



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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## Whooping Cough (Pertussis)

The winter season has come upon us, and it is now time to make sure we take extra caution when it comes to colds and viruses that affect ourselves and our children. Pertussis, known as Whooping Cough, has become widely publicized and some schools are requiring an immunization before the next school year begins. Whooping Cough not only affects children, but adults as well.

### What is Whooping Cough?

An infection of the respiratory system caused by the bacterium *pertussis* that can easily be spread from one individual to another.

### How Contagious is Whooping Cough?

Whooping Cough is highly contagious. Most people are contagious during the early stages of the illness, up to about 2 weeks after the cough begins. Just like any seasonal flu or cold, this spreads from person to person contact by:

- Coughing
- Sneezing
- Touching surfaces or objects contaminated with the bacterium then touching your mouth or nose

### What are the Signs & Symptoms?

The beginning signs of Whooping Cough are similar to those of a common cold:

- Runny nose
- Sneezing
- Mild cough
- Low-grade fever

After one to two weeks, the dry cough turns into coughing spells which may look as if the

individual is gasping for air. It is more likely that a young child will go through the coughing spells, but not everyone will. Adults and adolescents may have milder symptoms, such as a cough without the spells.



### How Long will Whooping Cough last?

Whooping Cough will usually entail 1 to 2 weeks of common cold symptoms, followed by 2-4 weeks of severe coughing. Coughing spells may last even longer. The final stage is recovery, which may take several weeks to a month.

### Warning Signs

- Worsening cough
- Gasping for air/shortness of breath
- Vomiting after coughing spell
- Symptoms lasting longer than 1-2 weeks

### How to Prevent Whooping Cough

- Wash hands with soap and warm water for at least 20 seconds
- Use sanitizing gel or wipes with 60% or more alcohol
- Avoid shaking hands, or sharing food, drinks, or utensils with others
- Cover your mouth with the crook of your arm when sneezing or coughing
- Vaccines and boosters are available

## Family Meals



The combination of the daily routine of running errands, long hours at work, homework and extra curricular activities during after-school, is no wonder why very few families eat meals together.

Given the alarming statistics that for every one in five children aged 6-19 are overweight in the U.S., the push for family mealtime is a crucial part in the well being of a child. Studies have shown eating meals as a family or group not only plays an important role in academic achievement but also decreases social behavior problems such as bullying, the use of illicit drugs and alcohol.

### Benefits of frequent family meals:

**Improve Academic Achievement.** Daily family meals are linked to success in school, such as alertness, concentration, and decreased behavioral problems. Sitting down for a meal at the table will give your child the opportunity to practice their language skills as they discuss current school projects or their daily activities.

**Provide Sound Nutrition.** Consuming family meals together significantly increases the intake of fruits, vegetables, and other important nutrients. Family meals will assist in decreasing overall dietary fat intake as there is more control over types of foods and ingredients being served. As shown in research of decreased fried foods and foods with trans fats. This is also a great opportunity to discuss the importance of eating from different food groups every day, especially fruits and vegetables.

### □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ **Family Mealtime** □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

1. **Keep meals simple.** Foods that are healthy can be a quick fix. Work salads and veggies into your meal. Spending time together is your number one priority. Turn off the television, video games, mobile phones, and the computer. This should be time spent with the family.
2. **Weekly meal planning.** Create a menu for the week so you know what ingredients are needed for each dish. This will help in the shopping and preparation process as well as the budget.
3. **Cook when you have the time & crock pots.** Pre-cook food items on the weekends or nights when you have extra time. Use crock pots to cook all your ingredients at once before you leave for work and/or before running your errands.
4. **Involve your child with the meal time process.** Have your child practice setting the table, pouring water into each glass, washing the fruits or vegetables, or adding ingredients from a recipe. Being part of the meal preparation allows them to practice practical life and math skills. In addition, your child will become more familiar with the food and may increase the likelihood of them wanting to try the food being prepared.
5. **Make it enjoyable.** Leave any serious discussion for another time. Family meals are for nourishment, support and comfort. Set the mood by playing music, lighting candles or placing flowers on the table.

