

KIDS KÖRNER

A newsletter designed with parents of young children in mind



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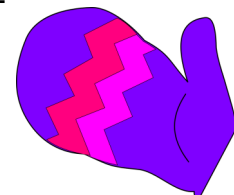
Creating Healthy & Sustainable Families

February 2022

Dressing Kids for outdoor winter play

Will being out in the cold make kids sick? Cold weather does not cause kids to get sick. Instead, sickness is the result of the opportunity for viruses to spread when we spend more time with others indoors. The fresh air and open spaces outside can lower the risk of getting sick. Playing outside also gives kids more space to release energy and make noise that you don't want inside. These tips will help everyone dress for safe, outdoor winter play that benefits everyone.

- **Dress in layers.** This includes socks, boots, pants, a winter coat, hat, mittens, and shirts that can be tucked into pants. Children typically need one more layer than adults wear. Layers can be peeled off if they get too warm.
- **Keep the head and ears covered.** Hats and/or ear warmers help keep heat in and prevent frost bite.
- **Wear waterproof boots.** These will help keep feet warm and dry in cold, wet weather.
- **Mittens over gloves.** Mittens can keep hands warmer than gloves. Waterproof mittens will help keep water out and allow outdoor play to last longer.
- **Remove wet clothing immediately.** Having a change of dry clothes will help kids stay warm and safe.
- **Use the wind chill as a guide.** If the wind chill is 20 degrees to 32 degrees, it is safe to play outside for short periods of time. Limit outdoor time to 20 to 30 minutes at a time, or less if children are cold. Younger children have less tolerance for cold. Below 20 degrees, keep play time inside with fun moving games.



No matter the season, outdoor play provides social, emotional, and physical benefits. Layer up and head out for a good time, even if it is just for a few minutes!

Reference

Winter safety tips for parents and children. (2002). *Paediatrics & child health*, 7(1), 33–51. <https://doi.org/10.1093/pch/7.1.33>

Source: Courtney Luecking, Extension list for Nutrition and Health



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Safe Space to Explore New Foods



Children can have strong reactions to new foods – refusing to eat, crying, tantrums, or even gagging. Creating a safe and positive experience at snacks and meals can help ease these strong reactions and support your child in trying new, healthy foods.

- * **Keep foods separate.** Foods that contain many ingredients, like a casserole, can be overwhelming. Instead, plate foods separately and serve sauces or dips on the side.
- * **Include familiar foods.** Only introduce one new food at a time and pair it with other healthy foods they like.
- * **Keep portions small.** Let favorite foods take up most of the plate. Smaller portions of the new food will seem less intimidating.
- * **Let the food be the highlight on the plate.** Try serving colorful meals on neutral or plain color plates. Utensils, rather than eating with hands, may help children who do not like to touch food.
- * **Explore through play.** Children learn through play. Allowing them to learn about food textures, smells, and tastes through play can get them more comfortable with the idea of eating it. Who can crunch the snap pea the loudest?
- * **Small changes over time.** Children may need to see and explore a food 10 to 15 times before they are willing to try it, much less like it.

If these tips do not help, reach out to a health-care and mental health professional. Some children have sensory processing issues that make it difficult to process and respond to information from the senses.

Reference

Zelman, K. (2014, August 26). *Picky vs. problem eater: A closer look at sensory processing disorder*. Food & Nutrition. Accessed October 16, 2021 at <https://foodandnutrition.org/september-october-2014/picky-vs-problem-eater-closer-look-sensory-processing-disorder/>

Source: Courtney Luecking, Extension Specialist for Nutrition and Health

Fun Fruit Yogurt Pops

Makes: 14 servings

Ingredients:

- 1 yogurt, vanilla or plain (8 ounces)
- 2½ cups strawberries (sliced, frozen, thawed)

*You may substitute your favorite fruit or whatever is in season!

Directions:

1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden Popsicle/craft stick in the center of each cup.
3. Freeze overnight until firm. To eat pops, peel off paper cups.
4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Nutrition Information: Calories 30; Total fat 0 g; Saturated fat 0 g; Cholesterol 0 mg; Sodium 10 mg; Total Carbohydrate 7 g; Dietary Fiber 1 g; Total Sugars 5 g; Added Sugars included 2 g; Protein 1 g; Vitamin D 0 IU; Calcium 33 mg; Iron 0 mg; Potassium 92 mg

Source: University of California, Cooperative Extension Fresno County, Easy and Nutritious Family Recipes <https://whatscooking.fns.usda.gov/recipes>



Sincerely,

Christy A. Martin, CEA for 4-H Youth Development **Jonathan Oakes, CEA for Agriculture & Natural Resources**

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