

Topics Discussed

- Safe Bath Time, Fun Bath Time
 - Why Breakfast?
- Pedestrian Safety Reminders
- Crock-Pot Veggie Soup Recipe

Nutrition/Safety

NCWVCAA HS/EHS Nutrition, Transportation and Safety January Newsletter Courtney Cummins



January is National Bath Safety Month

Bath time is a fun, happy and soothing time for your little ones and we want to keep them safe while splashing away! Here are some important “tub” tips to keep in mind.

- 🛁 Check water temperature. Water should be around 100 degrees F for children.
- 🛁 Put electronics away! Keep hair dryers, curling irons, and other items with cords out of the area.
- 🛁 Keep adult bathing products out of reach. Keep all soaps, razors, and face cleaners out of reach of children. If they get ahold of them, it could cause serious harm!
- 🛁 Never leave a child under the age of 5 unattended while in the bathtub. There are countless injuries and deaths due to unsupervised bath time.
- 🛁 Used appropriate bath time toys and clean and sanitize them often. The bathroom is a warm moist environment that loves to grow bacteria. Bath toys need to be clean and sanitized and allowed to air dry before

reusing. One of the most harmful toys on the market are the water squirt animals. They mold very quickly and are very hard to keep clean.

- 🛁 Lastly, place slip resistant mats in and out of the tub. Children can slip underneath the water or on the floor, when getting out of the tub. You can even place a bath towel in the bottom of your tub if non-slip pads are not available.



Smart Reasons to Eat Breakfast

We all have heard the phrase “breakfast is the most important meal of the day”, but why is that?

1. Breakfast fuels your body with nutrients. Your child may not make up the nutrients missed at breakfast. You may not either.
2. Breakfast provides energy for your child for active play and get your child ready to learn at home or at school. Fuel for your brain and body!

3. Breakfast helps keep a healthy body weight. It helps control the urge to nibble or snack on unhealthy foods throughout the morning or eat a larger unhealthier lunch.
4. It makes you feel good! If children do not eat a good breakfast, they may experience tummy discomfort.

PEDESTRIAN SAFETY FOR LITTLE KIDS

Once your kids take their first steps, they'll want to use this new power as much as possible. By knowing a few simple tips, you can encourage your kids to explore and be safe when they're out and about.

Top Safety Tips

1. Talk to your kids about how to be safe and aware while walking.
2. Tell kids to look left, right and left again when crossing the street. Teach them to never run or dart out into the street or cross between parked cars.
3. Remind kids to make eye contact with drivers before crossing in front of them and to watch out for cars that are turning or backing up.
4. It's always best to walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
5. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.



Make Food and Drink Choices for Healthy Teeth

- ✔ Food that stays on your teeth longer can increase tooth decay. Eat sticky foods,

such as dried fruit and hard candy, less often.

- ✔ Eating some foods frequently increases decay. Limit sweets, starchy foods, juice, and sweetened drinks.
- ✔ Milk, cheeses, and meat in your meals and snacks help protect your teeth from decay.
- ✔ Remember to brush between meals or at least twice a day and floss daily. For infants, clean gums with warm wet cloth.
- ✔ Get regular dental checkups to continue a healthy smile!!



Warm up your tummy!

Vegetable Soup

- 1-pound lean ground beef, cooked and drained
- 1 (15 oz.) can of tomato sauce, low sodium
- 1 (14.5 oz.) can low sodium beef broth
- 1 ½ cups water
- 1 (16 oz) can stewed tomatoes
- 1 pack dry onion soup mix
- 1 (10 oz) bag frozen mixed vegetables

Mix all ingredients into a slow cooker and cook on low for 7 to 9 hours.

Or simmer on the stove for 2 hours

Makes eight servings and can freeze well

For more information on Nutrition or Safety contact:

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