

CATCH

A Coordinated Approach To Child Health

Parent Newsletter

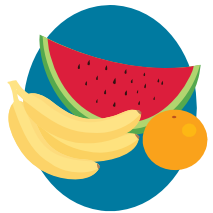
May 2010



Tips for a Healthy Summer



It's not uncommon for eating and activity habits to change over summer without the structure and routine of school. Keep your family healthy with these easy tips:



- ◆ Create a list of fun activities you can do as a family like visiting your local parks and pools and plan outings for each week.
- ◆ Limit screen time to no more than two hours per day.



Remember:
Physical Activity is important
in school and on summer vacation.
Kids need 60 minutes a day!

- ◆ Instead of fast food, plan your meals ahead and have kids help. Salads and fruits are refreshing in hot weather.
- ◆ Set snacking times so kids aren't snacking all day long. Stock the frig with healthy snacks like fresh fruits and vegetables.

Beat the heat with a healthy popsicle treat! Recipe on page 2

- ◆ Make sure kids stay hydrated with water. Add sliced fruit for a new taste.
- ◆ Limit sugary drinks like soda to just once in a while, not everyday. Have low-fat or non-fat milk with meals.
- ◆ If your child likes fruit juice, choose 100% and limit to 6 ounces per day.

www.nourishinteractive.com

Walk & Talk: Parent-Child Activity Ideas

Summer fun has just begun! Keep up healthy habits with these ideas:

Summer Fun Policy – As a family, create healthy habits this summer. Set some rules for watching TV, playing video games and spending time on the computer. Talk with your child and determine a time limit for each day. This will free up time for them to be more active and play outside.
www.nourishinteractive.com

Is the healthy choice easy? – What activities and foods can your children access easily? What healthy snacks, if around, would they eat and what do they need in order to choose physical activities over screen time?
www.familiesonlinemagazine.com/teens/



Fun Summer Activity Ideas

Children are more likely to make healthy choices when their parents set a good example. If you do active things, chances are that your child will too.

Summertime will be a breeze with these fun activities:

- ◆ Enjoy the pool. Encourage swim races or an active game such as Marco Polo.
- ◆ Set up an obstacle course in your backyard or at a playground. Use a variety of obstacles to challenge their skills such as a jump rope, soccer ball or tennis racket.
- ◆ Shoot some hoops!
- ◆ Play tennis at the courts in your neighborhood.
- ◆ Organize a soccer game with kids and adults.
- ◆ Set up a scavenger hunt around the neighborhood.
- ◆ Check out your local YMCA for indoor activities or summer camps.



Get kids involved in planning their activities. Have them come up with a list of their favorite activities and post it on the refrigerator. Have them check off an activity each time it is done. Have fun!

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Sweet Summer Treat!

100% Fruit Juice Popsicles

Ingredients/Supplies:

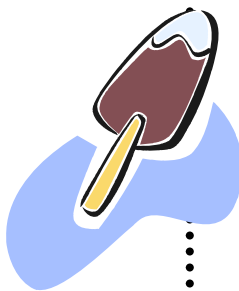
- Your favorite 100% fruit juice
- Popsicle Molds

Directions:

1. Pour juice into molds.
2. Freeze.
3. Enjoy!

TIP: If you don't have popsicle molds, use 3-ounce paper cups and wooden sticks.

VARIATION: Make layered pops by filling molds 1/3 with 100% juice and freezing for an hour before adding another layer of another 100% juice. You can even try a layer of 100% juice, a layer of low-fat milk (2-3 tablespoons), then another layer of 100% juice.



Healthy Popsicle Recipes

www.healthy-kids-snacks.com/category/popsicle-recipes

Easy kid-friendly snack!



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(Coordinated Approach To Child Health) is a program designed to help schools teach kids and families about healthy physical activity and nutritional habits. For more information, visit: www.sph.uth.tmc.edu/catch

