

Community Health Newsletter

Week Seven



G: Good Decisions



Children often act or (react) without thinking about the consequences of their actions. Teaching children decision-making skills is an important parental role.

By default, parents teach by example; you are your child's model. Teach children to:

- Define the problem or issue.
- Reinforce values. (We do

not hit. We tell the truth.)

- Explore choices. Remind your child that there are always choices.
- Think about the benefits and consequences for each choice.
- Make a decision. Do not put off or avoid decisions.
- Learn from the decision.

Model good decision-making. Do not solve your child's problems; help them think through the decision making process.

How will you handle yourself (in front of your child) when someone cuts off your car or a server mixes up the order?

Food of The Week

Foods can affect behavior and mood. Certain foods may make your child hyper or irritable. Too much sugar, caffeine, food additives and colors, or artificial sweeteners may over stimulate your child. Eat unprocessed foods when possible. Avoid "factory made" foods.

Serotonin is a neurotransmitter, linked to depression, lack of concentration, obesity, sleeplessness, and migraines. The body doesn't get serotonin from food, but it makes serotonin from tryptophan.

Tryptophan is an essential amino acid found in turkey, black eyed-peas, English walnuts, almonds, pumpkin seeds, and cheddar or Swiss cheese. Also helping to a lesser extent are whole grains, rice, and other dairy products.

Recipe: Pumpkin (acorn or butternut squash) Seeds

- 1 cup pumpkin seeds
- 1 Tbsp butter or olive oil
- Seasoning of choice (salt, garlic or onion powder, cocoa powder, taco seasoning, cayenne pepper, ginger, or cinnamon)

ACTIVITY TIP

The better your balance, the better your body functions, and this reduces injury. Developing good balance control while stationary will help balance control in motion. Studies have shown that improving a child's balance may improve learning.

- How long can you or your child stand STILL (arms at his side or stretched out) balanced like a stork on one foot? Sing a song or count while standing.
- Can you or your child hold the position of standing heel to toe with one foot in front of the other (arms at his side or stretched out)? Try singing a song or counting.

With repetition, the neuromuscular system learns to recover equilibrium when in motion. Over time, stabilizing becomes automatic.

For more information on Hyperactivity and sugar, see:
www.nlm.nih.gov/medlineplus/ency/article/002426

1. Remove all pulp and rinse the seeds.
2. Spread on a cookie sheet to dry overnight.
3. Place butter or olive oil in a microwave-safe baking dish and heat in microwave for 30 seconds.
4. Add seeds and stir to coat. Spread seeds evenly on the bottom of the dish.
5. Microwave on high. Watch the seeds and stir every 2 minutes. Microwave for about 7 minutes (until seeds are toasted a light golden color).
6. Sprinkle with seasoning of choice.
7. Cool seeds before eating or storing in an airtight container.

For extra salty seeds, try soaking them overnight in salt water and allowing an additional day for the seeds to dry before microwaving.

