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

January 2012



## Young Families Newsletter

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### Dear Young Family,

Happy New Year! Everyone is anxious to start a new year and new resolutions. Here's one that you can put at the top of your list...

It's almost been one year since a new Wisconsin state law took effect that all homes and duplexes are required to have a carbon monoxide detector on all levels of the home. The carbon monoxide detectors can be the plug-in type or battery operated. Make sure your home is equipped with the proper number of carbon monoxide and smoke detectors. The New Year is also a good time to change the batteries in your devices. This way you know they are in good working condition in case an emergency should arise.

A carbon monoxide detector must be within 75 feet of a fuel burning device and within 15 feet of each bedroom in the home. Carbon monoxide detectors are not required in the attic or storage areas of a home.

There is no penalty for not complying however; this law should save lives as an estimated 2,000 Americans die each year due to carbon monoxide poisoning.

For additional information contact me at the Clark County UW-Extension office, 715-743-5121.

Sincerely,

Julie Simek-Heggebo

### Young Families Newsletter

A free newsletter edited by  
Julie Simek-Heggebo  
Family Living Agent  
julie.simek@ces.uwex.edu

## UPCOMING EVENTS

### *TEA AT TUFTS'* SUNDAY, JANUARY 29, 2012 TUFTS' MANSION, NEILLSVILLE

The 7<sup>th</sup> Annual Tea at Tufts' event will be held on Sunday, January 29th, 2012. The theme this year is "*English Elegance*" and we still have seats available at the 11:00 a.m. seating. Come and experience an elegant tea complete with good conversation, wonderful company and silent auction items. It's also a great opportunity to tour and view Tuft's Mansion.



Prepaid reservations to attend the tea are \$20. If interested contact the Clark County UW-Extension Office at 715-743-5121.

The Tea at Tufts' event is the major fundraiser for the "Parenting the First Year" newsletters distributed monthly to new parents and parents of young children in Clark County. This research based UW-Extension newsletter has been distributed for 25 years and is revised by University staff and specialists on a regular basis. The newsletters give parents and caregivers the most up-to-date information on child development and child related topics. Currently 680 families in Clark County receive this helpful resource with some families receiving the newsletters in Spanish.

### JANUARY WIC SCHEDULE

Jan. 9 Owen Clinic & check pick-up 9-4  
Jan. 10 Abbotsford Clinic 9-4  
Jan. 11 Abbotsford Clinic & check pick-up 9-4  
Jan. 12 Neillsville Clinic & late check pick-up 9-4  
Jan. 19 Thorp Clinic & check pick-up 9-4  
Jan. 20 Owen Clinic & late check pick-up 9-12  
Jan. 24 Abbotsford Clinic & late check pick-up 9-4  
Jan. 25 Abbotsford Clinic & late check pick-up 2-6 pm

### HCE GARDEN EXPO TOUR

Spring is a long way off and we've just put the gardens to rest but come February it will be time to start planning and thinking about them again so the Clark County HCE will be taking a trip to the WPT Garden Expo in Madison on February 11. The Garden Expo, now in its 19th year, offers you a space to "think green" and to begin planning for summer days.

The Garden Expo features a variety of educational seminars and demonstrations on topics such as lawn care, new plant ideas, cooking, and more.

We plan to be at the Expo from 10:30 a.m.—4:00 p.m.

Cost of trip is \$37 for HCE members and \$42.00 for non members. This includes bus, entry fee, and bus driver's tip. If interested contact Joanne Trunkel at 715-267-7264.

### LOVE AND LOGIC

The Clark County UW-Extension has Love and Logic CD's, books, and DVD's for rent.

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.

If interested in checking them out contact the Clark County UW-Extension office at 715-743-5121.

### CLARK COUNTY RED CROSS BLOODMOBILE

Wednesday, January 11

Abbotsford High School, 10 AM—3 PM

Monday, January 16

Neillsville American Legion, 11 AM—6 PM

# OUTDOOR ACTIVITIES ARE A FUN PART OF WINTER

Outdoor activities are a fun part of winter, but they can also pose health risks for young children. Here are some tips to help your family have a fun-filled and safe winter season.

- **DRESS YOUR CHILD IN LAYERS.** As the temperature starts to drop, add more layers. Have your child wear a stocking cap under a hood, gloves under waterproof mittens, and two pairs of socks in lined boots. He should also wear snow pants and a scarf wrapped around his/her neck and face.

- **LOOK AT YOUR CHILD'S SKIN WHEN THEY COME INSIDE.** If it's



red and swollen, hold the area between your hands and cover it with a warm washcloth. If the condition doesn't improve within a few

minutes, call your doctor.

