

Parent Blocks

NEWSLETTER



"Providing resources to parents throughout West Virginia"

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Supporting Healthy Eating in Children

To help children grow strong, include fruit and vegetables with meals and snacks. Fresh, frozen, or canned options are all okay. With canned vegetables, look for products with low sodium. With canned or frozen fruits, choose those with little or no added sugars.

Prepare and store fruit and vegetables in single-serving containers. Then you'll have a healthy snack ready when children are hungry.

How much fruit and vegetables children need depends on their age and how active they are.

Some changes in how food is prepared can make fruits and vegetables even healthier. For example, rather than serving children a cereal bar with fruit in it, offer them a few slices of whole fruit with unsweetened granola. Or instead of fried vegetables, shift to roasted vegetables.

Include a variety of fruits

and vegetables to make a rainbow of different colored foods on your child's plate.

When children are about 6 months old, you can start introducing them to foods and drinks other than breast milk and infant formula. For most children, you don't need to introduce foods in a specific order.

By the time children are 7 or 8 months old, they can eat a variety of foods from different food groups. Your child needs a variety of vitamins and minerals to grow healthy and strong.

Avoid giving certain foods and drinks to children younger than 12 months.

Drinks matter, too! When your child is between 6 and 12 months old, you can offer: Water (4 to 6 ounces per day) and breast milk (if you are still breastfeeding) or infant formula.

Once your child is 12 months old, you can begin offering fortified cow's milk. If you want to serve your children fruit juice, the American Academy of Pediatrics recommends waiting until they are 1 year old. For children older than 1, serve only 100% fruit juice. Also, limit each serving to the recommended amount.

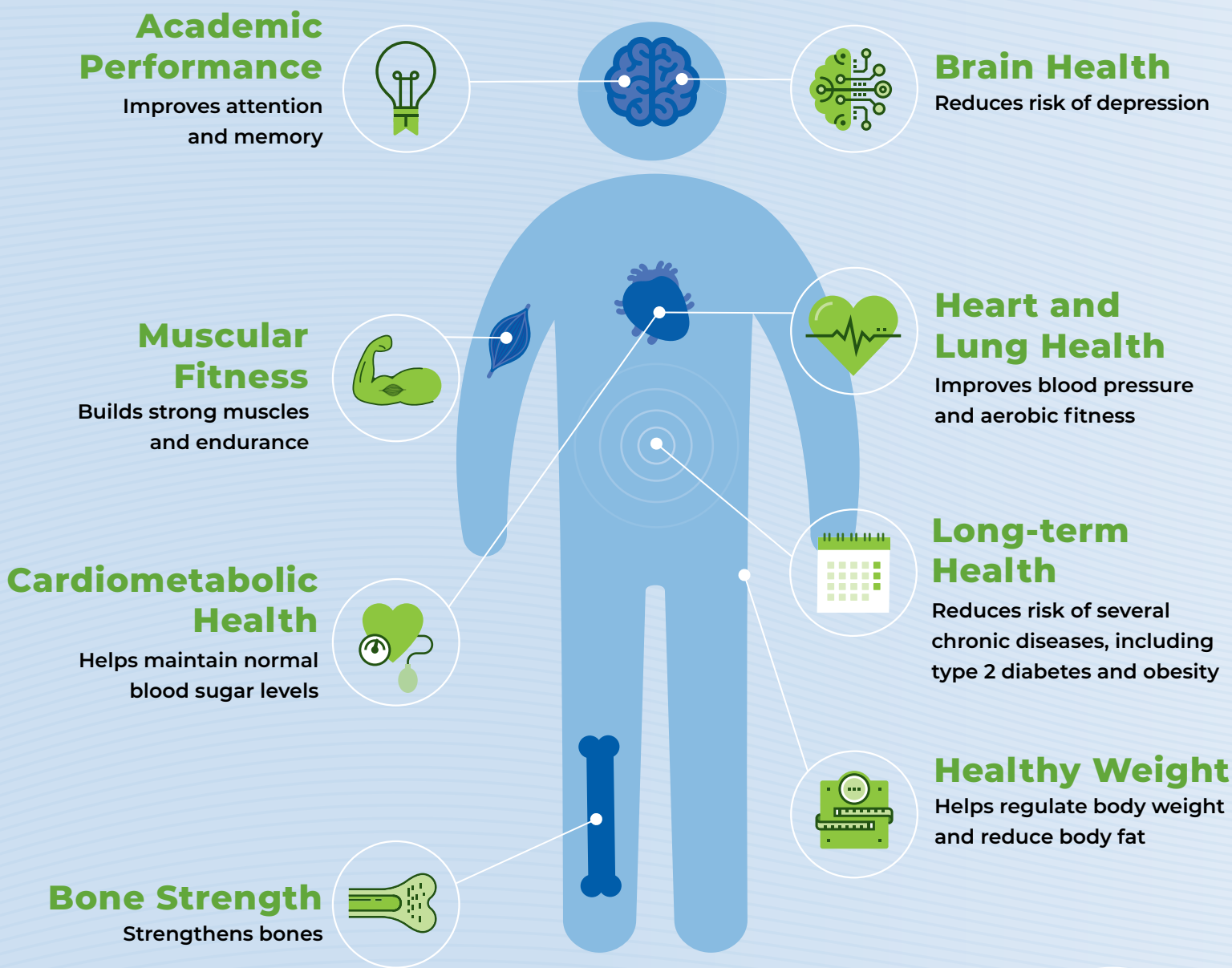
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Health Benefits of Physical Activity

FOR CHILDREN



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>



WINTER SAFETY FOR FAMILIES

West Virginia Infant/Toddler
Mental Health Association

WWW.NURTURINGWVBABIES.ORG

Experiencing the season of winter can be fun, but it can bring some hidden challenges, especially for families. Here are some tips for keeping young children and families safe during winter months.

Fireplaces: With temperatures getting colder, many families will turn to fireplaces as a source of heat. Reducing the risk of accidental burns and air pollutants is important. Closely watch children around fires and never leave young children alone around a fire, make sure your chimney is in good working order, and install both smoke and carbon monoxide detectors.

Emergencies: Winter weather can certainly bring challenges for both homes and vehicles. Being prepared in advance can be helpful. For your vehicle, consider having a few blankets and snacks in the car (including bottled water), a first aid kit, jumper cables, windshield cleaner, a flashlight, and keep gas tanks fuller. For your home, bottled water, canned food, baby formula and diapers (if needed for very young children), flashlights with extra batteries, warm blankets or sleeping bags, a non-cordless phone, and a battery operated radio can all be helpful during winter emergencies. Weather related alerts and information can be found at <https://www.weather.gov>.

Dressing for winter: Many young children and adults like to play out in the snow. Dressing properly to protect your body from the cold is important. Several thin layers work best, and wool is a better choice than cotton. Coats, hats, gloves, socks, and waterproof boots (if possible), will help keep the body warm



and dry. Once clothes start to get wet, it is a good idea to take a break, come inside, and warm up.

Skincare: Winter months can be hard on the skin, due to colder temperatures and lower humidity. However, it is important to think about protecting your skin during these months. Sunscreen is just as important in the winter as the summer when playing outside. Making sure children keep their hands dry and using a cream-based moisturizer after bathing will help provide the oils the skin needs to stay healthy. And don't forget to use lip balm. Younger children in particular will find the dryness in the air will irritate lips. The child's reaction will be to lick the lips, which makes the dryness worse. Petroleum jelly can be used on both the skin and lips to reduce redness. The skin will also be healthier if hydrated. Be sure to encourage adults and children to continue to drink enough water during the cooler winter months.



Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.



Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

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