



# H.O.P.E News March 2009



## Nutrition

### How to encourage your child to eat healthier

Establish a routine for meals and snacks - try to feed your child at times when he is alert, and not too tired to eat or cooperate.

Use a variety of foods from the four food groups - remember that children, like adults, have their own likes and dislikes, which may change over time. If your child will not eat certain foods (such as yellow vegetables) try to "hide them" in a soup or casserole.

Serve new foods alongside familiar foods - this encourages your child to enjoy eating a variety of foods and establish good manners.

Create a pleasant environment for your child at mealtimes. Make sure she is comfortable (for example, young children will usually need a booster seat).

Set reasonable expectations, such as a realistic sense of how long your child can sit at one time, or the amount of food that he can eat during a meal or snack time.

Try not to show anxiety about what foods your child is or is not eating. Children learn quickly that food can be used as a weapon for getting their way.

Don't forget that children's appetites vary - expect the appetite of your two-year old to be reduced, since he is now growing at a slower rate than before, and he is much more interested in exploring his surroundings instead of sitting in one place.

Children should eat to satisfy their hunger, not to gain anyone's approval.

Try to sit and eat as a family. This establishes mealtimes as pleasant social occasions.

Offer your child the same food that everyone else at the table is eating, as long as it is age-appropriate.

### Did you know?

**Broccoli contains twice the vitamin C of an orange & has almost as much calcium as whole milk**



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HOPE News provided by...



## Fruity Blender Buzz

### Ingredients:

- 1 cup (250 mL) milk or soy beverage
- 2 tbsp (25 mL) skim milk powder
- 1 ripe banana
- 1 cup (250 mL) frozen or fresh strawberries, blueberries or raspberries



### Instructions:

In blender, purée together milk, skim milk powder, banana and berries until smooth. Pour into 2 glasses.

**Nutrition Facts:** Per serving: about 155 cal, 6 g pro, 3 g total fat (2 g sat. fat), 28 g carb, 2 g fibre, 10 mg chol, 87 mg sodium. % RDI: 20% calcium (217 mg), 6% iron (0.8 mg), 8% vit A, 62% vit C (37 mg), 14% folate (31 mcg).

# NETWORK 4 CHANGE.....

## Stability, Hope, Strength, & Wellness



17-31 First St. S.  
268-2506

[www.network4change.ca](http://www.network4change.ca)

Drop By for Coffee, chat and to  
Meet our New Staff

**Deb Robinson**  
**Christal Pruden**  
**Dana Sachvie**  
**Terra Kohle**



### WHAT'S HAPPENING THIS MONTH

- Laugh and Learn Winter Session  
Mondays 10:00-11:30  
Network 4 Change
- Play Pals  
Tuesdays 9:45-11:45  
SunGro Centre
- Time to Play  
March 8, 22 1-3pm  
Beausejour Early Years School

## LAUGH & LEARN

### Get your toddler Involved!

A great way to get your toddler excited about eating well is to get him involved in the family's food decisions. He's too young to help you develop menus, of course, but he'd probably love an excursion to the grocery store.

As soon as your child's old enough to manage it, ask him to hold the grocery list for you as you shop. Give him a few choices along the way: Peaches or mangoes? Peas or carrots? Graham crackers or fig bars?

Make a habit of selecting one new fruit or vegetable to try each week, keeping in mind that it may take numerous exposures to a new food before your child will actually eat it.

JOIN US AT LAUGH & LEARN  
Monday Mornings  
10:00 a.m.-11:30a.m.

### SESSION THEMES

March 2-Celebrate Siblings  
March 9-Nuts for Nutrition  
March 16-Farm Safety  
March 23-Celebrating Differences

## A Time to Play - Play Group/Family Support for Families with Children of Special Needs



Network 4 Change is excited to launch a new program for families with children of special needs.

A Time to Play will provide the time and space for children to have fun in a developmentally appropriate, stimulating, fun, engaging and safe space. Family members and care-providers will be given an opportunity to connect with and support one another while their children have some time to play.

★ March 8, 2009

★ March 22, 2009

1-3 pm (Beausejour Early Years School)

\*Feel free to contact us regarding questions, concerns, suggestions

### PROGRAM PARTNERS

Network 4 Change  
Brokenhead River Community Foundation  
Beausejour Early Years School  
Bright Beginnings  
Eastman Family Services and Housing  
Association for Community Living

# NORTH EASTMAN HEALTH ASSOCIATION (NEHA)

## Healthy Baby

Are you pregnant or have a baby under one year?

Healthy Baby is offered at the Beausejour Health Center every second Tuesday from 10 a.m.-12 noon

## Public Health Nurse

Lisa Hrynyk, RN,BN

Email: lhrynyk@neha.mb.ca

268-7468



## PRESCHOOL PLAY PALS

### What you need to know...

- Although your child may not eat three well balanced meals each day, as long as it balances out over a one or two week period, with foods from all of the food groups, then he likely has a healthy diet.
- Don't rely on "fast" foods and typical toddler meals at home just to get your toddler to eat, such as hot dogs, macaroni and cheese, and chicken nuggets, etc. Serve a variety of foods, including vegetables and fruits, even if it is just a tablespoon on your child's plate that he doesn't touch, to get him used to healthy foods.

- Don't be quick to give your child nutritional supplements such as Pediasure or other high-calorie snacks when he isn't eating well. Instead of [boosting calories](#) this often backfires and fills your child up with liquids, so that he will continue to not want to eat solid food. Talk to your pediatrician if you really think that your child needs a nutritional supplement.

Tuesdays

9:45-11:30

SunGro Centre

Join us for...

Snacks

Stories

Crafts

Great Conversation

## KIDS FAIR

CALLING ALL 3 AND 4 YEAR OLDS!

Just a reminder that our annual K.I.D.S FAIR is coming up soon and it's an opportunity you don't want to miss.

**When:** Wednesday, April 15, 2009  
1:00-7:00p.m.



**Where:** Beausejour Early Years School  
(900 James Avenue, Beausejour)

**Why:** To Learn, Explore, Play & Have Fun!

For Information call: Network 4 Change  
at 268-2506





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
					1
2 Laugh & Learn 10:00-11:30 N4C Celebrate Siblings	3 Preschool Play Pals 10:00-11:45 SunGro Center Cool Concepts Healthy Baby BSJ Health Center 10-12	4 Story Time 1:30-2:30 @ the Library	5 Mother Goose 10:30-11:30 @ the Library	6	7/8 Time to Play 1-3pm BEYS (Sunday the 8th)
9 Laugh & Learn 10:00-11:30 N4C Nuts for Nutrition	10 Preschool Play Pals 10:00-11:45 SunGro Center Imagine It	11 Story Time 1:30-2:30 @ the Library 	12 Mother Goose 10:30-11:30 @ the Library	13	14/15
16 Laugh & Learn 10:00-11:00 N4C Farm Safety	17 Preschool Play Pals 10:00-11:45 SunGro Center ABC'S & 123'S Healthy Baby BSJ Health Center 10-12	18 Story Time 1:30-2:30 @ the Library	19 Mother Goose 10:30-11:30 @ the Library	20	21/22 Time to Play 1-3pm BEYS (Sunday the 22nd)
23 Laugh & Learn 10:00-11:30 N4C Celebrating Differences <u>30</u> No Program	24 Preschool Play Pals 10:00-11:45 SunGro Center Creative Kids  <u>31</u> No Program	25 Story Time 1:30-2:30 @ the Library	26 Mother Goose 10:30-11:30 @ the Library	27 	28/29 