- **DON'T DRESS YOUR CHILD IN TIGHT-FITTING CLOTHING AND BOOTS.** This can be dangerous because these items may constrict blood flow to hands and feet and may increase the risk for frostbite.

- **DON'T RUB A FROSTBITTEN AREA.** Although this may be your first instinct, it will actually damage frozen tissue and may aggravate the condition.

- **DON'T ALLOW YOUR CHILD TO WEAR WET ITEMS.** Check outerwear periodically to see if any articles of clothing are wet. Replace them with dry items.

## SLEDDING INJURIES

**Here are some safety tips to use when your child is sledding:**

- Be sure to buy sturdy and safely-constructed sledding equipment.
- Choose slopes that are gentle and completely clear of obstacles.
- Do not let your child go down hills headfirst, have them sit up.
- Make sure sled paths do not intersect with streets or driveways.
- Have your child avoid the sled path on her way back up the slope.
- Always be there to supervise.



# HEALTHY EATING HABITS

## Obesity and Diabetes

With childhood obesity and diabetes on the rise, it is important that we consider healthier eating habits and lifestyles. Children need our guidance in choosing what is best for healthy eating. Supporting a healthy diet and lifestyle will add positive influences in many ways.



Remember to provide water as a drink not only with snack and lunch, but as a choice whenever needed. Having water available provides a break from sugary drinks and allows children to not confuse thirst with hunger.

## Valentine Heartbeats

For a new twist to a familiar holiday, talk about our hearts and how important they are to us. Compare the valentine heart shape to the human heart. Talk about how children can take good care of themselves to keep healthy. Bring in a stethoscope so the children can listen to their heartbeats. Talk about ways the children can help themselves be healthy. These include:

- Exercising every day by doing things such as riding bikes, walking, running, playing ball, dancing, etc.
- Getting enough sleep.
- Eating healthy meals and snacks.
- Drinking lots of water.
- Taking baths regularly.
- Washing hands often.
- Brushing teeth after meals.
- Having fun with family and friends.



As an extra activity have the children cut out paper hearts from red construction paper, draw a picture of themselves, and glue it to the heart. Place them somewhere in the room as a reminder for the children to keep their own special heart healthy. You might want them posted around a Food Guide Pyramid or pictures of children doing active play activities.

## Healthy Alternatives

When preparing snacks and lunches, make grain products, fruits, vegetables, beans, fish, and lean meats the focus of the plan. Also consider using low-fat or fat-free dairy products.

When preparing foods, it is helpful to use vegetable oils (mono- and poly-unsaturated fats) such as olive oil, canola oil, soybean oil, and sunflower oil — not butter — to cook with.

## Limit High Fat Foods

Limit items with solid fats, such as butter, lard, or foods high in saturated fat, such as bacon, sausage, or high-fat processed meats. Offer only small amounts of higher-fat foods, such as fries, and add balance with a low-fat choice, such as a vegetable (another combination would be ice cream with a few whole-wheat pretzels.)

Providing the balance allows children to occasionally enjoy foods that are not always 100 percent appropriate. Children also will not fill up on just the high-fat food, but will have healthy choices with which to fill their hunger.

# SNOW SCENE ACTIVITIES

This can be a fun activity after a snow storm. If you live in a climate where there is not snow, find some pictures of places with snow to show the children what it is like.

- Have the children draw or paint a picture on colored construction paper of things they see outside, such as tree, cars and trucks, houses, stores, etc.
- Use some cotton balls or pieces of cotton and glue these to the picture to look like snow. Small balls

can be made to look like snowballs or snowflakes. The cotton can be stretched out to look like piles of snow when it is glued over the drawing.

- Put the glue on the paper before placing the cotton on it, so the cotton will stick to the drawing and not to fingers.



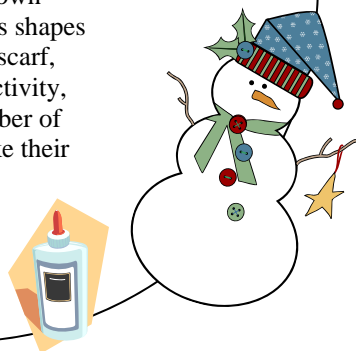
## Snowperson Shape Game

What you need:

White paper circles for the snowperson's body  
Construction paper shapes of various sizes and colors — be sure to have triangles, squares, circles, and rectangles  
White school glue or paste

What to do:

The children can "build" their own snowperson and use the various shapes for the face, arms, hands, hat, scarf, button, etc. \*To expand this activity, the children can count the number of each type of shape used to make their snowperson.



