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**UW**  
**Extension**  
Cooperative Extension  
Clark County

September 2011



## Young Families Newsletter

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Month

### **Young Families Newsletter**

A free newsletter edited by

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Family Living Agent

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### **Dear Young Family,**

The more we learn about breakfast, the more we realize it is probably the most important meal of the day. Starting your day with a healthy meal increases your ability to learn and concentrate. Eating breakfast helps increase your child's ability to learn, improves behavior, improves the quality of a child's diet and may decrease the risk of being overweight in children and adults.

Despite the proven benefits, many school age children don't eat breakfast on a consistent basis. Lack of time, hectic morning schedules and lack of economic resources or limited access to healthy and nutritious foods are contributing factors to low breakfast consumption for many children and adults in Wisconsin.

The number of children eating breakfast has been declining overtime. One option to ensure that your child has a nutritious breakfast is the school breakfast program.

Any child is able to purchase breakfast if it is available in their school regardless of income. The school breakfast program is similar to the school lunch program. Both programs offer a free or reduced price. Depending upon if the student's breakfast or lunch is reduced or free, the USDA pays the school back for some of the meal cost.

For more information contact your local UW-Extension office or visit the Department of Public Instruction School Breakfast website at <http://www.dpi.wi.gov/fns/sbp1.html>.

To sign-up for the school free and reduced breakfast and lunch program, contact your child's school office. They will help you in determining if you qualify for free or reduced breakfast and lunch.

Sincerely,

Julie Simek-Heggebo

# FAMILY TIME WORK TIME — A BALANCING ACT

## Building Strong Families

### FROM PYRAMIDS TO PLATES

What's on your plate? That's the big question these days as nutritionists in the United States have moved on from the food pyramid to the new MyPlate icon to illustrate what's needed for healthy eating. More than one-third of children and two-thirds of adults in the United State are overweight or obese. The new MyPlate icon is in place to remind Americans how easy it is to eat healthier.

The plate icon clearly illustrates how half of a plate at meal times should be filled with fruits and vegetables. If your portion sizes are right you will notice your plate filled with the right amount. The other half should have whole grains and lean protein. Dairy is signified by a circle off to the side to feature fat-free or low-fat dairy products.



The size of your plate determines the number of

### SOME THINGS TO THINK ABOUT

Busy parents have many things to do every day, but try to take time to sit back and think about some ways to teach your child. Listed below are some things to think about:

- √ Teach your child to accept the differences in other people. We need to value each one for the person he is. It does not matter what a person looks like. What matters is what kind of person he is and how he acts. Your child will learn from seeing how you treat others.
- √ Your attitudes, values, and beliefs are taught by your example. Your child will tend to copy what you do.
- √ Instill a sense of wonder and excitement when encountering new experiences and things. Your child will be open to learning and want to explore new things.

calories you eat. Using a salad plate rather than a large dinner plate may be better. This is especially true for children. We tend to eat more food if large amounts are put in front of us. Make good choices about the amount of food you put on your plate and your child's plate. For more information go to the USDA Web site at [www.choosemyplate.gov/](http://www.choosemyplate.gov/).

Here are some tips for healthy eating:

- Remember your health is affected by your food and physical activity choices each day.
- Eat less, but enjoy your food.
- Eat and chew your food slowly.
- Do not eat oversized portions.
- Fill half your plate with fruits & vegetables.
- At least half the grains you eat should be whole grains.
- Fat-free or low-fat milk (1%) is best to drink.
- Drink water instead of sugary drinks.
- Avoid foods high in sodium. Check labels on foods for sodium content.
- Vary your vegetables.
- Focus on fruit.
- Make sure to eat calcium rich foods.
- Go lean with protein.
- Keep food safe to eat by storing it appropriately.

√ Take time to really listen to your child. Slow down, observe your child, and be aware of what she is doing and saying.

√ Acknowledge that we all have feelings, sometimes many different kinds of feelings in a single day. It's normal for a person to feel happy, sad, angry, or jealous at different times the same day. Show your child how to openly express his feelings and the best way to deal with them.

√ Most of all, take time for your child each day. Talk with each other, laugh together, and maybe even cry together during a stressful or sad time. The important thing is to spend time together.

