



Healthy Tips for Families and Kids!

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What is Child Health Week?

Child Health Day is an annual event sponsored nationally by the Maternal & Child Health Bureau of Health Resources & Services Administration (HRSA). Tennessee will extend the event to a week and host Child Health Week 2009 October 5-11. Our theme for the week is **“Healthy Youth, Healthy Future.”**

The goal of the Governor’s Office of Children’s Care Coordination (GOCCC) and the Tennessee Department of Health (DOH) is to spotlight ways that Tennessee children and families can make healthy life choices. We are collaborating with a number of child and family-serving organizations that already have activities geared toward these topics. A kit of fact sheets, press releases, resources and ideas for activities is now available. Promotional items are available upon request to those agencies adding their activities on the Child Health Week events calendar on the Governor’s Office of Children’s Care Coordination (GOCCC).

For additional information on Child Health Week, please visit <http://www.tennesseeanytime.org/gov/child-health/> or contact Ashley Barbee in the Governor’s Office of Children’s Care Coordination (GOCCC).

The local partners that collected this information would like to disseminate it out to the public for the 2009 Child Health Week. All information was taken from reliable sources and links are provided in this document. We encourage everyone to make copies, email, and share this information with children and their families.

- Teachers can use this information provided to teach short 5 minute lessons on any of the topics provided.
- Parents can use the fun games and information to make changes at home.
- Schools, daycares, and recreation centers can send this home with parents.
- Organizations can send these out on their mailing lists

We hope everyone finds this information useful and informative. Please pass it on!

Helpful Ways to Reduce Screen Time

Here are a few simple tips to help your children reduce their screen time and increase physical activity in order to maintain a healthy weight.

- Know how much screen time, active time your family is getting. By knowing how much screen media time, including TV, DVD, video games, and non-school- or non-work-related computer and Internet use, your family spends and how much physical activity they get, you will be more aware of their needs for physical activity to maintain energy balance.
- Talk to your family. Explain to your children that it's important to sit less and move more to stay at a healthy weight. They will also be more energized, have a chance to practice certain skills (such as riding a bike or shooting hoops), and have fun with friends and peers. Tell them that you also are going to limit your screen time and increase your physical activity, so you will all be working toward this goal together.
- Set limits on screen time. Set a house rule that your children may spend no more than two hours a day of screen time. More importantly, enforce the rule once it's made.
- Minimize the influence of TV in the home. Do not put a TV or computer in your child's bedroom. This tends to physically isolate family members and decrease interaction. Also, children who have TVs in their room tend to spend almost 1 1/2 hours more in a typical day watching TV than their peers without a set in their room.
- Make meal time, family time. Turn off the TV during family meal time. Better yet, remove the TV from the eating area if you have one there. Family meals are a good time to talk to each other. Research has shown that families who eat together tend to eat more nutritious meals than families who eat separately. Make eating together a priority and schedule family meals at least two to three times a week.
- Provide other options and alternatives. Watching TV can become a habit for your child. Provide other alternatives for them to spend their time, such as playing outside, learning a hobby or sport, or spending time with family and friends.
- Set a good example. You need to be a good role model and also limit your screen time to no more than two hours per day. If your kids see you following your own rules, then they will be more likely to follow. Instead of watching TV or surfing the Internet, spend time with your family doing something fun and active.
- Don't use TV to reward or punish a child. Practices like this make TV seem even more important to children.

Helpful Ways to Reduce Screen Time

- Be a savvy media consumer. Don't expect your child to ignore the influences of television advertising of snack foods, candy, soda, and fast food. Help your child develop healthy eating habits and become media savvy by teaching them to recognize a sales pitch. Ask your child why their favorite cartoon character is trying to get them to eat a certain brand of breakfast cereal. Explain to them that this is a way for advertisers to make the cereal more appealing to young people, so that they ask their parents to buy it for them and the company can make money.
- Make screen time, active time. Stretch, do yoga, lift hand weights while watching TV; challenge the family to see who can do the most push-ups, jumping jacks, or leg lifts during commercial breaks, or switch to an exercise tape during commercials.

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Information collected by the City of Chattanooga Parks and Recreation



Cyber Safety for Children

Teens

I will never give out personal details that would identify who I am, such as my name, address, phone number, school or photographs.

I will tell a parent or teacher if I see any bad language or pictures on the Internet, or if anyone writes me anything I don't like.

I will not reply to any messages or bulletin board items that are suggestive, obscene, aggressive, or distressing.