## Freeze Game

Games such as this help children practice controlling their bodies and following directions. It is important for them to be able to start and stop quickly and they need lots of practice. Here is a fun way to do this:

Have the children stand in a line or a circle. Allow space for them to move freely. Ask them to do an action, then say freeze. Here are some examples:

- Walk . . . Freeze
- Hop . . . Freeze
- Run . . . Freeze
- Jump up and down . . . Freeze
- Dance . . . Freeze
- Swing your arms . . . Freeze
- Shake your head . . . Freeze
- Wave your hand slowly . . . Freeze

You can add your own ideas for movements to the list.

## Ice Melting Experiment

Ask the children, "will ice melt faster in sunlight than it does in the shade?"

What you need:

2 pieces of colored construction paper  
2 cookie sheets or small trays  
8 ice cubes  
A sunny place and a shady place in the room

What to do:

Put four ice cubes on each piece of paper on the tray or cookie sheet.

Place one in a sunny spot near a window and the other in a shady place in the room.

Have the children check them every half hour to see which ice cubes melt first.

Ask them why this happens.

## Indoor Snowball Fight

Set out old newspapers for the children to crumple into balls. Let them throw the newspaper balls at each other for a newspaper "snowball" fight.

# JANUARY LUNCH & SNACK IDEAS

## The Appeal of Oatmeal

Oatmeal is one of the more appealing breakfast choices for children (and adults!). Oatmeal brings to mind healthful eating. What do we know about oatmeal?

Oatmeal comes from oat grains, a cereal grass. Surprisingly, there are several types of oatmeal: rolled oats, quick-cooking oats, instant oats, oat flour, oat bran, and steel-cut oats are some of the known varieties.

Quick-cooking oats (rolled oats that have been cut into smaller pieces and rolled thinner, thus cook quickly) are an easy source for preparing many oatmeal-based foods for children. Some nutritionists believe that steel-cut oats (whole grain oats; inner portion of the oat kernel, which are usually cut into two or three pieces using steel discs) are a better source of fiber, but take longer to cook. Oatmeal is associated with helping the lowering of cholesterol (along with other factors) because of its soluble fibers. Oatmeal research has shown that oatmeal (a complex carbohydrate) turns into sugar very slowly. It raises our blood sugar very slowly. It raises our blood sugar slowly by staying in the stomach longer, which decreases our hunger and craving created by other carbohydrates.



## The good news:

Most children love oatmeal! And oatmeal can be a very versatile, healthy choice food! Oatmeal is usually a breakfast food, but an oatmeal pancake or bowl of oatmeal, yogurt, and apple with peanut butter would make yummy lunch, too! Try the following recipes for snack, lunch, and breakfast!

### Oh-So Delicious Oatmeal

1 cup water	Pour the water, oats, and salt into a medium pot. Heat mixture until it boils. After it boils, turn to low heat.
1/2 cup rolled oats or quick oats	Using a wooden spoon, stir in the applesauce and cinnamon. Cook on low heat and continue to stir the mixture for 5 minutes. Put into a bowl and sprinkle brown sugar on top. Allow to cool before digging in.
Dash of salt (optional)	
1/4 cup applesauce	
Pinch of cinnamon	
2 teaspoons brown sugar	

### Fruit & Honey Granola

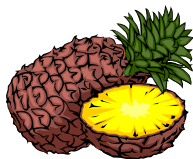
3 1/2 cups quick or rolled oats	1 teaspoon vanilla
1/3 cup coarsely chopped pecans or walnuts (optional)	1/2 teaspoon ground cinnamon
1/2 cup honey	1/8 to 1/4 teaspoon salt (optional)
4 tablespoons (1/2 stick margarine or butter, melted (or 1/2 cup canola oil)	1 1/3 cup dried fruit or fruit mix; dried cranberries, apricots, or mixed dried fruits

Heat oven to 350° F. In a large bowl, combine oats and pecans; mix well. Spread evenly in a 15 x 10 rimmed baking sheet. In small bowl, combine honey, margarine (or oil), vanilla, cinnamon, and salt. Mix and pour over oat mixture. Mix well. Bake 30 to 35 minutes, stirring every 10 minutes. Stir in dried fruit. Cool completely. Store tightly covered for up to a week. Serve as a cereal alone or with milk or yogurt.

