

## Parental Guidelines

### Cut down on:

- ◆ T.V., video, and computer games
- ◆ Sitting for long periods of time

### Stress

Both parents and children have stress. Stress occurs as a result of disrupted balance in life situations that creates tension. This could be a recent move, going to a new school, a divorce, or the death of a pet. Stress can affect people by making them ill or making them worse, if they are already ill. This is related to the connection of the mind, body and spirit. To be healthy physically, it is important to be healthy emotionally and spiritually. The first step to emotional and spiritual health is to adjust the way you see the world and then you can take actions to decrease stress.

Here are some ways for you and your child to relieve stress:

- ◆ Do one thing at a time
- ◆ Be flexible
- ◆ Remember that everyone makes mistakes
- ◆ Talk about your problems with someone you trust
- ◆ Listen to your body



## Miami-Dade County Resources

Miami-Dade Government

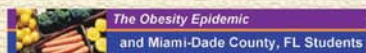
◆ Office of Countywide Healthcare Planning ..305-375-5444  
[www.miamidade.gov/OCHP](http://www.miamidade.gov/OCHP)

◆ Child Advocate.....305-631-7614  
[www.miamidade.gov/advocate](http://www.miamidade.gov/advocate)

◆ Miami-Dade Park and Recreation .....305-755-7800  
[www.miami-dade.gov/parks](http://www.miami-dade.gov/parks)

◆ The Children's Trust Help Line.....211  
[www.thechildrenstrust.org/AboutUs.asp](http://www.thechildrenstrust.org/AboutUs.asp)

Miami-Dade County Health Department  
.....305-324-2400  
[www.dadehealth.org](http://www.dadehealth.org)



### Useful Statistics

The 2005 Youth Risk Behavior Survey indicates that among Miami-Dade County, FL high school students:

#### Overweight

- 12% are overweight
- 17% are at risk for becoming overweight

#### Unhealthy Dietary Behaviors

- 77% ate fruits and vegetables less than 5 times per day during the past 7 days.

#### Physical Inactivity

- 73% did not meet currently recommended levels of physical activity
- 14% had not participated in any vigorous or moderate physical activity during the past 7 days
- 55% did not attend physical education classes
- 82% did not attend

### Resources Online

4 Girls Health – all about girls and health topics that affect them

[www.4girls.gov](http://www.4girls.gov)

15+, Make Time to Listen, Take Time to Talk – strategies to help parents talk to their children for at least 15 minutes a day

[mentalhealth.samhsa.gov/15plus/default.asp](http://mentalhealth.samhsa.gov/15plus/default.asp)

BAM - a health resource for kids from the CDC

[www.bam.gov](http://www.bam.gov)

CDC - official website for the Centers for Disease Control and Prevention

[www.cdc.gov](http://www.cdc.gov)

Commit 2B Fit – Children's Wellness initiative designed to encourage better nutrition and increase physical activity

<http://commit2bfit.org>

Milk Matters Calcium Educational Campaign - a nationwide campaign dedicated to increasing calcium consumption among America's children and teens

[www.nichd.nih.gov/milk/milk.cfm](http://www.nichd.nih.gov/milk/milk.cfm)

Powerful Bones, Powerful Girls - a website dedicated to educating young girls on the importance of calcium and strong bones

[www.cdc.gov/powerfulbones/](http://www.cdc.gov/powerfulbones/)

The President's Council on Health and Fitness - organization that promotes, encourages and motivates Americans of all ages to become physically active and participate in sports

[www.fitness.gov/](http://www.fitness.gov/)

National Institute of Mental Health – resources on stress and mental health

[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

National Mental Health Information Center, SAMHSA, HHS - resources on stress and mental health

[www.mentalhealth.org/](http://www.mentalhealth.org/)

Stay young at heart: cooking the heart healthy way – recipes for healthy eating

[www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm](http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm)

USDA for Kids – information on food and nutrition for children.

[www.usda.gov/wps/portal/lut/pl\\_s7\\_0\\_A/7\\_0\\_10B?navid=YOUTH\\_RESOURCES](http://www.usda.gov/wps/portal/lut/pl_s7_0_A/7_0_10B?navid=YOUTH_RESOURCES)

VERB - a resource on physical activity for kids from CDC

[www.verbnow.com](http://www.verbnow.com)



Delivering Excellence Every Day



# A Resource Guide

NACO Government Week 2008

"Protecting Our Children"



Positive Body Image

Nutrition

Physical Activity

TV Guidelines

Stress

It is important to keep children healthy and happy, but sometimes it seems hard to be sure your child is eating well and exercising regularly. It does not have to be! In this booklet, you'll find some tips and motivation to choose more activity and healthy habits for your child.

As always, please talk over this information with your doctor and/or health care provider so that he/she may help you develop your own family health plan.

