



Taking Small Steps to Better Health, Together

Healthy Waldo County



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A Local Healthy Maine Partnership



Enjoy an Active Fall



This newsletter is created by the staff at Broadreach Family & Community Services and sponsored by Healthy Waldo County

Colder weather and fewer hours of daylight can make it challenging to get regular physical activity during the winter months. Regular activity is just as important to your child's good health during these months as it is during the rest of the year.

If the weather is too bad for outdoor activities, look for indoor opportunities. Exercise at home with your child to a fun video. Check for indoor physical activity programs at the YMCA or other community programs. Consider bundling up the family for an afternoon of indoor ice skating. Start a walking group with friends and neighbors.

On warmer and sunnier days, consider hiking the trails in nearby parks and recreation areas. With early darkness as a concern, be sure to wear reflective clothing and carry a small light to increase your visibility to motorists. If you plan a weekend getaway, think about ways to make it an active one. And when winter approaches, get ready to enjoy activities such as sledding, skating and cross-country skiing.

How much physical activity does my child need?

Children and teenagers should get at least 60 minutes per day of physical activity.

This season, remember that it's never too late — or too early — to begin an active lifestyle.

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Discovering the Natural World



Exploring nature with your children helps them to develop creativity and a sense of awe for the world around us. Research reveals that experiencing nature is an important component for physical, academic, emotional and spiritual growth. Making a connection to nature heightens children's curiosity and develops a desire to explore the world around them. With this knowledge, children learn to protect and preserve the natural environment.

Exercise and Learning—Use nature and children's natural curiosity & love of the outdoors to develop:

Mathematics concepts:

Children count, order, match, and classify rocks, leaves, flowers, seeds, nuts.

Language concepts:

Children describe differences in color, shape, and position—in, out, over, under, around.

Science concepts:

Children follow animal tracks, find animal habitats, watch plants and animals change and grow, discover shadows—learning when they are longest and shortest, experience the seasons and the changes they bring, and strengthen their powers of observation.

Social Studies concepts:

Children connect with the world and the people and animals that live in it, learn to take responsibility, and develop sensitivity and caring.

Activity helps children stay healthy and happy.

These suggestions are useful during extended rain and snow periods when outdoor play is not possible. Television watching and use of computer or video games should be limited to 2 hours or less per day.

- Use music for stepping, hopping, jumping in place.
- Use music to do a variety of arm, leg, and foot, exercises while remaining seated.
- Play "fitness with the leader." This is "follow the leader," using exercises.
- Make up "hand jive" routines, share and teach to others.
- Sport mimics: act out sport movements such as batting, kicking, dribbling, throwing or catching.

Family bonding is

the bedrock of the relationship between parents and children. Bonding starts at birth and can be maintained and strengthened through parents supportiveness of their children, parent-child communication and parental involvement. These skills can be enhanced with early rule-setting; monitoring activities; praise for appropriate behavior; and moderate, consistent discipline that enforces family rules and values.





Vegetable Barley Soup

This soup is hearty and has great flavor. Add a loaf of good whole grain bread and you have a hearty supper full of nourishing vegetables that everyone in the family will appreciate.

INGREDIENTS

2 tablespoons olive oil
 1 medium onion, chopped
 1 cup chopped celery
 4 cups sliced fresh mushrooms
 4 cloves garlic, minced
 1 cup chopped carrots
 5 cups diced red potatoes
 3 cups chopped cooked chicken
 2 1/2 quarts chicken broth
 1 cup quick-cooking barley
 2 tablespoons butter
 1/2 cup chopped fresh parsley
 salt and black pepper to taste



DIRECTIONS

- Heat the oil in a large stock pot over medium heat. Cook onions, celery, mushrooms, and garlic in oil until onions are tender.
- Stir in carrots, potatoes, chicken, and broth. Bring to a boil, then stir in barley. Reduce heat, cover, and simmer 20 minutes.
- Remove from heat, and stir in butter, and parsley. Season with salt and pepper to taste.

Healthy Waldo County wishes to thank Broadreach Family & Community Services for this newsletter

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**You don't need a bag of tricks to help your child learn.
You are your child's first teacher
and the world is your classroom.**

Need help with that laundry? Is your laundry basket always full? Make folding laundry a family time. Your child can help match socks and yes, they can even fold t-shirts. Laundry time is a great time to work on colors and patterns. Ask your child to help you sort the clean laundry. While you're sorting the laundry talk about how to decide which socks go together and have them find different patterns, like stripes and dots.



Grocery shopping can be a very stressful time! With your list in hand

and a trick or two up your sleeve you can make the trip to the grocery store more enjoyable. Before you go to the store have your child help you make a list. Take the weekly flyer, go through it together and have your child circle the items you plan to buy. Have your child search the aisles to match your purchase to the picture in the flyer. When you're in the produce aisle you can talk about all the colors. "Look, blueberries, red strawberries, yellow squash."



Many of us spend a lot of time in the car. While you're driving take this time to work on colors and safety. Talk to your child about the shape of the sign and the color. "Red always means **STOP!**" "Look, a red stop sign up the hill, oh, there's a red yield sign at the bottom of the hill." Say the letters on the traffic sign with your child and show them that the words tell us what the sign means, but the shape and color of the sign also tells us what the sign means.

