



March 2011 Issue

Upcoming Dates:

MARCH 17TH
ST. PATRICK'S DAY

MARCH 18 - 19TH-
HOPE AND WILL'S CLOSET
CONSIGNMENT SALE

MARCH 18TH-
PARENT'S NIGHT OUT

MARCH 18TH-
SWIMMING BEGINS

MARCH 20TH-
SPRING BEGINS

MARCH 25
PARENT'S NIGHT OUT

Inside this issue:

Things to do Around
Atlanta 2

Food and Health
Have Fun With 2

Quality Time
in the Kitchen 3

Sunscreen &
Bug Spray 4

March Birthdays &
MVP of the Month 4

Dietary Guidelines - Tips for Parents

Every 5 years the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) release dietary guidelines for Americans. Policymakers use these Dietary Guidelines to develop the National Child Nutrition Programs. Here are some of the highlights for young children...

- In the early 1970s, 5% of children ages 2 to 5 years were obese. In 2007–2008 that percentage doubled. Overweight and obese children have a higher risk of being overweight and obese as adults. This also increases their chances of developing weight related dis-

eases. Preventing obesity in childhood is important to fight and win the obesity epidemic.

- Children ages 2- 3 need between 1,000 and 1,400 calories every day, depending on their activity level. Diets should include whole grains, vegetables, and fruits. Children ages 2-3 should also have 2 cups of fat-free or low-fat milk each day.

- Intake of sugary drinks and even all-fruit juices should be monitored. Children consume over half of their fruit in juice. 100% fruit juice can be part of a healthy diet, but it does not have as much fiber and can add extra calories. The recom-

mended daily servings of fruit should mostly come from whole fruits.

- Children are usually active for short bursts of time rather than long periods of time. These short bursts can add up, children ages 2-5 need to play actively several times per day.

Physical activities for children should be age appropriate and more importantly- fun!

For more nutritional information for your child, check out the website www.MyPyramid.gov/preschoolers

Also check out the **First Lady's Let's Move** website at www.LetsMove.gov

Hope and Will's Closet Spring Consignment Sale

Clean out your closets and save the dates for the **Hope and Will's Closet Spring Consignment Sale** being held **Friday, March 18th** from **8am-2pm** and **Saturday, March 19th**, from **8am-2pm** at the Peachtree Presbyterian Church Fellowship Hall, 3434 Roswell Road, Atlanta, GA 30305. The sale benefits

the Children's Healthcare of Atlanta (CHOA) and is sponsored by North Buckhead Friends of CHOA.

If you would like to volunteer or become a consignor, please email hopeand-willsclaset@hotmail.com.

Donations of gently worn spring/summer clothes, baby

friends
Volunteering Because Every
Child Needs a Friend

equipment, children's sporting goods and equipment, toys, books, CDs, Games, Puzzles, infant and children's furniture, strollers, high chairs, and maternity clothing are all welcomed.

Last fall they raised almost \$6,000 for CHOA. Let's make this year another huge success!

What	Where	When	Cost
ONCE UPON A PRINCESS DAY	Georgia Aquarium	March 12, 2011 10am - 4pm Parades @ 11am & 1pm	Children under 12 in Princess or Frog Costume in Free with Adult Admission \$24.95 not including taxes
ATLANTA'S ST. PATRICK'S DAY	Parade begins @ Ralph McGill Boulevard and Peachtree Street	March 12th - 12:00 noon	Free to Public
HARLEM GLOBETROTTERS	Phillips Arena	March 12th - 1pm	\$21- \$150
NATUREQUEST	Fernbank Museum	Grand Opening! Saturday, March 19 from 10 a.m. to 2 p.m. and Sunday, March 20 from noon to 4 p.m.	Adults - \$15 Children 3-12 - \$13 2 & Under - Free
ATLANTA PASSION PLAY	Atlanta Civic Center	March 20-21 / 26-26 Friday 7:30p.m. Saturday 11 a.m. / 4p.m. Sunday 3p.m.	\$15.00-\$25.00 \$5.00 parking
ATLANTA BALLET FUSION	Cobb Energy Performance Arts Centre	March 25th - 8p.m. March 26th - 2p.m. & 8p.m. March 27th - 2p.m.	\$ 20.00 - \$120.00

Food and Health

Have fun with food

You can use food activities with older toddlers to help them become familiar with foods and learn simple ideas about nutrition by letting kids get involved with basic food preparation. Other opportunities include :

- Exploration of shapes, colors and how foods grow
- Development of skills like pouring, stirring and cutting
- Learning simple hygiene, like washing hands be-

fore touching food or eating

- Sharing food with other people.

Healthy snacks

Snacks between meals play an important part in the energy intake of young children, so keep these as healthy, nutritious and as interesting as possible. Suggestions include:

- Fresh and dried fruits
- Crackers with cheese or hummus

- Yogurt (this can be frozen in hot weather in place of ice cream)
- Raisin bread, fruit loaf or toasted muffins
- Plain biscuits, scones or buns

Biscuits or vegetable sticks such as capsicum – hard vegetables should be grated or steamed for children under three years of age to reduce the risk of choking.

