spatula to flip bread over halfway through baking time.
7. Serve warm sprinkled lightly with powdered sugar! Makes 9 sticks (2 or 3 sticks per serving).

Kid-Friendly, Fall Recipes Cont...

Lunch:

Fish Are Our Friends Flatbreads

Ingredients:

¼ tub-style light cream cheese

2 tbsps. Shredded, reduced-fat cheddar cheese

2 multigrain oval wraps or square flax roll-ups

2 slices cooked ham or turkey

1 cup mixed salad greens (romaine lettuce, iceberg lettuce, carrots, red cabbage, radishes, and snow peas)

Steps:

1. Put the cream cheese and cheddar cheese in a small bowl. Stir with spoon until well mixed.
2. Use table knife to spread cream cheese mixture onto wraps or roll-ups. Top each with a slice of ham or turkey. Top with salad greens.
3. Roll up wraps or roll-ups. Wrap tightly with plastic wrap and chill in the refrigerator for up to 24 hours. Makes 2 servings.

