



Positive Parenting News

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Focus: Good Food for Good Health

More Than Just Food

Trust is the foundation of feeding. Trust and love begin when we know someone is going to feed us when we are hungry. By eating family meals together and choosing health-promoting foods, you nurture good nutritional habits in your child that will last a lifetime. A healthy diet and regular physical activity will help your child maintain a healthy body weight. Children and young people should enjoy at least 60 minutes of physical activity each day. Active kids are healthy kids.

Get Healthy Eating Off to a Positive Start

Teaching children to “eat a rainbow” encourages eating a variety of colorful fruits and veggies. “Eating a rainbow” helps their bodies get the nutrients needed to grow and develop. When parents serve salads more often, and add vegetables or fruits to meals or snacks, children get variety and a balanced diet that limits processed foods. Being a role model is very important - be sure to eat more fruits and vegetables yourself. And, remember to begin every day with breakfast!

Hydrate, Hydrate, Hydrate

It is important for children to get used to quenching their thirst with water. Limit juice to 4-6 ounces a day, and make sure to serve 100% fruit juice. It is okay to dilute the juice by adding water to the cup. Whole milk is recommended for children from age 1 - 2. They need the extra fat and calories for their growth and development. More importantly, young children should fill up on nutritional food, rather than sugary sodas and sports drinks.

Eating Healthy on a Budget

- Plan ahead by making a shopping list and sticking to it.
- Use coupons, store sales, buy in bulk and buy in season.
- Processed/pre-packaged foods are convenient, but costly.
- Choose the check-out lane that does not have candy!

Fuss Free Meals

- Have your child help with shopping, and preparing meals.
- Offer the same foods for the whole family, rather than being a short order cook.
- Offer only one new food at a time, and at the start of the meal when your child is most hungry.
- Be a good role model.

Tips for Healthy Eating

- Virginia Cooperative Extension’s Family Nutrition Program www.ext.vt.edu/food-healthy/family-nutrition-program.html
- PBS Parents www.pbs.org/parents/food-and-fitness/
- Martin’s Kid Healthy Ideas—Passport to Nutrition Program www.martinsfoods.com/live-well/health-and-wellness/kid-healthy-ideas/
- School Nutrition Just Got Easier with “Eat a Rainbow Project” www.foodday.org/eat_a_rainbow_project
- Choose My Plate - Department of Agriculture www.choosemyplate.gov/myplate-tip-sheets



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Chesterfield-Colonial Heights Positive Parenting Coalition

Educating, supporting and empowering professionals to assist families in achieving their full potential.