Food refusal

Most children are able to balance food intake with activity if they are not forced to eat. You can help by providing a variety of healthy and nourishing foods from which your child can choose. Children should be served the same foods as the family, with a variety of textures and flavors for balanced nutrition.

Bon Appétit!

Quality Time in the Kitchen

Cooking can help young kids learn and practice some basic math concepts and build language skills. And the experience of creating meals with you can help build their self-confidence and lay the foundation for healthy eating habits.

It may take a little flexibility and some simple prep work, but with the right expectations, your time in the kitchen with your preschooler can be a culinary adventure you'll both enjoy.

How Cooking Can Help Preschoolers

Bringing children into the kitchen can benefit them in a number of ways.

Cooking can help:

- **Build basic skills.** You can help your child hone basic math skills by doing something as simple as counting eggs or pouring water into a measuring cup. You can ask what comes first, second, and third or count together as you spoon dough onto a cookie sheet. When you read a recipe together, you're introducing new words to your child's vocabulary and promoting literacy. Following steps in the recipe can work on listening skills.
- **Encourage an adventurous palate.** Preschoolers are notoriously picky eaters, and bringing them into the kitchen to cook can help get them to open up to new tastes. When your 3-year-old daughter plays chef she might sample dishes she wouldn't try if you

just served them to her. So encourage kids to taste new ingredients you're working with and talk about what they like and how healthy foods make a body grow.

- **Help young kids explore with their senses.** Children learn by exploring with their senses and the kitchen is an ideal place to do that. Invite them to listen to the whir of the mixer, pound dough and watch it rise, smell it baking in the oven, and finally taste the warm bread fresh from the oven. If it smells good, looks appealing, and is easy to eat they may just be willing to try it!

Boost confidence. Preschoolers love to show what they can do and working in the kitchen provides opportunities to gain a sense of accomplishment. If they helped assemble the pizza, let them know that their help was important. You could name the pizza or another dish after your child. Serve "Will's Pizza" or "Ella's Salad" for dinner tonight. Even if the end results are not exactly what you expected, praise their efforts. Children feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Children are much less likely to reject foods that they helped make.

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

Below, by age, are ways in which you and your preschooler can spend

some quality time while helping you out in the kitchen.

At 2 years:

- Wipe Tables.
- Hand items to adult to put away.
- Place things in trash.
- Tear lettuce or greens
- Help "read" a cookbook by turning pages.
- Make "faces" out of pieces of fruits and vegetables.
- Rinse vegetables or fruits.
- Snap green beans.

At 3 years:

- *All that a 2 year old can do, plus:*
- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

At 4 years:

All that a 3 year old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas.
- Set the table.
- Crack eggs.
- Help measure dry ingredients.
- Help make sandwiches and tossed salads.

At 5 Years:

All that a 4 year old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater.

Always make sure that they wash their hands before helping.

Bug Spray & Sunscreen



Spring time and warm weather days are approaching. For most children, this means more outdoor activities (swimming, camping, bike riding, etc.). For all parents, this means being extra vigilant to keep your child safe and healthy. Help your child enjoy Spring by following the basic health and safety tips.

There are many sunscreens available for safe use in children over six months old. Pick one that offers UVA and UVB protection and that has a SPF of 15 or higher. Apply the sunscreen in a thick coat at least 30-45 minutes before going outside and reapply every two hours (or more often in she/he is swimming or perspiring heavily).

Here are some other tips to protect your child from the damaging effects of the sun.

- Sun Safety to prevent damage from too much exposure to the sun. Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%. Many parents make the mistake of using sunscreen and then allowing unlimited sun exposure.
- Wear protective clothing, including a hat and long sleeve shirt and long pants. Keep in mind that most clothing only has a SPF of 5-9, so you can still get sun damage with a shirt on.
- Limit exposure to the sun when it is at its strongest (10am-4pm).
- Using Insect Repellents safely to prevent bites, which can make your child miserable.
- Although deet insect repellents are effective for several hours, they do wash off with water and sweat, and you may have to reapply them to be most effective.

March Birthdays

Kylie Newberg	March 4	Bonsai
Alexander Moura	March 6	Bonsai
Levi Johnson	March 6	Oak
Anna Porter Brodnax	March 7	Bonsai
Towle Hosmer	March 15	Coconut
Finnoula Brandon	March 16	Plum
Peyton Brantley	March 17	Mahogany
Lila Roccio	March 30	Mimosa

MVP for March 2011



Mrs. Vera Walker

Kudos to Vera Walker for being nominated as the MVP for the month of March. Vera was nominated for being a great team player. She is available to cover in rooms when needed. She lends a helping hand and assists with the Oaks in many ways, along with her own duties. She takes the initiative to take charge in that classroom when needed. She knows every child in the building...and they know and love her. The work that she does in the kitchen is "brow wiping." It's a lot of work as some of us know, because we have to try to fill in those high heel shoes when she's absent. Not everyone can work that kitchen like Mrs. Vera Darling!

As the MVP of the Month, Vera was awarded a \$100 gift-card and the coveted Teacher of the Month Parking Spot. **Congratulations Vera!**



Happy Birthday!