

May 2017

Healthy Way to Grow: Reno, NV.

May is National Strawberry Month!



May 1st - 7th is Screen-Free Week
 May 12th is Provider Appreciation Day

Screen-Free Week books:

- **Hello! Hello!** By Matthew Cordell: Lydia says hello to everyone, but her family members are absorbed in their gadgets.
- **Chloe** by Peter McCarty: When a large television takes over family fun time, Chloe must convince her parents and 10 brothers and sisters what every toddler knows.

Recipe of the Month: This strawberry graham dip makes a tasty snack for your children. Plus, it's a great opportunity to allow children to help with the cooking – they will love watching the blender run!

Strawberry Graham Dip

Ingredients:

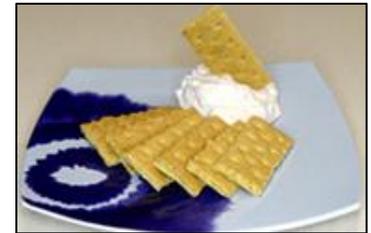
- ½ cup low-fat vanilla yogurt
- ¼ cup fat-free, nondairy whipped topping
- ½ cup fresh or frozen strawberries
- Graham crackers or apple slices for dipping

Directions:

- Put the yogurt, whipped topping, and strawberries in the blender.
- Blend until smooth.
- Dip graham crackers into the strawberry mix.

Nutrition Activities:

- During mealtime, talk with your children about strawberries: How do strawberries grow? What do they taste like? Are they soft? Sweet? Juicy? What letter does Strawberry start with?



Recipe and Photo Credit:
www.kidshealth.org

Family Wellness Corner: Encourage your family to go Screen-Free during the first week of May. Here are some ideas to keep your family active and have fun!

- **Identify free time for activities during the week.** Keep track of each family member's daily activities for 1 week. You'll get a snapshot of when you might be able to get the family together for physical activity.
- **Be active with your kids.** Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them! Develop a set of activities for you and your family that are always available regardless of weather.
- **Practice what you preach.** Your kids won't accept being restricted to two hours of TV watching if you can veg out for four hours. The best way to influence your kids' behavior is through example.
- **Have fun being active as a family!** Try a family game night, shooting some hoops, walking your dog, exploring a nearby park or turning on the stereo and dancing around the house.



Physical Activity Ideas:

For Toddlers & Preschoolers

- **Beach Ball Fun!** On each section of the ball (colored sections) write/draw an action word such as jump, turn, shake, slide, etc.



Play catch with your child, rolling or throwing the ball to each other. When your child catches the ball, they should look to see where their hand is on the ball and do that action. Throw the ball back and forth and repeat.

For Infants

- Place your baby on her back. While singing the familiar song "Old McDonald Had a Farm" insert the baby's name for "Old McDonald". Instead of "had a farm" insert "has a body" into the song and add body parts such as a foot. Gently hold your baby's foot and make a stomping motion with it. Continue the song with adding more body parts and motions.

Activity Credit: Active Play! Head Start Body Smart