

Healthy Kids



Enjoy the benefits
of healthy children!

Children who eat
well and are

physically active

have improved

concentration,

enhanced social

skills, and sleep

better at night.

Healthy children

feel good mentally

and physically!

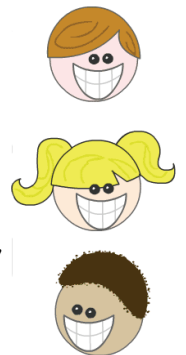
A Child's Smile

Nothing is sweeter than your child's smile. Your child's smile starts with healthy teeth. Help your child have a healthy smile by taking care of his teeth.

You probably remember your child's first tooth. Most babies get their first tooth around the age of 6 months. **By the age of 2 to 3 years, most children have all 20 baby teeth.**

These baby teeth are important! Toddlers need these teeth to learn how to eat. Baby teeth also help a toddler learn how to speak. Baby teeth help shape your baby's face and jaw, and help to keep adult teeth straight. **Healthy baby teeth mean healthy adult teeth.**

Children usually start getting their adult teeth around the age of 5 to 6 years. **Help your child develop healthy habits to protect his baby teeth and have healthy adult teeth:**



- ☺ **Brush teeth after meals and snacks.** Help your child brush and floss his teeth until he is 6 or 7 years old. Put only a pea sized amount of toothpaste (with fluoride) on your child's toothbrush. Teach your child to spit out the toothpaste after he brushes his teeth.
- ☺ **Offer water between snacks and meals. Drink water with fluoride.** If your water does not have fluoride, ask your doctor or dentist for a fluoride supplement.
- ☺ **Limit juice to 4 ounces each day.** Drinking juice and other sweet drinks throughout the day can cause cavities.
- ☺ **Wean your toddler from a bottle by around 1 year of age.** If you use sippy cups, limit to using only at meal and snack times.
- ☺ **Have 2 to 3 planned snack times each day.** Snacking all day long is not good for your child's teeth and can cause cavities.
- ☺ **Take your child to the dentist by 1 year of age.**
- ☺ **Your child is watching!** Make sure you are practicing good dental health habits too.

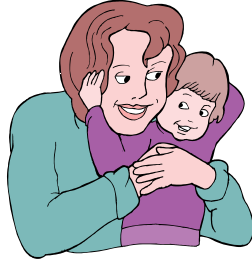
A healthy life starts in childhood, you are your child's first and most important teacher!

The Healthy Kids newsletter was developed by the Boone County University of Missouri Extension Center and adapted from Kid Food™, Nutrition Matters, Inc. The newsletter is made available to you by a Missouri Foundation for Health Healthy and Active Communities grant received by the Columbia/Boone County Health Department.

Sharing love with your child

♥ Reward with love!

Reward good behavior without food or treats. Give your child a hug, read a story, or play together. Children love the attention of their parents.



♥ **Don't bribe or reward your child for eating.** Children who eat for rewards often learn to overeat. Small children may even start to overeat to please their parents.

♥ **Don't comfort your child with food.** Your child may learn that he should eat when he is upset.

♥ **Comfort with love!** Your child needs you to help calm him. Give a hug or smile to your child if he is upset. Let your child sit on your lap.

Mini Meat Loaves

Kids love having their own meat loaf to eat!

1 pound lean ground beef or ground turkey
1 egg, slightly beaten
 $\frac{1}{4}$ cup finely chopped onion
 $\frac{1}{4}$ cup shredded carrots
 $\frac{1}{4}$ cup BBQ sauce or ketchup
 $\frac{1}{2}$ cup instant oatmeal (crushed crackers or dry bread crumbs can also be used)

Mix all ingredients together. Press meat mixture into ungreased muffin cups. Fill cups about $\frac{2}{3}$ full. Bake in 375° oven for 20 to 25 minutes or until meat is no longer pink. Remove from muffin cups.

Top each mini meat loaf with ketchup, salsa or shredded cheese, if desired.



Active toys

Provide toys that help your child be more active.

- **Children love all types of balls.** Bounce, throw, roll or kick a ball to each other. Throw a ball at a target such as an empty box or basket. Keep your child's balls in a large basket—this way they are always ready to be played with.
- **Tricycles, bikes and other riding toys are fun to ride.** Find a safe area for your child to ride— a driveway, park, bike trail or school playground.
- **Children love to pull their favorite doll, stuffed animal or friend in a wagon.** Wagons are also fun to pull around the yard or park to pick up treasures such as rocks and sticks.
- **Push toys are fun for small children.** Try toy shopping carts, strollers and other toys. Children love to copy what they see their parents doing.
- **Children love to make toy trucks and cars move, and planes fly.** Have small trucks, cars and planes that fit easily into your child's hand.
- **Toss a Frisbee.** The whole family can have fun tossing and catching a Frisbee. Even the family dog can catch a Frisbee.

