

# Healthy Children

October 2017 Parent Newsletter



## Regular Mealtimes

Life can get busy for you and your child with school, sports and other activities. While your child is active and growing, they need healthy food to keep them fuelled for their day. Providing meals and snacks at regularly scheduled times during the day will help your child get the energy they need.

Regularly scheduled meal and snack times can be comforting to a child, as they know when they will be offered food again. At home, offer food every 3–4 hours. This will help your child feel ready to eat at meals and snacks. If your child asks to eat between these times, offer water and let them know when the next snack or meal is. Some days children will eat more, and other days they will

eat less. Children's appetites and willingness to try new foods will change, depending on how fast they are growing, how active they are or how they are feeling.

Be flexible. Some days, smaller meals or a healthy snack before and after busy times may fit your family's schedule better. It is important on these days to have lots of tasty and healthy food choices on hand at home and for on the go. For example, cut up vegetables with hummus or peanut butter.

Make it routine to offer meals and snacks at regular times so your child stays fuelled for their day.



For a short video on regular mealtimes visit

<https://vimeo.com/channels/rohkschoolnutrition/116923404>

## Articles

Regular Mealtimes

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### Reminder

Routine immunization consent forms were sent home last month with Grade 5 and 9 students.

Also, as the best defense against influenza infection and illness, an annual influenza immunization is recommended for all Albertans six months of age and older. For more information about influenza immunization visit

<http://www.albertahealthservices.ca/influenza.asp>



Alberta Health  
Services

## Being a Role Model

As a parent you act as a role model for your children every day. It can be a scary thought, but from the time they are babies, your children are watching you and learning from you. They learn from your actions and your conversations. They absorb your attitudes and copy your expressions. Before they even reach school age they've probably learned far more than you ever intended.

Thinking about your behaviour and how it might be understood by your child is an important part of healthy parenting. You can't always be calm and cheerful – nobody is. Those times can be especially useful examples for your children about how to manage feelings in a healthy way. As they grow up, they'll learn by your example and they'll have that example to follow in years to come when coping with life's challenges.



Talk to your child about your own experiences when you were their age. Tell your child about someone who made a big difference in your life, and why you admired that person. Tell stories about family members or friends who showed real courage, kindness or determination in their lives. You could look at sports figures or performers and watch how they behave. Talk with your child about what makes a person a

good winner or a good loser. What makes a person a poor winner or a poor loser?

It's not always easy being a role model for someone but it is part of every parent's and caregiver's role. Remember you won't always know the difference you make but know for sure that you are.