Creating and maintaining good health means making smart choices that include:

- ◆ Good eating habits
- ◆ Physical activity on a regular basis to control weight and form healthy bones, muscles, and joints

By following some of the tips in this guide, you can help to keep your child healthy. This is very important because being overweight can put your child at risk for many health consequences, both now and when he or she becomes an adult.

Some examples of consequences related to being overweight are:

- ◆ High blood pressure, hypertension
- ◆ High cholesterol
- ◆ Type 2 diabetes (non-insulin dependent)
- ◆ Heart disease
- ◆ Stroke
- ◆ Some types of cancer
- ◆ Poor female reproductive health
- ◆ Psychological disorders
- ◆ Sleep disturbances
- ◆ Breathing problems



### Positive Body Image

Having a positive body image will contribute to the happiness and success of your child. This success will last a lifetime and positively influence your child's future, family and careers.

As a parent, you provide the major support in your child's life. Here are several tips for fostering a positive body image:

- ◆ Be an example of healthy eating behaviors to your child
- ◆ Avoid "fad diets" and large amounts of attention to personal appearance; focus instead on the importance of the qualities of good character
- ◆ Never criticize your child about his or her appearance; offer support instead
- ◆ Show your child unconditional love, no matter what his or her weight may be
- ◆ Never reward or punish your child with food
- ◆ Discuss the reality of magazine and television advertisements
- ◆ Don't hesitate to discuss concerns about your child's weight or body image with a professional

### Nutrition

Children need to eat a variety of healthy, nourishing foods in order to grow strong, stay well, maintain a normal body weight and concentrate in school.

In your child's (ages 6-18) daily meal plan please incorporate the following:

#### 5-9 servings of fruits and vegetables

- ◆ 1 medium size fruit
- ◆ ½ cup of cooked vegetables or cut fruit
- ◆ 1-cup raw, leafy greens
- ◆ ¼ cup of 100% fruit or vegetable juice
- ◆ ¼ cup dried fruit

#### 6-11 servings of whole grains

- ◆ 1 slice of bread
- ◆ ½ cup pasta or rice or cooked cereal
- ◆ 1 oz. ready-to-eat cereal
- ◆ ½ bagel or hamburger bun

#### 2-3 servings of fat free or low-fat dairy products

- ◆ 1-cup low-fat milk, yogurt or pudding
- ◆ 2 oz. of cheese

#### 2-3 servings of protein foods

- ◆ 1 egg \*
- ◆ 2 oz. of meat, poultry or fish
- ◆ ½ cup beans \*
- ◆ 2 tablespoons peanut butter \*

\*Count as 1 ounce of meat

### Children (age 6-18) should eat healthy snacks such as:

- ◆ Chunks of banana, pineapple, melons or strawberries
- ◆ Frozen 100% fruit bars
- ◆ Whole-wheat crackers with cheese
- ◆ Whole-wheat toast with peanut butter
- ◆ Ready-to-eat cereals containing high fiber and low sugar
- ◆ Mini pizzas made with English muffins, cheese and tomato sauce
- ◆ Vegetables sticks
- ◆ Steamed broccoli, green beans or baby carrots with low-fat dip
- ◆ Vegetable juice

### Please encourage your child to:

- ◆ Help choose his/her dinner vegetables at the supermarket
- ◆ Help prepare the family meal
- ◆ Drink water, 100% fruit juices and low-fat or fat free milk rather than soda or sweetened drinks
- ◆ Consume foods that are naturally sweet, such as fresh and dried fruit rather than candy, cookies and cake

### For your child's good health:

- ◆ Use low-fat cooking methods such as baking, broiling and boiling while limiting the consumption of fried foods
- ◆ Try using other methods of rewards rather than candy and sweets
- ◆ Be a healthy eating model for your child

Use family mealtimes as a way to enjoy your food and each other.



### Physical Activity

Fitness is an important part of having a healthy mind, body and spirit. Parents are the greatest influence on their child. Therefore, physical activity should also be a "family affair". Both parents and children will receive the many benefits from engaging in regular physical activity. Getting active can be used as a time of bonding and social interaction with your child. Participating with your child will increase your credibility and create an atmosphere of trust, encouraging him or her to come to you for answers and direction.

Physical activity combined with a balanced diet will promote a healthy weight. When you are physically active, you know you are taking actions to benefit yourself. This increases self-esteem. In addition, physical activity releases endorphins that relieve stress and promote a sense of well being.

### Physical Activity Recommendations for Elementary School-Aged Children

- ◆ Elementary school-aged children should participate in at least 30 to 60 minutes of physical activity from a variety of activities on all, or most, days of the week.

### Physical Activity Recommendations for Teens

- ◆ All teens should be physically active at least 20 minutes daily or nearly every day of the week.

### Examples of some great physical activities for children and teens

- ◆ Walking
- ◆ Biking
- ◆ Dancing
- ◆ Jumping rope
- ◆ Baseball
- ◆ Basketball
- ◆ Jogging
- ◆ Kickball
- ◆ Soccer
- ◆ Swimming

