

Healthy Children

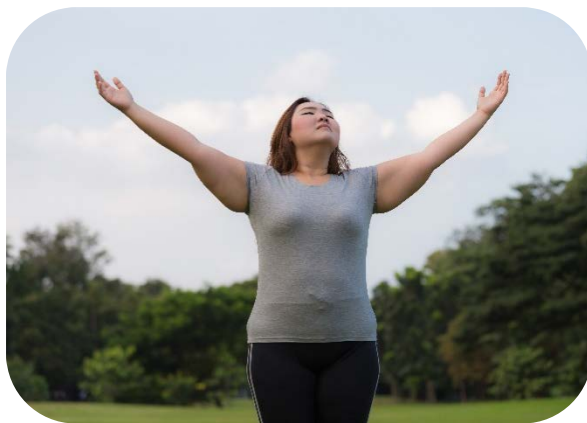
March 2020 Parent Newsletter

Self-management

Why it's important to you and your child

One part of self-management is having the ability to control your emotions and your responses. If you can identify your emotions and how they influence your actions, you will be better able to act on the emotions you experience. Being able to take a breath and calm yourself in a challenging situation to avoid over-reacting, yelling or getting into a fight is what self-management looks like in daily practice. Everyone experiences both positive and negative emotions, but knowing how to regulate and act appropriately on those emotions is key to self-management.

Have you ever done something or said something you wish you hadn't. We all have! For improved self-management skills, throughout the day, take time to deal with stress and teach your child this too. In a challenging situation, before doing anything else, take a deep breath (5 seconds in, 5 seconds out). By doing this you can actually calm your body's "fight or flight" response to strong emotions. In addition, learn to accurately name your



emotions. These actions will allow your brain to start processing your emotions using your brain's cortex (thinking part). Practicing these two things can help you problem solve and think more clearly.

Reflecting on your emotions and how they influence your reactions is important for self-management. It can also help you think of how you can best model appropriate emotional responses for your child. Admitting to having emotions is not a sign of weakness or failure. It's okay to say, "I'm feeling upset right now, just give me a few minutes and then we can talk about this." It models that everyone has difficult emotions at times and that they can be managed in appropriate and safe ways.

(Adopted from www.parenttoolkit.com)

Articles

Self-management

Role Modeling a Healthy Relationship with Food

Health advice is as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1?

Health Link is Alberta's free 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



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Role Modeling a Healthy Relationship with Food

Kids often model what they see their parents do – and eating is no exception! It's important to know how your own relationship with food can affect children. By eating a variety of healthy foods, you can set a positive example for your kids.

Tips for healthy role modeling:

- **Eat together.** Enjoy meals as a family as often as you can. Meals are a time to connect with your children and share food traditions. Keep distractions like TVs and phones away from the table. For fun mealtimes, try these conversation cards: www.ahs.ca/assets/info/nutrition/if-nfs-conversation-cards.pdf
- **Offer healthy foods.** Offer healthy meals and snacks and let kids decide how much to eat. Do not use food to bribe, punish, or reward. Children are more likely to enjoy meals and learn to try new foods when eating is their own choice.
- **Cook together.** Children learn about healthy eating and build skills in the kitchen when they help plan meals, shop and cook.
- **Learn to identify fad diets.** Fad diets usually promise quick health fixes. Avoid fad diets and role model healthy eating to help your child develop a healthy relationship with food. Avoid diets that:
 - Cut out foods: Some diets may promise better health by cutting out entire food categories, such as gluten,



or dairy products. This can be a problem, as different types of foods provide important nutrients needed for good health.

- Promise fast weight loss: Diets that promise weight loss of more than 2 pounds in a week are likely fad diets.
- **Talk positively about bodies.** Focus on health, not size. This can help children develop positive self-esteem and body image.



Do you want to know more about helping children to develop healthy habits and positive body image? Visit Raising Our Healthy Kids:
<https://vimeo.com/160413076>

Nutrition Times



March is Nutrition Month

The theme for Nutrition Month 2020 is “More Than Food.” Healthy eating is not only *what* you eat, but *how* you eat. This theme highlights messages from the new Canada's Food Guide including: Be mindful of your eating habits, cook more often, enjoy your food and eat meals with others. Visit www.canada.ca/foodguide to view the complete food guide.