I will not use bad language online, neither will I take part in arguments or fights online.

I will not accept any offers of money or presents, even free offers.

I will never order anything online or give out credit card details.

I will not enter chat rooms and websites that I have agreed with my parents are off-limits.

I will not arrange any face-to-face meetings with anyone I have met on the Internet unless my parents consent and they accompany me.

Information collected by the City of Chattanooga Parks and Recreation



Cyber Safety for Children

Pre-Teens

I will never give out personal details that would identify who I am, such as my name, address, phone number, school or photographs.

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Healthy Info for New Parents

Tobacco Use-Detrimental to Unborn Babies, Infants, Children and Adolescents

Find More At <http://www.cdc.gov/features/childrenandsmoke/>

- Smoking during pregnancy increases the baby's risk to be born prematurely, of low birth weight, be stillborn or later be a victim of Sudden Infant Death Syndrome.
- Children and infants who are exposed to secondhand smoke are more prone to severe respiratory infections such as bronchitis and pneumonia.
- Adolescents who smoke are less physically fit, have impaired lung growth, have more respiratory illnesses, and chronically cough and wheeze.

Good Nutrition-Basic for a Child's Development

Find More At <http://www.aap.org/healthtopics/nutrition.cfm>

- Babies should receive most of the needed nutrients from breast milk or formula during the first year of life. Solids should be introduced after 6 months of age.
- Children should eat vegetables and fruit each day.
- Eating a nutritious breakfast each day helps assure children and teens will have the physical and mental energy needed to learn.
- Children are responsible for how much they eat. Parents are responsible for what, when and how children eat.

Physical Fitness-Begins at Birth

Find More At <http://www.aap.org/family/fitness.htm>

- A child's physical development begins at birth and his or her motor activities continually set the stage for the next growth period.
- Parents are to design a safe environment for their children to explore and accomplish the necessary physical milestones.
- Parents, by their actions, are the model for how physically active children become as they mature.

Sleep

Find More At <http://www.sleepforkids.org>

- Sufficient, uninterrupted sleep is crucial for children to develop and function efficiently.
- Children who do not get enough quality sleep are: irritable, fatigued, but hyper alert (awake but exhausted), and inattentive and unable to learn in school.
- Studies show that children who sleep longer have higher IQs.
- Developing a sleep routine for their children assists parents to consistently get them in bed at a time that allows for a full night's sleep.

Information Collected by Parents are First Teachers



Nutrition You Can Use!

Find more at http://www.mypyramid.gov/tips_resources/index.html

Tips to help you eat whole grains

As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

Whole Grain Tips for kids

- Set a good example for children by eating whole grains with meals or as snacks.
- Let children select and help prepare a whole grain side dish.
- Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.

Tips to help you eat vegetables

Make vegetables more appealing

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Include in-season vegetables for variety through the year.
- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with vegetable slices.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, or red or green pepper strips.

Information Collected by the Tennessee Dietetic Association



Nutrition You Can Use!

Find more at http://www.mypyramid.gov/tips_resources/index.html

Vegetable tips for Kids:

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel, or cut up vegetables.
- Allow children to pick a new vegetable to try while shopping.
- Use cut-up vegetables as part of afternoon snacks.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

Tips to help you eat fruits

As snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, $\frac{1}{4}$ cup is equivalent to $\frac{1}{2}$ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Fruit tips for kids:

- Set a good example for children by eating fruit everyday with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches versus soda or other sugar-sweetened beverages.
- Choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juices that are available in some fast food restaurants.
- Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks.

Information Collected by the Tennessee Dietetic Association



Halloween Games That Keep Kids Moving!

Find more at http://familyfitness.about.com/od/seasonalsportsandfun/tp/halloween_games.htm

1. Monster Freeze Dance

Put on "Monster Mash" and other seasonal tunes. Have kids show off their silliest monster dance moves—but they must freeze in place when the tunes turn off!

2. Snap Apple

Instead of bobbing for apples in a bucket of water (which can really wreak havoc on costumes or face paint!), have kids try to "snap" a bite from an apple hanging on a string. You'll need apples with stems—tie the string to the stem, then loop it around a tree branch (outside) or a broomstick or suspension curtain rod (inside).

3. Relay Races

Get creative with this one—there are lots of silly ways for kids to get from the starting line to the finish! Try having them stagger like zombies, fly on broomsticks like witches, or hop like toads. They can also carry a Halloween-themed snack. Or stage a costume relay for guaranteed silly results.

