



Make Mealtimes Happy Times

We all love to eat good food with friends and family. Young children enjoy eating in a happy, relaxed group, too. Mealtime is an important time for your child.

MAKE MEALTIMES FUN AND EASIER:

■ **Eat at about the same time everyday.**

Serve three meals and two snacks.
Plan snacks about halfway between mealtimes.

■ **Sit down as a family to eat.**

If you can't eat with your child, at least sit and talk with her while she eats.

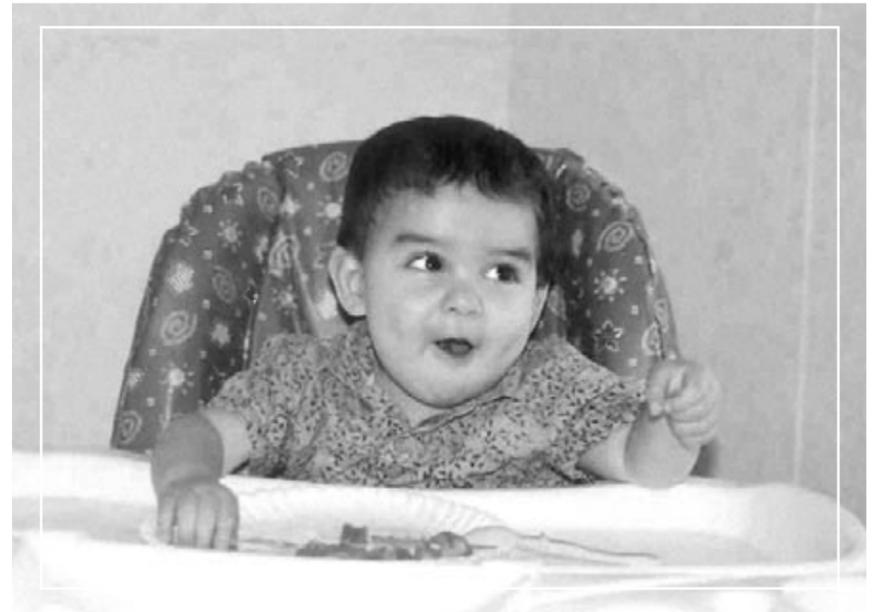


■ **Make mealtimes calm and quiet.**

Turn off the TV. Don't fuss at your child during mealtime.

■ **Don't argue with a child who doesn't want to eat.**

He may be tired, excited or just not hungry. Wait until the next regular meal or snack time to give food.



Talk to your child during meals. This is a time to share with your child.

What do you do for your family?

- Plan meals and snacks at regular times.
- Eat together at least once per day.
- Turn the television off while eating.
- Let my kids choose what they want from the food I provide.
- Let my kids eat as little or as much as they want of the healthy foods I serve.

Fruit Smoothie



Ingredients

- 1 cup fresh or frozen fruit (strawberries, bananas and/or peaches)
- 1/2 cup lowfat, vanilla yogurt
- 1 tablespoon apple juice concentrate
- crunchy cereal nuggets (optional)

What to Do

1. Have your child help prepare fruit (peel bananas, pull off stems) and measure other ingredients. Frozen fruit makes this drink thick and yummy.
2. Place fruit, yogurt and apple juice in blender. And whirl until well blended.
3. Pour into small glasses.
4. Have your child add cereal to the top.
5. Enjoy with your child.

Makes two child size servings.



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PLAY EVERY DAY!

It can be hard to get your family moving and active. Try some fun activities to get them going.



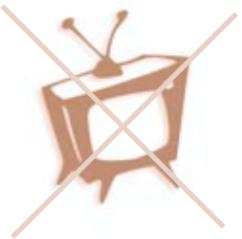
- Go for a hike or walk.
- Plant a garden.
- Go to a park.
- Play active games with your children indoors or outside.

- Have fun dancing to music.



- Go for a bike ride.
- Play chase with your dog.

Limit television to one hour or less each day.



PLAY helps your child

- Learn about his body and the world around him
- Be creative and imaginative
- Sleep better at night
- Have strong bones, lungs, muscles, and heart
- Be Healthy

Body Part Follow the Leader:

Move your body parts as you repeat the words and have your child:

- Bend one knee and an elbow
- Nod your head, look high and low
- Shake a leg
- Clap your hands
- Wave your arms
- Make circles with your hips
- Wiggle your fingers
- Smile
- Put your feet together
- Pick up your legs
- Stomp your feet!

Put on music and do this together!

INDOOR FUN! PRETEND TIME

Ask your child to act like something else:

- A tall tree blowing in the wind
- The sun rising
- A jackrabbit hopping
- An eagle soaring in the sky
- A butterfly in the sky

Join in the pretending with your child. Have your child pick something for you to act like.

OUTDOOR TIME

Fun with water

- WATER LIMBO

Get a garden hose and turn it on full. Put your thumb over the left or right half of the opening to create one jet of water. Now, everyone limbos under the water stream. Each time the group walks under the water you lower it. The winners are the kids who stay the most dry!



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