***To begin establishing family mealtime, try setting a goal of 2 times per week and build from there.***

Article adapted from [www.makingmealsmatter.org](http://www.makingmealsmatter.org), Nibbles for Health and WebMD©

## Purple Cabbage & Apple Slaw

Try this easy and interactive recipe with your child. This is a healthy and delicious snack or side dish your child can help create and serve.

**Recipe Serves:** 8 one cup portions

### Ingredients Needed:

- 1 head purple cabbage
  - 2 tablespoons vinegar, any variety
  - 2 teaspoons oil, any variety
  - 3/4 teaspoon salt
  - 1/2 teaspoon black pepper
  - 1/2 cup sugar
  - 4 apples, any variety
  - 3 tablespoons lemon juice
  - 4 medium carrots
  - 1 cup shelled sunflower seeds
- Additional Toppings:**
- Raisins
  - Dried Cranberries



### Instructions:

1. Ask the child to wash their hands with warm, soapy water.
2. Have the child wash the cabbage, apples, and carrots in a clean strainer and set aside.
3. Using a clean, sharp knife, cut the cabbage head in half. Lay the cut side down on a clean cutting board and cut the cabbage into thin strips. Place in a large bowl.
4. Have your child help you add the vinegar, oil, salt, black pepper, and sugar to the cabbage. Allow your child to mix the ingredients together.
5. Using a clean grater, grate the carrots into the cabbage mixture.
6. Put lemon juice in a clean bowl. Using a clean grater, grate apples with skin on, not including the core and seeds. Place the shredded apples into the bowl of lemon juice and stir.
7. Combine the apples, sunflower seeds, and additional toppings into the cabbage mixture and stir well.
8. Allow the cabbage mixture to sit for 25-30 minutes in the refrigerator.

*Recipe adapted from Allrecipes.com*

## Heart Awareness



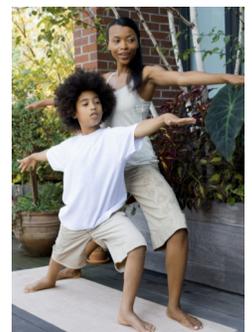
February is national heart awareness month. Building a healthy heart starts with eating a well-balanced diet that includes healthy fats like canola oil, nuts, and fish. Staying active to meet the daily physical activity recommendations of 30 minutes for adults and 60 minutes for children is equally important. For many children, active play is just another excuse to have fun on the school playground but in reality, physical activity and movement foster growth and development. Explain to your child our heart is a muscle and it needs to be exercised regularly to pump blood and oxygen to our brain and our body.

**Do-** Ask your child to feel their heart before and after he/she actively moves. Do they notice a difference?

**Reinforce-** When they are not actively moving the rhythm of their heart slows, like when they are watching TV and playing video games.

Ideas to get your child moving when weather does not permit:

- ◆ Try choreographing your own movements to music
- ◆ March in place, jump rope, shadow box
- ◆ Yoga
- ◆ Indoor obstacle course
- ◆ Active games like Hyper-dash, Simon Says, or Wii Fit



# Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your young children, while integrating math, language and science. **These lessons come “ready-made”** with all of the materials you need to teach a fun and interactive lesson with your students. The curriculum was developed by the University of California or Scholastic, Inc.

**We will bring the materials to your site, free of charge,** and we can even provide your staff with trainings and additional resources to increase their confidence in these topics. We can also plan classroom, food-themed parties, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact us.

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# Fuel Their Minds Parent Corner

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## Lack of Sleep & the Link to Obesity

Does your child receive an adequate amount of sleep every night? Making sure your child is receiving the proper amount of sleep every night is just as important as a healthy diet and daily exercise. Nighttime sleep helps repair the body, keeps the heart healthy, reduces stress, and improves memory.

Several recent studies have shown that children who **do not get enough sleep are more likely** to be overweight or obese. A study published in the journal *Sleep*, found that children who slept an average of nine hours or less at night had a 3.4 % increase in body fat, compared to those who slept nine hours or more.

