

Making Mealtime Memories



A Healthy Twist on Homemade Ice-cream



This is a great outdoor activity for the summer, that ends in a healthy treat! It's part science, part outdoor activity, and completely delicious.

Supplies:

- One gallon and one pint plastic zipper storage plastic bags. Having another plastic bag to put the zipper storage bags in is also useful, as it gets pretty cold while shaking and having an extra layer will help.
- Ice cubes

Ingredients:

- 1 cup of liquid such as non-fat milk, almond milk coconut milk, soy milk. You can also try this with low-fat yogurt or milk.
- 2 tablespoon of sweetener (try honey or maple syrup!)
- ½ teaspoon of vanilla extract
- 6 tablespoons of salt
- 1 cup of finely chopped fruit (optional)



Instructions:

1. Place all ingredients in the pint size bag and seal.
2. Fill the gallon size bag halfway with ice cubes and 6 tablespoons of salt.
3. Place the pint sized bag inside gallon size bag and seal the gallon size bag.
4. Shake vigorously for four minutes until the ice cream forms in the pint size bag.
5. Enjoy your homemade ice cream.!

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Healthy Living With Head Start

Building Healthy Habits at Home



At Head Start, your child is introduced to **Family- Style Meals**. During mealtime, food is passed around in containers for them to serve their own plates. This helps children build social skills and learn independence, and can also improve motor skills and self- confidence. They will also learn how to practice using proper table manners. Consider trying family-style meals at home throughout the year to continue to grow these skillsets.

- ⇒ Let your child **pick their own foods**. Family-style meals give children the opportunity to both try new foods and politely decline foods that they have tasted and may not yet enjoy. Select a variety of different types and textures of food to serve. Try offering smooth, mashed, lumpy or finely chopped or ground foods. This will help him or her to develop fine motor skills (like pinching and picking food up with her fingers) and chewing skills. They will also learn to accept and like a variety of foods.
- ⇒ Similarly, let your child **serve/ feed themselves**, and show them how to use different utensils such as tongs a ladle, spoons and forks.
- ⇒ Have your child **help out** with setting and cleaning the table after the meal. Additionally, If children are involved in the cooking process, and have a say in what will be served during the family-style meals, they may be more inclined to try the food.
- ⇒ **Encourage Conversation** at the table. Talk to your child about healthy habits and nutrition, or just take the time to ask about their day!



Create Healthy Habits as a Team

Brush Together.....

Every day at Head Start/ Early Head Start, your child is given time to brush their teeth! Some centers play a song, and others set a timer to ensure they are brushing for two-minutes. If your child becomes familiar with brushing at school, and at home, it will become second-nature to them.

- **Brush Together.** Set a good example and take the time to brush your teeth with your child
- **Floss Together.** As soon as the first tooth erupts, your child can start flossing. Starting these habits early can help creating lasting habits.
- **Set a schedule.** Try and set aside a specific time for brushing each day. The Academy of Pediatric Dentistry recommends that children brush twice daily, so try the morning and evening.
- **Make oral health fun!** Dance, play music, or even make it a game. Choose a fun song that is two minutes long, or have your child try to defeat the “sugar bugs” in their mouth.

* If you would like some floss, toothpaste, or even a fun activity book for the summer, contact the Dental/Nutrition Specialist before the year ends!

.....Practice Summer Safety Together



Last weekend it reached 90+ degrees in our county— so we can expect more hot days to come! Make sure to take care of you and your little one(s) by practicing the safe habits below!

Sunscreen: Make sure to read the directions and reapply every two hours or sooner if swimming or sweating. The Skin Cancer Foundation says that regular use of SPF 15 reduces the risk of developing skin cancer. It also helps prevent premature skin aging such as wrinkles, sagging and age spots!

Hydrate: Drink extra water to avoid dehydration during hot summer days.

Take breaks: Being in the sun for long periods of time can tire our bodies out. If you feel yourself getting tired or overheated, take a break in the shade or cool off inside.

Water Balloon Painting

As temperatures rise, and you are looking for creative ways to engage your child outdoors, try this water balloon painting activity. Cool off after with a safe water-balloon fight or splash in the kiddie pool!

SUPPLIES

- Water Balloons
- Kiddie Pool *
- Large Piece of Paper or Cardboard
- Tempera Paint, or something similar, that easily comes off with soap and water

INSTRUCTIONS

1. Tape the paper down to the bottom of the swimming pool.
2. Fill small dishes half full with paint.
3. Dip water balloons in paint (partially or all the way) and set on the paper-covered bottom of the pool.
4. Next, you and your kid(s) take position around the pool, lift it up, and tilt the pool back and forth and around to make the paint-covered water balloons roll around and make designs on the paper.
5. When the painting is complete, set the pool down, remove the water balloons, and then remove the painting to a safe place to let dry.
6. Fill the pool with water to wash it, the kids, and the water balloons!
7. If you wish, find a safe way to safely burst the balloons!



*If you or your neighbors don't have a hard plastic kiddie pool, then consider these options:

- Tape a long sheet of paper to a slide and roll paint-covered water balloons down it. Prepare for a burst balloon at the end or place a bucket at the bottom to catch them.
- Do this activity on a smaller scale with a large baking sheet with sides or a plastic storage container that you have around the house.
- Tape or weigh down a large sheet of paper to the ground (patio, garage floor, etc.) then roll the paint covered water balloons across the paper from different sides.