# TAKE TIME TO EXPLORE THE FALL WEATHER

It's fall and the temperature outside is starting to cool down. While the weather outside is still bearable, take some time to explore the outdoors with your family and take note of some changes occurring in our surroundings.



- Collect different colored leaves and press them in a book with your child. See how many different specimens you can find!
- Go for a walk in the woods and take along a pair of binoculars and a magnifying glass to look at things up close. Peer under logs and rocks and examine insects that you find.

- Help your child gather pinecones, acorns, antlers, feathers, seeds, etc. And start a little nature collection of their own. Discuss their findings and keep them in a box when you get home.
- Pick fruit of the season with your child. Take them to an apple orchard or pumpkin patch. Bake an apple or pumpkin pie when you get home. Or carve a pumpkin!
- Catch a critter. Now's the time when caterpillars are plenty. Help them capture one and watch what happens!
- Rake a big pile of leaves together with your family. Take turns running and

jumping into the pile of leaves. Take a few pictures to capture the fun moment!

- Carve a pumpkin together. This makes a great lesson for children learning their shapes. Ask your child, "Should we have triangle or square eyes on our pumpkin?" "Should we have a circle or square nose?" Include your child in on the pumpkins design.



## Soup Season



There is nothing like a warm bowl of healthy, yummy soup to offer children for lunch, especially when the weather turns chillier.

### Chicken Little Soup

- 1 pound chicken, cut into 1 inch pieces
- 1 onion, finely chopped
- 1 stalk celery, chopped
- 1 tomato, chopped
- 2 carrots, sliced
- 3 potatoes, peeled and cut into 1 inch pieces
- 6 cups broth or stock
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- Salt and pepper to taste

Put all ingredients in large pot. Stir. Cover pot and cook over medium heat for about 45 minutes or until chicken is cooked.

## Extra Benefits from Doing Household Chores

When your kids help you do household chores, you both benefit. Needed work gets done and you all get some exercise. Active outdoor chores include raking leaves, shoveling snow, weeding and digging in the garden, carrying groceries, and washing the car. Put on some music and encourage your child to dance around while doing indoor chores such as dusting and sweeping. Make it fun as you all get some exercise.



## HEALTHY HABITS TO BOOST YOUR CHILD'S IMMUNE SYSTEM

It's that time of year again when children are going back to school and are more likely to spread illnesses back and forth to each other. It seems like spreading illnesses back and forth are never ending amongst young children. Especially children in daycare and preschool programs.

Unfortunately there is no easy way to stop the spread of illnesses and viruses. However, there are some healthy habits we can develop to give our child's immune system a boost and hopefully be able to ward off some of the illness that go around.

- Serve more fruits and vegetables. Some vegetables contain immune boosting nutrients such as carrots, green beans, oranges and strawberries. Try to get in five servings per day. A serving for toddlers is about two tablespoons and for older children about 1 1/4 cups.
- Get more sleep. Not getting enough sleep can make you more susceptible to illnesses. If your child can't take naps during the day, put them to bed earlier. A newborn may need up to eighteen hours of crib time per day. Toddlers require twelve to thirteen hours and preschoolers need about ten hours of sleep per night. Until your child gets older and into a school routine, make sure to allow extra time for going to bed routines. An example of a routine would include, taking a bath, brushing teeth, reading a story and getting a good night kiss.
- Exercise. Research shows that exercise increases the number of natural cells that kill germs in adults and can benefit kids in the same way. Do fun activities with your children to get them moving.
- Go for a bike ride, go hiking, play basketball, go for a long walk, etc.
- Guard against the spread of germs. Make sure your kids wash their hands often with soap, especially when going to the bathroom, before and after meals, handling pets, blowing their nose and arriving home from daycare. Keep hand sanitizers in your diaper bag or purse for when you're on the go.
- Banish secondhand smoke. Kids are more prone than adults to the harmful effects of secondhand smoke because they breathe at a faster rate.
- Don't pressure your pediatrician to prescribe antibiotics. Having antibiotics when they aren't needed can actually harm your child. Make sure your pediatrician only prescribes when they think it is absolutely necessary.