The American Academy of Sleep Medicine recommends preschool age children (2-4 years old) sleep between 11-13 hours per night and school-age children (5-9 years old) sleep between 10-11 hours per night. Additionally, constant lack of sleep may lead to irritability, hyperactivity, poor memory and concentration, poor academic performance, depression, anxiety, and aggressive behavior. So what can you do to encourage your child to receive the recommended amount of sleep?



Here are some simple tips to follow:

- Have a consistent bedtime routine. Put your child to bed at the same time every night, even on the weekends.
- Set aside 15-30 minutes every night to prepare your child for bed.
- Establish a relaxing bedtime routine. A few suggestions would be: a warm bath, soft lighting, or reading a book. A bedtime routine signals to your child that it is time to calm down and go to sleep.
- Turn the television, computer, and all video games off at least 30 minutes before bedtime.
- Do not allow foods or beverages that contain caffeine or sugar before bedtime (such as colas or teas).
- Monitor television, computer, and video games to ensure they are age-appropriate. Scary movies or games may cause nightmares or other sleep disturbances.
- Keep their room dark, cool, and noise-free.
- Remove the television, computer, and video games from their bedroom, and keep them in a common room such as the living room.
- Encourage daily physical activity. Take a walk after dinner as a family, play soccer in the yard during the afternoon, or dance to their favorite music.



# Fuel Their Minds-Boletín para Padres



Ideas para Comer Mejor y Estar Activos con Niños Jóvenes

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## Falta de Sueño y Enlace a la Obesidad

¿Su hijo recibe una cantidad adecuada de sueño cada noche? Asegurándose que su hijo está recibiendo la cantidad adecuada de sueño cada noche es tan importante como una dieta sana y el ejercicio diario. Durante la noche de sueño, esto ayuda a reparar el cuerpo, mantiene el corazón saludable, reduce el estrés y mejora la memoria.

Varios estudios recientes han demostrado **que los niños que no reciben suficiente sueño tienen más** probabilidades de ser alto de peso o obeso. Un estudio publicado en la revista de *Sueño*, encontró que los niños que duermen un promedio de nueve horas o menos por la noche tuvieron un incremento de 3.4% en la grasa corporal. En comparación con aquellos que duermen nueve horas o más.



La Academia Americana de Sueño Medicina recomienda los niños edad preescolar (2-4 años) deben dormir entre de 11 a 13 horas por noche y niños edad escolar (5-9 años) entre 10 y 11 horas por noche. Además, la constante falta de sueño puede llevar a tener irritabilidad, hiperactividad, mala memoria y concentración, bajo rendimiento académico, depresión, ansiedad y comportamiento agresivo. ¿Qué puede usted hacer para ayudar a su hijo recibir la cantidad recomendada de sueño?

Aquí hay algunos consejos simples que usted puede seguir:

- Tener una rutina de dormir consistente. Acostar a su hijo al mismo tiempo todas las noches, incluso los fines de semana.
- Reservar 15-30 minutos cada noche antes de acostarse.
- Establecer una rutina relajante para la hora de dormir. Unas sugerencias sería: un baño caliente, suave iluminación, o leyendo un libro. Una rutina de dormir señale a su hijo que ahora es el momento para calmar y ir a dormir.
- Apagar la televisión, equipo de juegos de vídeo al menos 30 minutos antes de acostarse.
- No permite alimentos o bebidas que contienen cafeína o azúcar antes de acostarse (como colas –sodas o té).
- Asegurarse que la televisión, equipo de juegos de video son de edad apropiada. Películas de terror o juegos que pueden causar pesadillas o otros alteraciones de sueño.
- Mantener el cuarto oscuro, fresco y sin ruido.
- Remover la television y equipo de juegos de video de su recámara y mantenerlos en una área común, como la sala.
- Hacer actividad física diaria. Ir a caminar después de la cena con la familia, jugar al fútbol durante la tarde o bailar a su música favorita.

Adaptado pr WebMD, Archives of Pediatrics and Adolescent Medicine, and Education.com