Be mindful of your eating habits

Being mindful of your eating habits means being aware of how, why, what, when, where, and how much you eat. Being mindful can help you make healthier choices more often and make positive changes to routine eating behaviors. Use these ideas to help you be more mindful of your eating habits:

- **Create a healthy eating environment:** Make the healthy choice the easy choice at home by stocking your fridge and pantry with nutritious food, and leaving the less healthy options at the grocery store.
- **Use your senses:** Pay attention to the aromas, textures, flavours and taste of food. This can help you be more conscious of the food you are eating.

Cook more often

Cooking more often can help you develop healthy eating habits. Cooking allows you to choose healthy ingredients and learn new skills. Visit www.nutritionmonth2020.ca or www.healthyeatingstartshere.ca for dietitian approved recipes.

Enjoy your food

Enjoying your food includes growing food, shopping for food and preparing your food. It also includes preparing food with others and socializing at meal times. Ideas to add enjoyment to healthy eating include:

- Share your culture and food traditions with others.
- Choose healthy foods and flavours that you like.
- Try new foods.

March 2020 Nutrition Services

Eat meals with others

Eating together allows you to enjoy time together, share traditions across generations and cultures and try new foods that you otherwise might not have chosen. Making time to eat meals with others requires effort.

- Plan a weekly dinner with extended family or friends.
- Have lunch with a co-worker.
- Plan a breakfast date with friends.

What is a dietitian?

Nutrition Month celebrates dietitians, but what do dietitians do?

Dietitians are regulated health professionals who are experts in food and nutrition. They translate scientific, medical and nutrition information into terms you can understand. Dietitians collaborate with individuals and communities to help Canadians enjoy healthy foods. Dietitians work in hospitals, outpatient clinics, community health centres, long-term care and more. To find a dietitian near you, visit www.ahs.ca/nutrition.



Nutrition Month 2020 Recipe E-Book

The Nutrition Month 2020 Recipe e-book contains 12 recipes hand picked by dietitians across Canada. The recipes highlight local products and traditions. Here is an example of one recipe.

Visit www.nutritionmonth2020.ca for the full e-book!

Chewy Ginger Pecan Cookies



Ingredients:

- 1 cup ground large flake oats
- 1 cup whole wheat flour
- 2 tbsp. ground flax
- 1 tbsp. each hemp hearts and chia seeds
- 1 ½ tbsp. ground ginger
- 1 tsp. kosher salt
- ¾ cup butter
- 1 cup granulated sugar
- 1 egg
- 1 egg yolk
- ¼ cup fancy molasses
- 2/3 cup chopped pecans
- 2/3 cup sweetened shredded coconut

Directions:

1. In a bowl, whisk together oats, flour, flax, hemp, chia, ginger and salt; set aside.
2. In a large bowl, beat together oil and sugar until fluffy. Beat in egg and egg yolk. Beat in molasses. In three additions add flour mixture. Gently stir in pecans and coconut.
3. Roll heaping tablespoons of dough and place onto parchment paper lined baking sheet. Bake in preheated 350F oven for about 10 minutes or until set.
4. Repeat with remaining dough.

Upcoming Nutrition Classes (most classes are free)

Brooks:

Toddler Nutrition: Information on toddler nutrition and picky eating. **Thurs. April 16, 2020** 5:30-7:00pm. Register at: ahsbrooksnutrition.eventbrite.ca

Medicine Hat:

Infant Nutrition: Information on feeding babies 0 to 12 months. **Mon. March 23, 2020, 2:45 – 4:00 p.m.**
Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.ca

Lethbridge:

Baby Steps Infant Nutrition Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.
Grocery Store Tour: Thurs. April 9, 2020 1:30 – 4:00pm at South Superstore. Register 403-388-6654.

Alberta Healthy Living Program: Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: bit.ly/2CAfSnN

To register call: **Lethbridge 403-388-6654: Medicine Hat 403-529-8969: Brooks 403-793-6659**



Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Brooks	403-501-3300
Lethbridge	403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

