


TIPS FOR AGE: 6-11 years




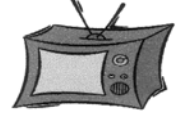


South Lake Pediatrics
www.southlakepediatrics.com
952-401-8300

- Involve your child in meal planning and in the preparation of meals. Children are more likely to try the food they have helped prepare. This is a great time to teach basic cooking skills!
- Children generally prefer bright colors and interesting textures. Crunchy fruits and smooth puddings make a nice combination.
- “A taste is just a taste,” or the “one bite rule:” let your child decide the amount to try. But do be careful to avoid power struggles.
- Continue to offer a new food ... don’t give up. Many young children must be offered a new food 8 –10 times before they will try it!



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The Daily 5-2-1-0

	5	servings fruits and vegetables
	2	hours limit on screen time (TV, computer and video games)
	1	hour active play or exercise
	0	liquid calories (pop, sweetened juices or sports drinks)

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For more advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.

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Committee on Nutrition and Healthy Lifestyles

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Car safety

- Your child should be in a booster seat until he is 4’9” tall.
- Children should ride in the back seat of a car until they are at least twelve-years-old.
- Seatbelts should always be worn!

Household safety

- Make sure you have working smoke and carbon monoxide detectors in your home.
- Have a fire escape plan and practice it with your children.
- For information on where to learn CPR, go to www.redcross.org

Outdoor safety

- Be sure to apply sunscreen frequently when spending time outdoors. Regular tick checks are a good idea, especially after playing in or hiking through wooded areas.
- Helmets should be worn for any sport in which as person is travelling fast on a hard surface, including biking, skateboarding, scootering, rollerblading, skiing and snowboarding.
- Properly fitting sports equipment is important if your child will play in any sport; this is especially important in the contact sports such as hockey, football and lacrosse.
- Talk to your child about stranger precautions.
- Never let your child swim or play near water alone.
- The American Academy of Pediatrics recommends **no** trampoline usage. Thousands of injuries, including broken bones and even neck and spinal cord injuries, happen on trampolines each year.
- Children should not be allowed to play with fireworks, including sparklers.



Good nutrition: A parent's job

- Lead by example: Remember that the best way to teach behaviors is to model them yourself. So don't forget to eat *your* fruits and veggies, to drink *your* milk, and to exercise!
- Promote healthy body image in your child. Keep the focus on health and physical fitness rather than weight or clothing size. Talk to your child about how the media may affect his image of himself.
- It is your responsibility to determine when meals and snacks will be served, and what food you will offer. You should keep your home stocked with healthy snacks. It's your child's responsibility to decide what to eat and if to eat at all.
- Offer appropriate serving sizes for your child. Adults and children over 5 years will tend to keep eating more and more as their portion sizes are increased. Also, do not reward your child for "cleaning her plate." Children should not be prompted to eat when they feel full.
- Limit 100% fruit juice to 6 ounces per day. Make simple rules such as: "We have juice with breakfast, milk with lunch and dinner, and water in-between when we're thirsty."
- When grocery shopping, plan for a variety of safe, nutritious and reasonably appealing foods for meals and snacks. Read food labels and try to limit highly processed foods with low nutritional value, those that are high in sodium or contain trans-fats. So instead of buying fruit snacks, Lunchables®, sugary yogurts, sweetened cereals or candy bar type granola bars, consider pretzels, dried fruits, cheese sticks, nuts or popcorn. For families that are able to prepare foods from scratch, you may find that the benefits of limiting salt and eliminating preservatives outweigh your additional prep-time.

How to get in enough calcium

- Children six to eight-years-old need 800 mg of calcium. Those that are nine to thirteen years need a minimum of 1300mg. This is equivalent to 3-4 servings per day of calcium-rich foods (dairy, calcium-fortified orange juice, tofu, collared greens, etc.).
- Serve skim or 1% milk.
- If your child is lactose intolerant: serve smaller portions of dairy throughout the day, try lactose-free products or add Lactaid® sprinkles or pills that help with the digestion of dairy products.



What you can do about fast foods

- Limit fast food meals to no more than once per week. Substitute milk for pop or sports drinks. Avoid "super sizing."
- Try a salad at a fast food restaurant instead of burgers and fries, but be sure to use a low fat and low caloric dressing.
- Avoid high-fat fast foods or candy as rewards for good behavior. Instead substitute verbal praise, stickers, a book or fun activity.



Keeping active

- Insist on daily physical activity! Remember that adults "exercise" but children PLAY. Be a good role model and stay active yourself. Families can have active outings together.
- Limit "screen time" (to include TV, computer and video games) to 1 to 2 hours per day. Avoid watching TV while eating meals or snacks. Don't place a TV in your child's bedroom; the resulting increased TV-viewing time carries a substantial risk for your child becoming overweight!
- If you're unsure what activities are available to your child, you could contact your local recreation center to get a listing of activities and sports teams, or check out your local YMCA/YWCA.

What to do about picky eaters

- Avoid mealtime power struggles. You may be too controlling if you make your child:
 - Stay at the table to eat vegetables
 - Clean his plate before getting up
 - Eat certain foods before dessert
 - Withhold snacks because she refuses to eat or finish a meal
 - Offer only 3 meals a day
- Make time for breakfast every day! Children who skip breakfast are more likely to get fewer vitamins and minerals, and to have difficulty concentrating in school. If you regularly run out of time in the mornings, try to get up earlier, prepare your breakfast the night before, or stock nutritious foods that are easy to eat on-the-go. Some ideas for fast and convenient foods are: bagels, fruit, trail mix, low-fat granola bars or sandwiches.

