



# Bradford Tioga Head Start Inc.

## Why Children Eat As They Do

### **Children want to be independent.**

Children want to choose their food and feed themselves. Sometimes they aren't hungry; sometimes they eat everything in sight. Some days they feel like eating only peanut butter sandwiches. These may taste so good that they only want peanut butter for the next week.

### **Children don't understand or care about food and its relation to their health.**

It doesn't matter that milk is good for them. Some days they may want milk; some days they won't. When a child won't drink milk, try other dairy sources, such as yogurt, cheese, pudding, cottage cheese and soups made with milk. Or offer chocolate milk. Serve a variety of healthful foods and let your children decide **which** and **how much** they want to eat.

**Children's taste buds are more sensitive than adults'.** Most children prefer plain foods; not mixed foods. Sometimes they don't even want different foods to touch each other on their plate. Introduce new foods one at a time. Most children don't like new foods at first, but will accept them in time if you continue to offer the food. Children slowly add new foods to their diet as they grow older. Some children never try new foods and become adults who are picky eaters. If after many tries a certain food is not

liked, forget it. Children dislike some foods just as adults do.

**A child's stomach is small.** Plan three meals and one or two snacks a day. During periods of rapid growth, appetite increases. During periods of slow growth, appetite decreases. Snack portions should not be large or eaten too close to meal time. Serve snacks about one to three hours before meals. Children like routines, so provide meals and snacks at about the same time each day.



### **Children stop eating when they are full.**

Don't expect children to always clean their plates. When adults make children eat, instead of trusting children to control their own food intake, children don't develop internal hunger cues. This encourages overeating, or food dislikes, that could result in weight or food problems later on.

### **Children learn about foods by tasting, touching and smelling, and they need to experiment.**

Children eat slowly. When adults are in a hurry, both become frustrated. Children need time to explore the feel of food and learn to use utensils. If a child is just playing with food, simply clear the table and offer the next snack or meal at the usual time.

## Bread Sticks



Homemade bread and pasta are a treat. Children love to work with their hands in the dough.

### What You Need:

- 3 to 3-1/2 cups flour
- 1 teaspoon salt
- 2 tablespoons dry yeast
- 1/4 cup vegetable oil
- 1-1/2 tablespoons sugar
- 1-1/4 cups hot water

### How To Fix:

1. Combine 1 cup flour, yeast, sugar and salt in large mixing bowl. Add oil.
2. Slowly mix in water. Add remaining flour until a soft, but not sticky, dough forms. Turn dough onto lightly floured surface. Knead until smooth, about 1 minute.
3. Divide dough into sixteen, 12-inch sticks. Place sticks on foil-lined cookie sheet. Let rise until light and puffy, about 45 minutes. Brush dough with small amount of melted margarine. Bake at 325° F, until golden brown. Makes 16. (125 calories and 4 grams fat per serving)

## Tuberculosis

Tuberculosis (TB) is a disease caused by bacteria. TB bacteria can attack any part of the body, but they usually attack the lungs. TB is spread through the air when a person with TB coughs or sneezes. Anyone exposed to the bacteria may get TB, but some people, such as drug users, alcoholics, and visitors from other countries where rates are high, are at higher risk for infection. Infants born to women



who are HIV-positive or have AIDS are also at risk of getting TB.

Symptoms of TB include a cough that doesn't go away, low-grade fever, weight loss, night sweats and fatigue. When found early, TB can be easily treated. A simple skin test can detect TB before serious symptoms appear. Ask your health care provider if you or a family member needs to be tested.

## Parenting



Many first-time parents find the first years with their new baby frustrating.

Common complaints include, nothing gets done, there's no time to enjoy your partner and no time for yourself. It takes a while to get used to a new baby and a new life.

Feeding, diapering and caring for a baby takes 80 percent of a parent's waking hours. It helps to organize and streamline household chores. Housework never gets completely done, so pick the most important job to do each day and don't worry about a spotless house. Get other family members to help.

Take time to enjoy your partner. When parents take time to love each other, the child benefits. If babysitters aren't available, plan a Friday night date in your own home. After baby goes to bed, pop popcorn and watch a movie.

Take time for yourself. You'll be refreshed and better able to care for your child if you learn how to treat yourself well. Ask a family member, your partner or a neighbor to babysit while you take a walk, shop alone or read for an hour. Look for parent and play groups at a YMCA, church or library where you can talk with other mothers with young children.

## Infant and Child Car Seats

Most child car seats are not used correctly. Tips on car seat use:

- Place infants rear-facing until they are 12 months old and weigh at least 20 pounds.
- Replace any car seat that has been in a crash (even a small one), is more than six years old, does not work properly, or has been recalled and not repaired.
- Don't buy or borrow a used car seat unless you know that it's never been in a crash.
- Keep children under 40 pounds in a car seat with a harness (a five-point harness is best).
- Use booster seats until children weigh about 80 pounds. Car seat belts are made for adults and don't properly fit children under 80 pounds. Even a minor crash can cause serious injuries. Use backless booster seats if children have head and neck protection behind them. If not, buy a high-back booster.

The NHTSA Auto Safety Hotline at 1-888-327-4236 can refer you to the nearest Certified Child Passenger Safety Technician for a car seat inspection.



## Puddles

*Puddles! Big ones, little ones, long ones, skinny ones—  
pieces of sky on the ground.  
It's time to puddle-jump!  
Splash splash splash!*

from the book *Puddles* by Jonathan London

The next time it rains (after the thunder and lightning are gone) let your children jump in puddles. You may even want to join in the fun. Put rain boots on your children and let them stomp their feet in the puddles. Help them see their reflections, and let them drop stones in the puddles and watch the ripples. Float nature objects in the puddles, such as a leaf or feather, or make a boat from sticks and leaves. Locate other puddle and rain books at your library, such as *Rain Talk* by Mary Serfozo and *Pete's Puddles* by Hannah Roche.