



# Wings

A Weekly Newsletter for Families

September: Week 1  
**Nutrition**

“A healthy outside starts from the inside.” – Robert Urich

## September is National Literacy Month!

We all understand how important it is for children to be able to read on grade level. By third grade, reading on grade level is one of the most important ways to predict whether a child will graduate from high school and succeed in a career.

Here are some things you can do during National Literacy Month to encourage the kids in your life to read:

- Read aloud to your child
- Tell stories to your child – and encourage older children to tell their own stories
- Talk about pictures and words in age-appropriate books
- Take your family to story time at a local book store
- Go to the library and browse the shelves
- Swap books with another family to add variety to your reading choices
- Let your child see you reading, whether it’s a book, newspaper, magazine or even instructions. Set a good example that will last a lifetime.



## •• INFANT Inspiration

### Practical Bottle Feeding Tips

Bottle feeding is a wonderful time to cuddle your baby, gaze into their eyes, and coo and talk to them. You can make it even better with these tips:

- Never prop the bottle and let your baby feed alone.
- Never warm a bottle of formula or human milk in the microwave. Place the bottle in a bowl of hot water for a few minutes and sprinkle a few drops on your wrist to test the temperature – it should be lukewarm.
- Make sure the nipple hole is the right size – if your baby is gulping or gubbing, the hole may be too big. If the baby is sucking hard or seems frustrated, the hole may be too small.
- Try different nipple shapes
- Angle the bottle so your baby isn’t sucking in air
- Burp your baby several times during the feeding
- Don’t let your baby fall asleep sucking on a bottle

## •• TODDLER Tales

### Foods NOT to Feed Your Toddler

A 2-year-old is still learning to chew and swallow correctly, so they’re at high risk for choking. That’s why you should avoid feeding your toddler these foods:

- Hot dogs
- Chunks of peanut butter
- Nuts – especially peanuts
- Raw cherries with pits
- Round, hard candies, including jelly beans
- Gum
- Whole grapes and cherry tomatoes
- Marshmallows
- Raw carrots, celery and green beans
- Popcorn
- Large chunks of any food

## •• PRESCHOOL Power

### Helping an Overweight Child

Preschoolers are more likely to “outgrow” being overweight than teens. Still, if your child is severely overweight as a preschooler, their chances of staying overweight increase.

To determine if your child is overweight, their doctor will consider the child’s weight and height, their parents’ weights, how long they’ve been heavy and overall health. In most cases, the best thing to do is help an overweight child maintain a healthy diet until their weight is more proportional to their height. To do that, steer clear of these bad habits:

- Unsupervised snacking on junk food and sweets
- Eating while watching TV
- Drinking too much soda and juice
- Eating too much at meals

And remember – keep your child physically active, provide healthy food choices, and model healthy eating and healthy lifestyle choices yourself.

