



As They Grow

Early Learning News for Families of Young Children

UW Extension
Learning for life

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Manageable Family Meals



Preschoolers learn by watching other people. At mealtime, they see what you eat and are influenced by that. Remember that you are the role model for your child.

If you tell your child about the importance of eating fruits and vegetables, yet eat none yourself, this sends a mixed message to your child.

Provide your child with three meals a day and have planned snacks between meals. Children need snacks because their stomachs are small and they need a lot of energy. Structured meals and snacks help children regulate their own eating. With regular meal times, children learn when to expect to eat. This makes it easier on the parent; and, the child will learn the consequences for his behavior.

Children love to cook and, with a little planning, even very young children can be involved in meal preparation. Cooking can increase precious time together. Sharing a common activity is a good way to open and maintain communication. For the very young child, this provides an important sense of contributing to the life of the family.

Children can learn these tasks at early ages:

- ☉ slice bananas
- ☉ beat eggs
- ☉ shape dough
- ☉ mix batter
- ☉ tear lettuce
- ☉ wash veggies
- ☉ toss salads
- ☉ shape burgers
- ☉ wipe the table

Tips to Help Families Eat Right

1. **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice.
2. **Vary your veggies.** Go dark green and orange with your vegetables: eat spinach, broccoli, carrots, sweet potatoes.
3. **Focus on fruits.** Eat them at meals and snack time. Choose fresh, frozen, canned, or dried. Use juices sparingly.
4. **Get your calcium-rich foods.** To build strong bones serve low fat and fat-free milk and other milk products several times a day.
5. **Go lean with protein.** Eat lean or low fat meat, chicken, turkey, and fish. Or, change your recipes by adding dry beans and peas — add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
6. **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
7. **Don't sugar coat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



Messages from Television

Children get external cues from those around them as well as from television. Researchers have found that children's programming carries food commercials that promote a high fat, high sugar and low fiber diet.

What can you do as a parent?



- ▶ Be a positive role model for your child by eating healthy foods from the food guide pyramid.
- ▶ Remember you are in charge of your child's TV watching.
- ▶ As your child matures, make your child aware of the purpose of television advertising: to interest children in trying a particular product.
- ▶ Help your child understand what constitutes a healthy diet by sharing the food guide pyramid with them and have them check the foods they eat on the pyramid to see how their diet compares.

See: www.mypyramid.gov

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UW-Extension Workshops for Parents/Caregivers

- ◇ **2008 Planning Session (Child Care Center Directors and Child Care Home Providers only)**
Tuesday, Jan. 22, 6-8 PM — Ives Grove Office Complex, 14200 Washington Ave., Sturtevant
You are invited to a dinner to decide how the 2008 “As They Grow” and Parenting . . .” newsletters and other resources can be used to help your families and staff. To receive **Registry Barcodes or verification of attendance, a \$5 check or money order** to Racine County UW-Extension, 14200 Washington Ave., Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **Jan. 15**. All participants must be registered. One participant per center. See flyer for detailed information or contact, Barbara Stoffel-Emde 262-833-8732.
- ◇ **Preventing Shaken Baby Syndrome**
Tuesday, Feb. 26, 2008, 6-8 PM — Aurora Health Center Racine, 8348 Washington Ave., Racine
This training is required of all providers and employees of providers who have any contact with children under the age of five (5). This includes, cooks, drivers, clerical and cleaning staff. To receive **Registry Barcodes or verification of attendance, a \$5 check or money order** to Racine County UW-Extension, 14200 Washington Avenue, Sturtevant, WI 53177 must be received by mail or in person on or before the registration deadline of **Feb. 19**. Registration limited to 36 participants. See flyer for detailed information or contact, Barbara Stoffel-Emde 262-833-8732.
- ◇ **Touchpoints in Practice & Networking - 2008. 3 sessions (Family Service and Child Care Providers only)**
Friday, Jan. 25, 8:30 a.m.-3:30 p.m. Touchpoints Approach-Rational \$15
Friday, Feb. 8, 8:30 a.m.-3:30 p.m. Touchpoints Approach-Development-Prenatal to 3 yrs. \$15
Friday, Feb. 22, 8:30-10:30 a.m. Networking Session Continental breakfast; connect w/service providers **\$5**
Friday, Feb. 22, 10:45 a.m.-3:30 p.m. Touchpoints Approach-Development 3 to 6 yrs. \$10
Participants can opt to attend any or all of the training. To be “Touchpoint Approach Trained,” participants must attend at least 16.5 hours of training. Questions? Contact Bev Baker, 262-886-8462.
- ◇ **Early Care and Education 2008 Series — Connecting with Families (Childcare Providers only)**
Tuesdays, Jan. 29, Feb. 12, Feb. 26, March 11, March 25, 6-8 PM — Ives Grove Office Complex, 14200 Washington Ave., Sturtevant. What is “family-centered” care? Why is it important to partner with the families? The answers to these and other questions will be answered in a 5part series of workshops. Cost for the series of **5 classes** is **\$15** or **\$5** for individual sessions. **Pre-registration and payment is required to attend.** See flyer for detailed information. Register by phone: Tina Ginner, Early Care & Education Training Coordinator, 262-886-8492; or by mail, include the following: name, address, name of center, phone, and payment. Make checks payable to: Racine County UW-Extension, 14200 Washington Ave., Sturtevant, 53177.

References: LeFebvre, Joan. Parenting the Preschooler.. March, 2007. LeFebvre, Joan. Parenting the Preschooler.. Jan., 2003.
U.S. Department of Agriculture Food and Science Service. Adapted from www.mypyramid.com



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This newsletter is a publication of the University of Wisconsin-Extension Cooperative Extension., a Touchpoints Project site.
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