










### Outdoor Safety During Winter!

Winter is a wonderful time for children and their families to do many healthy, outdoor activities together. Here are some tips on how to stay safe outdoors during play time!





-  Wear dry gloves and boots with nonskid bottoms.
-  Dress in layers.
-  Wear a hat or hood that lets you see from side to side and hear all sounds.
-  Wear bright clothing or attach reflective material to clothes so you can be seen easily.
-  Walking, jumping and running will help you keep warm.
-  Walk on sidewalks even when covered with snow.

-  Drink plenty of fluids, even though it is not summertime. Bring a thermos of hot chocolate or soup with you.
-  Use the buddy system. Always bring a friend or family member with you, whenever you go out to play.
-  A warm drink when you go inside will help you feel toasty!



### Planned Snacking...

Help your child develop healthy eating habits with 3 meals and several smaller planned snacks each day. Young children have small stomachs and need snacks for nourishment. When a planned snack of food and drink is offered at a time that is not too close to the last or next meal, children have a chance to be interested and hungry for what is served at the next meal.

-  Snacks can be mini-meals like our fun shaped sandwiches.
-  Try to include some protein, carbohydrate, and some fat. Fruits and vegetables and cheese are an example. Set a good example. Choose nutritious snacks for yourself.
-  Milk and cookies can be a good snack as long as sweets are not the only ideas for snacks. Children with healthy eating habits learn to eat a variety of foods.
-  Preschool age children often have favorites, and refuse to eat new foods. Have patience. Please do not force them to eat. Children will often learn to like new foods after they have been presented many times.



### Fun Shaped Sandwiches

Teach children shapes, while making a healthy snack with them!

Make a sandwich using any combination of healthy toppings. Ingredients such as lettuce, tomatoes, cheese slices, turkey, ham, tuna fish, cucumbers, or \*peanut butter can be used. After making your sandwich, cut the bread into different fun shapes, such as rectangles, squares, or triangles. Ask your child to name the shapes. Enjoy!

\*Make sure your child does not have any peanut allergies before making the peanut butter sandwiches.

### Question of the month:



What should you do while sneezing or coughing?  
Turn over for the answer...

# WALK TO THE LIBRARY—GOOD EXERCISE, GOOD BOOKS FOR FREE



During the wintertime, you can make your walk to the town's library exciting. Along the way, you may want to stop and do a short "Can You" activity with your child. This simple game involves asking your child, "Can you reach the sky" or "Can you touch your toes" or "Can you turn around" or "Can you wiggle" and many more movements.

When you get to the warm library, the librarians will help you find many books or videos with songs and stories that make you move, laugh and have fun. These are all **free!** You can take them home and use them with your family. Upon returning the old books, you can continue borrowing other books and videos that both you and your children can enjoy.

So this winter you don't have to stay at home. Take your child on a field trip to the library for fun ideas the whole family can play together outdoors or at home! After walking home from the library, have a warm cup of apple cider or hot chocolate and enjoy the books and videos you borrowed!

**Buckle Up for Safety!**

Seat belts are life savers! No matter how short the ride is, it is important that everyone in the car is buckled up. Not only will you get a ticket for not wearing a seatbelt or having your child in a car seat, but you are increasing the chances of serious injury and fatalities if an accident occurs. There are seatbelt safety brochures available at your nearby AAA North Jersey office in Secaucus, Fair Lawn, Wayne and Oradell. For children that still need to ride in car seats there are also brochures available to help ensure that parents are securing and installing the car seats properly. They are free to AAA members.

**Answer to Question of the Month:** When you sneeze or cough, it is important that you cover your mouth and nose with a tissue or your shirt sleeve. Do not cover your cough or sneeze with your hands, since the germs will stay on your hands. Remember to wash your hands after you cough or sneeze.

## **We want to hear from you!**

Dear Parents and Childcare Providers: Let us know how you encourage a healthy lifestyle in your home or day care.

We want to share your ideas with the rest of Bergen County in future issues.

Please contact Robin Chou, Healthy Lifestyles Gazette Editor, Bergen County Department of Health Services, at 201-634-2694 or email: [rchou@co.bergen.nj.us](mailto:rchou@co.bergen.nj.us)

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690 Kinderkamack Rd. Suite 202, Oradell, NJ 07649

Jackie Lue Raia, CEO, 201-986-7715, [jlueriaia@bergenpch.org](mailto:jlueriaia@bergenpch.org)