



# Wings

A Weekly Newsletter for Families

January: Week 1  
**Nutrition**

“The best kind of parent you can be is to lead by example”  
-Drew Barrymore



Out with the old and in with the new! The start of a new year is when we consider setting lofty goals for eating better, getting into shape and leading a healthy lifestyle. To help you meet your goal of establishing and maintaining healthy eating habits for both you and the entire family, consider the following tips:

- **Let's go together...** Little ones are watching.... the decisions you make at the grocery store will set the example for good eating habits for years to come. Select healthy options from every food group and

don't forget nutritious snacks including **fruits, vegetables, grains, protein and dairy**

- **Everybody can help...** Involving children in meal preparation creates lifelong learning that builds essential life skills while teaching nutrition and health. Get everyone involved in snapping beans, rinsing fruits and vegetables and setting the table.
- **Something for everyone...** Offer a variety of healthy choices that are colorful, nutritious and flavorful that even the pickiest eater would be willing to try. And remember it takes 10 to 12 tries before someone typically develops a preference for a certain food.
- **Time to eat...** Making family mealtime a priority when children are younger will promote healthier eating habits when they reach adolescent and teen years.

If you start with good habits you have a better chance of maintaining those same good habits. What you do now will have a far greater impact than what you say. Remember, little ones are watching!

## •• INFANT Inspiration

Quick Response Time to Build Trust - Believe it or not the more responsive you are to your infant's needs, the less "spoiled" they will be as they get older. Bonding and responsiveness builds trust, and children with secure attachments tend to be more independent as they grow older.

## •• PRESCHOOL Power

Supporting Independence - Supporting the development of children's self-help skills is important for a child's growing desire to be independent. If you have a child heading to pre-k or kindergarten in the fall, now is the time to start working on supporting their self-help skills, including independent toileting and dressing.



## •• TODDLER Tales

STOP instead of NO - Hoping to avoid having "no" become your toddler's favorite word? Try to use the word stop to indicate that you need your child to think about what they are about to do. For example, you can say, "Stop, do you think your bowl will spill if you carry it like that?"