## HELP YOUR CHILD WITH THOSE ANGRY MOMENTS

Everybody gets angry sometimes. It's normal. You can teach your child how to deal with angry feelings without hurting herself or anyone else.

Talk with your child about what she is feeling. Ask what it is that made her feel angry.

Set a good example. When you

are angry about something, talk about it and why you are feeling that way.

Be sure to be clear that you are angry about what happened and not angry with your child.

Teach your child words to use when he becomes angry, such as when another child takes a toy

away. He can say, "Don't do that. I was playing with it."

Calming activities can help your child work out angry feelings. Some examples are exercising, dancing, shaking fists, stomping feet, finger painting, scribbling with crayons on paper, playing with play dough, or digging in the dirt.

## UPCOMING EVENTS

### “Proficient Parenting” Parenting Series

- September 19  
“Nutrition & Healthy Family Choices”
- October 24  
“Safety & Supervision of Your Child”
- November 28  
“Ag Appropriate Discipline”
- December 19  
“Family Roles & Systems”

All of these programs will be held at the Central Clark County Community Child Care Center (7 C’s) on Depot Street, Greenwood, Wisconsin from 6-8 pm.

Classes are free to the public and include free child care. Pre-registration is required one week in advance. For more information or to register contact:

Julie Simek-Heggebo  
Family Living Agent  
517 Court St Room 104  
Neillsville WI 54456  
715-743-5121

### Composting Workshop *Reduce, Reuse, & Recycle*

Use a compost bin — promote soil health and save money!

**Tuesday, September 20**  
**Loyal Legion Hall**  
**6-7:30 p.m.**

Call 715-743-5121 for more information and to pre-register for this workshop.

Sponsored by:  
Clark County UW-Extension  
Clark County Master Gardeners



### Becoming a Love and Logic Parent

Put the fun back in parenting!

This parenting class will be held Monday evenings, November 7, 14 & 21 from 5:30 to 7:30 p.m. at the Clark County Courthouse Auditorium.

This three-week course helps parents and children establish a rewarding relationship built upon love and trust. Topics include:

- Responsibility
- Control
- Ownership
- Setting limits
- Empathy
- Consequences

The material covered is appropriate for parents, grandparents, and care providers of children age birth to 18 years.

Cost is \$10 for the workbook. For more information or to register call 715-743-5121. Pre-registration is required. Register by November 1st.



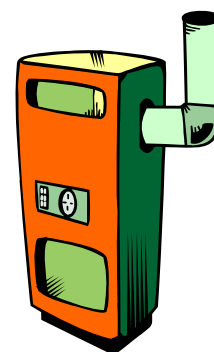
### September WIC Schedule

- Sept. 12 Owen Clinic & check pick-up 9-4
- Sept. 13 Abbotsford Clinic 9-4
- Sept. 14 Abbotsford Clinic & check pick-up 9-4
- Sept. 15 Thorp Clinic & check pick-up 9-4
- Sept. 16 Neillsville Clinic & late check pick-up 9-4
- Sept. 23 Owen Clinic & late check pick-up 9-12
- Sept. 28 Abbotsford Clinic & late check pick-up 9-4

## DO YOU NEED HELP PAYING YOUR ENERGY BILLS?

Home Energy Plus provides energy assistance and weatherization to qualifying individuals and families. You may be eligible for Wisconsin Energy Assistance (WHEAP) and weatherization services if your gross income for the last three months is less than the amount shown below for your family size.

Family Size	3 Month Family Income
1	\$3,828.75
2	\$5,133.75
3	\$6,438.75
4	\$7,743.75
5	\$9,048.75
6	\$10,353.75
7	\$11,658.75
8	\$12,963.75
For each additional person add	\$1,305



Wisconsin’s Home Energy Assistance Program provides assistance for heating costs, electric costs, and energy crisis situations.

Addressing weatherization problems can:

- Reduce home energy use
- Improve comfort
- Make sure the home environment is healthier

For more information call toll free 1-866-432-8947 or visit [www.homeenergyplus.wi.gov](http://www.homeenergyplus.wi.gov).