4. Pumpkin Bowling

Choose smallish pumpkins with short stems (depending on the ages of your party guests). Set up 1- or 2-liter plastic bottles and tape off a starting line for an instant bowling alley. Fill the bottles with a bit of sand or rice if they topple over too easily. You can also have kids decorate the bottles with stickers, markers, and other art materials.

5. Skeleton Scavenger Hunt

Have kids roam the yard or the house on the hunt for skeleton parts (cut from paper, or plastic ones purchased from a toy store or craft shop). For an extra challenge, see if the party guests can reassemble their bony treasures into a complete skeleton set.

6. Musical Pumpkins

Cut pumpkin shapes from construction paper and arrange them on the floor; kids must move from pumpkin to pumpkin while music plays, just like in musical chairs. To keep kids from being excluded, allow them to share pumpkins as you remove a pumpkin for each round. By the end of the game, all the kids have to squeeze onto one spot. For variety, you could also use spider webs, tombstones, or witchy cauldrons for targets.

7. Wiggle Worm

This goofy race requires kids to work together (and stick together) as a team. Divide the group into two equal teams. Teams must line up and form a "worm." The person at the front of the line reaches his left hand between his legs; the player behind him grabs it with her right hand; and so on all the way to the end of the line. When you say "Go" (or "Boo!"), each team must run to a goal line and back. Whichever team gets back first is the winner—but only if their worm is still intact!

Halloween Games That Keep Kids Moving!

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8. Ghostcatcher

Challenge kids to decorate a pumpkin without being nabbed by the ghostcatcher! Choose a child to be in the center of the circle of children. Divide the rest of the children into teams of ghosts, for example Red Ghosts, Blue Ghosts. Place the pumpkin in the middle of the circle and blindfold the Ghostcatcher.

Ghosts crawl around the circle on their knees and try to sneak to the middle to put their stickers on the pumpkin. If the Ghostcatcher hears a sound, he points in that direction and says, 'Ghost!' If the Ghostcatcher catches a Ghost before he places his sticker, that child must start over again.

Information Collected by Step ONE



Flu Prevention

Find more at <http://www.flu.gov/individualfamily/parents/index.html>

Symptoms of H1N1 (Swine) Flu

It is important to watch for any signs that your child doesn't feel well and to pay attention to any unusual behavior. Although the symptoms for all flu are similar, infants could have a fever or be lethargic, but may not have a cough or other respiratory symptoms.

Seasonal Flu

All types of flu can cause:

- Fever
- Coughing and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue

H1N1 (Swine) Flu

Same as seasonal flu, but symptoms may be more severe.

- Fever
- Coughing and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue

There may be additional symptoms. A number of H1N1 (swine) flu cases reported:

- Vomiting
- Diarrhea

Talking To Children About H1N1

Educate yourself first. Know the basic facts about H1N1—the symptoms, how it spreads, and how you can help protect yourself and your child from getting sick. Consider following some of these helpful tips:

- Share information about H1N1 in a calm, reassuring manner. Be careful not to worry children.
- Limit their exposure to media and adult conversations about H1N1.
- If your children are watching television, try to watch with them or make sure you are available to answer questions about H1N1.
- Use their questions as an opportunity to talk about what they can do to avoid getting H1N1 flu.
- Keep activities as consistent and normal as possible even if your normal routine changes (due to daycare or school closures).

Flu Prevention

Find more at <http://www.flu.gov/individualfamily/parents/index.html>

- Be a good example. Show children that you wash your hands frequently with soap and water. When you cough or sneeze, cover your mouth or use a tissue then throw the tissue away.

Prevention & Treatment

- Get Vaccinated. Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine. The CDC is encouraging people to get both vaccinations. Get the seasonal vaccination as soon as possible and get the H1N1 (Swine) flu vaccination as soon as it is available in early fall.
- Find a Flu Clinic Near You and Get Vaccinated. The American Lung Association (ALA) has an online tool called, Flu Clinic Locator. Visit the ALA Flu Clinic Locator to find a clinic near you.
- If you do contract the flu, talk to your doctor about antivirals. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that can be used for prevention or treatment of flu viruses. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. Two types of antivirals, Oseltamivir (TAMIFLU®) and Zanamivir (RELENZA®) may be effective against the H1N1 (Swine) flu. More information on medications and antivirals.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- If you must have close contact with a sick person (for example, hold a sick infant), try to wear a facemask or N95 disposable respirator. More on Facemasks and Respirators.

Information collected by the Chattanooga-Hamilton County Health Department

