

Tri-County Community Action Head Start News

Healthy Weight Loss

Many people want to lose weight to improve their health or to look better. Before going on a diet, make sure you want to lose weight for the right reasons. If you need to lose weight, a health care provider can help you develop a good eating and exercise plan.

The healthy way to lose weight is to decrease calories and increase exercise. To decrease calories, eat foods that contain less fat. Foods high in fat have twice as many calories as starchy foods. Starchy foods, like brown rice, potatoes, beans and pasta, have fewer calories and help you feel full. Exercise burns calories and makes weight loss faster and easier. You don't have to start jogging to lose weight. Walking one mile burns the same number of calories as running one mile. Walking just takes longer.

Beware of fad diets. They change the way you eat for a short time and result in fast weight loss. But weight is regained very quickly. Beware of diets that promise quick,



easy weight loss or require you to buy special foods or pills.

A good weight loss plan should:

- Suggest you consult a health care provider.
- Include all food groups.
- Contain an exercise plan.
- Help you lose no more than one or two pounds a week.
- Allow healthful snacks.
- Teach good food habits.

The main way to control weight gain in children is to increase exercise while calorie intake is kept stable. This allows a child's height to catch up with his weight. Diets are not suggested for children; diets can result in slowed growth.

To help a child with weight problems:

- Have regular meal and snack times. If your child is over the age of two, serve low-fat dairy products, lots of fresh fruits and vegetables, and low-fat snacks like pretzels and popcorn. Try not to use sweets as a reward; instead serve small portions of sweets as part of a meal.
- Increase exercise. As a family, walk, bicycle or swim. Leaner children tend to have parents who exercise with them. Replace screen time with exercise time.

Orange-Pineapple Salad



Unflavored gelatin mixed with unsweetened fruit juice is lower in sugar and costs less than the presweetened packages.

What You Need:

- 1 (4-ounce) can unsweetened crushed pineapple
- 1 (11-ounce) can mandarin oranges, juice pack
- 6 ounces prepared orange juice
- 1 package unflavored gelatin

How To Fix:

1. Drain canned pineapple and oranges. Save the liquid. (Don't use fresh pineapple because it keeps gelatin from setting)
2. In a small pan, combine the saved juice with the orange juice. Add water to make 2 cups, if needed.
3. Sprinkle gelatin over juices. Let stand 1 minute. Cook over low heat. Stir until gelatin dissolves.
4. Pour mixture into several small bowls or large mold. Chill until mixture is like unbeaten egg whites. Fold in fruit. Chill until firm. Serves 6. (48 calories and 1 gram fat per serving)

Newborns and the Sucking Reflex

Right after birth, newborns don't know that sucking will bring food and that food will bring comfort.

Many babies suck their fingers while in the womb and are able to suck right after birth. They quickly learn that sucking brings milk, and milk brings comfort. Other babies don't know how to suck when a nipple is put in their mouth and cry from hunger pain.

Almost all babies are born with the sucking reflex, but many babies need to be shown how to use it. A hungry baby turns his head toward



a gentle touch or stroke on the cheek. If you stroke the right cheek with your finger or breast, a baby will turn his head towards you. When he begins to turn his head his lips will open.

The next reflex will be to latch on and begin to suck anything that touches his open lips. A baby may become confused if you touch both cheeks or if you don't have a breast or bottle nipple that he can suck.

Baby's feeding and sucking reflexes are simple, and when taught that sucking = food = satisfaction, he can quickly learn the lesson.

Trust and Mistrust

During their first year, infants learn to trust or mistrust adults. When infants receive love and affection in a stable, consistent surrounding, they feel secure. This security allows them to trust others. When infants are mistreated or neglected, they learn to mistrust adults.

Parents help infants learn trust by responding to them in a loving way. Infants don't cry on purpose. When infants under six months of age cry, they are expressing their need for

something. They may be hungry, wet, cold, in pain, or just lonely. Responding to an infants' cry in a loving way, leads to less crying later in life. Infants learn the world is safe and secure, and that they can trust those around them.

As children grow older, parents must nurture trust by treating children with respect. Let children know you love them, take joy in their successes, and give lots of hugs and praise.

Ringworm

Ringworm is a fungal infection that develops on the top layer of the skin. It may appear on the arms, legs, trunk or face. Ringworm begins with a spot that spreads to form a round, red circle with a light, scaly center. The spot is often itchy, especially in warm weather. The name ringworm comes from the ring that appears; there is no worm present. Ringworm infections can be spread from person to person by contact with the scaly patches. Cats and dogs can have ringworm and pass the infection to humans.



Ringworm is related to other fungus infections such as: athlete's foot (affects the moist areas between the toes), jock itch (affects the genitals, inner thighs and buttock area), and scalp ringworm.

Ringworm usually isn't serious, but a health care provider should be seen for a correct diagnosis. Drugs can be given to cure ringworm.

Lawn Mower Safety Tips

Injuries to children from lawn mowers include deep cuts, loss of fingers and toes, broken bones, burns and eye injuries. Before the yard is mowed, adults need to make sure that all stones and toys are picked up. Use a collection bag for grass clippings, or a plate that covers the opening where cut grass is thrown out. Children and pets need to be at least 25 feet away from a lawn mower at all times. Use a mower that stops if you let the handle go, and don't disconnect this control. It's never safe to let children ride with you on a riding lawn mower.



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