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Quality Care For Kids

A newsletter for Scott County
Child Care Providers

Written by Stacy Kraft, RN

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National Childhood Obesity Awareness Month

September marks the start of National Childhood Obesity Awareness month. As a country, the USA ranks highest for childhood obesity. According to the American Academy of Pediatrics, 1 in 5 children are classified as obese.

What can we do as providers to help target this growing epidemic?

As adults, we need to act as role models for the children we are caring for. If the children see us adults eating junk food and drinking sugary drinks, they will do the same. Instead, grab fruits and veggies for a snack in the morning and/or afternoon and a bottle or glass of water in place of sugary drinks. Not only does this help improve our physical health, it also improves our oral health.

Engage the children in physical activity. Spend time outdoors daily (weather permitting). Indoors, be creative with ideas on how to get the children moving. Examples include: a

dance party, an indoor obstacle course, Simon Says. Also engaging yourself into the activity encourages the children to be active.

Limit screen time. While the occasional screen time can help children take a few minutes of relaxation time, it should not be a replacement of other hands on activities. Screen time should be limited to less than 2 hours each day. Physical activity, reading a book, taking a walk should be used in place of screen time. Working together, we can help target this growing epidemic!

For more information go to <https://www.idph.iowa.gov/hcci/screen-time> and ask your CCNC for tips on fun physical activities and healthy eating. To download the *Child Care Weather Watch Poster* go to <https://www.idph.iowa.gov/hcci/products>



Image CDC/Amanda Mills

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



www.earlychildhoodiowa.org

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Healthy Eating Tips

- Eat breakfast daily.
- Serve at least 5 servings of fruits and vegetables daily.
- Serve small servings and encourage more if child is still hungry.
- Involve kids in the cooking process (safety in the kitchen is a priority!).
- Limit sugary drinks, encourage milk and water or 100% fruit juice with no added sugar.
- Eat family-style.
- Allow enough time for children to eat. 30 minutes is recommended.
- Don't use dessert as a reward to eating healthier foods served.
- Foods should be appropriate size and texture for child's age.
- Consider growing a vegetable garden.

5-2-1-0 Rule

Eat at least **5** fruits and veggies daily.
No more than **2** hours of screen time daily.
Get **1** hour of physical activity daily.
Drink **0** sugary drinks daily.