# FRUIT & HERB OF THE MONTH

## *Pineapple*

The sweet and juicy fruit pineapple is a tropical fruit native to Central and South America. It was discovered by Christopher Columbus in 1493. He found pineapples growing on the island of Guadeloupe and brought them back to Queen Isabella of Spain. Did you ever wonder how a pineapple got its name? The Spanish explorers thought pineapple looked like a pine cone, so they called it "Pina." The English added "apple" to associate it with juicy delectable fruits. South American Indians had a name for pineapple meaning "fragrant excellent fruit," which became the basis for its botanical name "ananas." The scientific name for pineapple is *Ananas Cosmosus*. Pineapple is grown in Hawaii. When the plants are one year old the flowering process begins. The flower bud is small and pink, and looks like a pine cone. As the bud grows it will become the fruit we know as a pineapple. It takes 18 months for the plant to produce a pineapple.



### **How to Select and Cut Fresh Pineapple**

It's really a snap to select and cut your own pineapple – but you can always find fresh peeled, whole or pre-sliced pineapple in the produce section, too. When buying an unpeeled whole pineapple, remember that the fruit is always picked ripe. That means there is no need for further ripening once it's in the store or in your kitchen. Just look for plump fruit with no soft spots. The leaves should be a healthy green rather than dry and brown. The myth that "if the leaves pull out easily" the fruit is ripe – but the fact is, it's just a myth. You're better off sniffing the base of the pineapple for a fresh aroma so that you can avoid fruit with a strong fermented aroma, indicating that it's past its prime.

Cut your pineapple as soon as you get home and refrigerate it in an airtight container so you'll have a ready supply of juicy pineapple chunks for snacking. Simply twist the crown off the fruit, slice the pineapple in half or in quarters – lengthwise. Then cut the fruit from the shell and cut into chunks.

### **Nutrition Information**

One-half cup of fresh pineapple chunks counts as one serving of your "5 A Day." Fresh pineapple is an excellent source of vitamin C! Just one serving of fresh pineapple (2 slices) contains 60 calories and 25% of your daily recommended vitamin C, which can help strengthen your immune system. It is also a good source of manganese and B1. Pineapple also contains a special enzyme, called bromelain, which helps digest food by breaking down protein. Pineapple juice can thus be used as a marinade and tenderizer for meat.

Remember, it will take only a few minutes to cook the pineapple, so place it on the grill when the chicken or fish is almost finished cooking. Chunks of fresh pineapple are also a great addition to tuna or chicken salad.

Fresh pineapple is great for snacking, just cut it into slices, wedges or chunks - serve and eat.

## *Cinnamon*

Cinnamon is from the dried bark of the laurel family, a small evergreen tree, native to Sri Lanka and Southern India. It has a sweet, woody fragrance and can be used ground or in sticks. Cinnamon sticks are made from long pieces of bark that are rolled, pressed and dried. A Rome apple baked with a cinnamon stick in its hollowed-out core absorbs the spice's warm, sweetly woody flavor.



Cinnamon can be used as a condiment and flavoring in cakes, cookies, pies and ice cream, chocolate and spicy candies. Cinnamon and sugar are used in cereals and fruits especially apples. It is also used in savory Middle East dishes of chicken and lamb.

It should be used sparingly, as it can overwhelm other flavors. Cinnamon blends well with other sweet spices such as cloves, coriander and nutmeg, or peppery spices such as licorice, ginger, cardamom allspice and dried chiles of all kinds.

### **Golden Glow Pineapple Salad**

4 cups Romaine salad mix  
 1 20 oz. can pineapple chunks in 100% juice, drained (reserve juice)  
 1 cup carrots, shredded  
 2/3 cup raisins  
 1/3 cup walnuts, chopped  
 1/3 cup reduced fat mayonnaise  
 1/4 cup pineapple juice from canned pineapple chunks  
 1/4 teaspoon cinnamon

Place one cup of Romaine salad mix on each of four salad plates. Spoon 1/4 of the drained pineapple chunks and 1/4 cup of shredded carrots in the middle of each salad bed. Top with equal amounts of raisins and walnuts. In a small bowl, make dressing by combining mayonnaise, pineapple juice and cinnamon. Using a spoon, drizzle 2 1/2 tablespoons of dressing over each salad and serve.

Each serving provides: An excellent source of vitamins A and C and a good source of magnesium, potassium and fiber.

Your county extension office



# LEARN HOW TO — Prune your small shrubs or fruit trees

**Saturday, March 31**

Adult Development Service, Greenwood  
(302 S Jones Street)

10:00 AM

Teri Lessig, Wood County Horticulture Educator will demonstrate how to correctly prune your small shrubs or fruit trees.

This program is free and open to the public.

Contact the Clark County UW-Extension Office at 715-743-5121 for more information.



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