

# Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas



September 2016

## September: National Breakfast Month

Did you grow up hearing your mother say,  
“Breakfast is the most important meal of the day?”

Well, mom does know best! She likely heard that same thing growing up. Breakfast really is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance.



The benefits of eating breakfast are vast and compelling, making the obstacles, well, just not good enough.

Here’s why everyone should be eating breakfast every day:

### **Breakfast kick starts the metabolism.**

You need food to burn calories. It’s that

simple. After a night of fasting, the body goes into starvation mode and slows down the metabolism to compensate. Without breakfast to get the metabolism going again, the body stays at the lower level of metabolism, burning less calories than if it had breakfast.



### **Breakfast is necessary for meeting daily nutrient needs.**

A study published by the Journal of Adolescent Health showed that adolescents who eat breakfast are two to five times more likely than their breakfast-skipping counterparts to consume more of a variety of essential vitamins and minerals.

### **Eating breakfast helps with weight management.**

Studies show that adolescents who eat breakfast tend to make better food choices throughout the day. In addition, a study published in the American Journal of Epidemiology showed that Americans who regularly skip breakfast are 4.5 times more likely to be fat.

Source: Rachelbegun.com



Children who eat breakfast get higher grades in school and are less likely to be depressed, anxious or irritable.

Have you heard?



**National Kids Take Over the Kitchen Day is September 13<sup>th</sup>!**

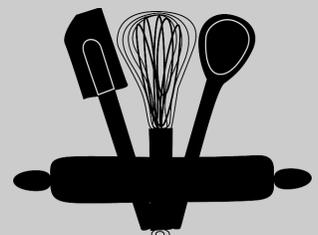
Here are some simple ways kids can help in the kitchen:



- ★ Stir pancake batter
- ★ Tear lettuce for salad
- ★ Add ingredients to the bowl
- ★ Crack eggs
- ★ Measure liquids and pour in dry ingredients
- ★ Assemble sandwiches or pizza
- ★ Juice lemons or limes with a juicer
- ★ Roll out dough

Have kids take over kitchens by helping to make their favorite recipes.

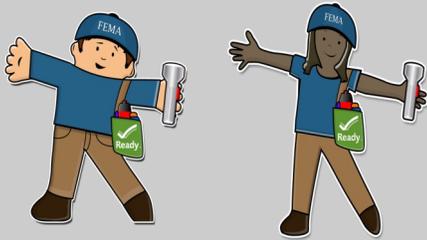
Source: KidsHealth.org



## Emergency Preparedness Month

September is recognized as National Preparedness month. This serves as a reminder that we must all take action to prepare now and throughout the year, for the types of emergencies that could affect us where we live, work and where we visit. Flat Stanley and Flat Stella have been asked to serve as ambassadors to promote preparedness. What a great way to help educate children about the need to be prepared for emergencies and disasters.

Source: FEMA/Jana Baldwin



**DON'T WAIT.**

**COMMUNICATE.**

**MAKE YOUR EMERGENCY PLAN TODAY.**



NATIONAL PREPAREDNESS MONTH 2016

**"Clip and Save"**  
**Makes it easy to clip out and save this healthy recipe before recycling your newsletter.**



## Pinterest Game Ideas



### Toddler Color Hop



## Quick and Healthy Breakfast Ideas

- ◆ Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- ◆ Add strawberries, blueberries or bananas to whole-grain waffles, pancakes, cereal, oatmeal or toast.
- ◆ Top toasted whole-grain bread with a thin layer of peanut or almond butter and sliced bananas.
- ◆ Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to an egg or egg white omelet.

Incorporate canned, dried and frozen fruits and vegetables into your breakfast menu. Look for fruit without added sugar or syrups, and vegetables without added salt, butter or cream sauce.

Source: naturipefarms.com

### Healthy Eats

#### Butterfly Snack

##### Ingredients

- Apple slices (6 per child)
- Carrot Slice (1 per child)
- Raisins (18 per child)
- Celery Slice (2 sticks per child)

##### Directions:

1. Slice to prepare enough apples, carrots and celery for each child.
2. Ask children to create their own butterfly snack.



Source: <http://www.thriftyandthriving.com/fun-snacks-california-raisins/>