The local program provider is **Clark County Department of Social Services**

They can be reached at: 715-743-5233 or 1-866-743-5233

### Over the income limits?

If you can’t afford your heating or utility bill you can ask your local energy assistance office about the **Keep Wisconsin Warm fund** or visit: [www.kwwf.org](http://www.kwwf.org)

## FRUIT AND HERB OF THE MONTH

### Cantaloupe

Today, major growers of cantaloupe include the United States, Turkey, Iran and many Central American countries.

This sweet, flavored melon belongs to the same family as the cucumber, squash, pumpkin and gourd. Cantaloupes range in color from orange-yellow to salmon and have a soft and juicy texture with a sweet, musky aroma that emanates through the melon when it is ripe.



One cup of cantaloupe is just 56 calories, but provides 103.2% of the daily value for vitamin A, beta-carotene 112.5% of the daily value of vitamin C, and is a good source of [potassium](#), [vitamin B6](#), [dietary fiber](#), [folate](#), and [niacin](#) (vitamin B3). Cantaloupe is low in Saturated Fat, Sodium and Cholesterol.

To find a ripe melon tap it with the palm of your hand and hear a hollow sound, the melon has passed the first test. Choose a melon that seems heavy for its size and one that does not have bruises or overly soft spots. Cantaloupe is so fragrant that you will be able to test for its aroma of ripeness even if you purchase already cut cantaloupe, packaged in a plastic container.

Leaving a firm cantaloupe at room temperature for several days will allow the texture of its flesh to become softer and juicier. Once the cantaloupe has reached its peak ripeness, place it in the refrigerator to store. Melon that has been cut should be stored in the refrigerator as well and should be wrapped so as to ensure that the ethylene gas that it emits does not affect the taste or texture of other fruits and vegetables.

Since bacteria can grow on the surface of most melons, it is important to wash the outside of the cantaloupe before cutting into it. After washing, simply slice the melon into pieces of desired thickness and scoop out the seeds and netting.

Looking for a way to keep pre-sliced ready-to-eat cantaloupe fresh longer? Slice fruit while it is held under water and then refrigerate immediately. USDA Agricultural Research Service scientists found that slicing the fruit when it's held under water short-circuits the signals plant cells send to each other when they detect an injury, such as being sliced. Sliced fruit should not be eaten after it has been at room temperature 2-4 hours. Cut fruit if chilled retains almost all its nutrients for at least 6 days.

### Basil

Sweet basil is a warm season annual herb with highly aromatic leaves that has a pleasant spicy odor and taste somewhat like anise or cloves. There are many different cultivars of sweet basil — large and dwarf forms, with green, purple, or variegated leaves — that can be ornamental as well as edible. Some have distinctive flavors such as cinnamon or lemon.

Basil is easily grown from seed, or can be purchased as small potted plants. Sow seeds directly in the ground after all danger of frost has passed or start indoors 4-6 weeks before setting out for earlier harvests.

Basil requires temperatures above 50° to grow, but does best in hot weather. Plant in full sun and well-drained soil. Pinch off the terminal shoots to encourage branching and tender new growth, and slow down flower production.

### Melon & Butter Lettuce Salad

Try this great salad recipe that combines fruit and veggies!

3 tablespoons lime juice  
 2 tablespoons honey  
 1 teaspoon salt  
 1/2 teaspoon freshly ground black pepper  
 1 tablespoon extra virgin olive oil  
 5 cups chunked melon (for example, cantaloupe, honeydew, watermelon, or a combination)  
 1/2 head lettuce, shredded  
 40 basil leaves, coarsely chopped  
 1 large shallot, thinly sliced  
 2 mild red chile peppers, halved lengthwise, seeded, and thinly sliced (optional)

In a large bowl, whisk together lime juice, honey, salt, and pepper.

Whisk in olive oil. Gently toss in melon, lettuce, basil, shallot, and, if using, chile.

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. If you need an interpreter, materials in alternate formats or other accommodations to access this program, activity, or service, please contact the program coordinator at 715-743-5121 as soon as possible (10 days is reasonable) preceding the scheduled event so that proper arrangements can be made in a timely fashion.

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