



Strong Families Begin At Home

Child & Teen Services Newsletter

Winter 2013

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FAMILY HELP LINE 1-800-932-HOPE

Parent Trust's statewide, toll-free phone number provides callers with a greater understanding and awareness of child development, guidance and resources.

If you have any comments, or suggestions for future articles, please contact:

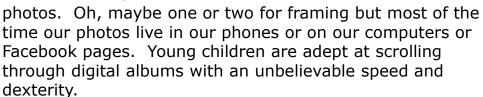
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CONNECT: PHOTO ALBUM

There is a special joy that comes from seeing a printed photo, and looking through a photo album is special treat.

In these days of digital photography, there doesn't seem to be a need to download and print



Although this practice is cheaper and easier for showing off

Continued page 2 →



CREATE: SPICE ART

When was the last time you went through your kitchen cupboard and got rid of expired spices and herbs? If you are anything like me, you hate to dump it...just in case...even if it's years old and has no flavor left anymore!

So instead of just trashing your old spices, you can use them for art with your children. Old parsley flakes, paprika, mustard powder--more colorful AND cheaper than glitter art! Cinnamon sticks, dried lavender--ooh, it'll be pretty AND smell great. And if you have old, dried beans lying around, you can use those too.

For inspiration, you may want to look at this fabulous artwork by Kelly McCollam. Ms. Continued page 2 →

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PHOTO ALBUM, CON'T.

photos to as many people as possible, there is something lost by keeping your pictures digital only.

There is a special joy that comes from seeing a printed photo, and looking through a photo album is a special treat. When you photo share online tons of people can see them. But when they are in an album, printed out,

and sitting on your lap, there is an intimacy that comes from looking through them together. Plus, The idea that only a special, select group of photos were chosen--not hundreds or thousands to plow through--can create a special feeling when family and friends review those photos year after year.

SPICE ART, CON'T.

McCollam has recreated Van Gogh's work IN SPICES! Ms. McCollam also uses salt in her palette so you may want to have that on hand for some depth and sparkle.

http://www.mymodernmet.com/profiles/blogs/painting-with-salts-and-spices

For the actual project you may want to simply sprinkle herbs and spices onto glue, just as you would glitter. However, you can also mix powdered spices with water to create richly hued paints. Less water would create stronger colors. Tumeric, paprika, and cinnamon will create quite beautiful colors. Experiment! Some herbs and spices will remain quite grainy. You can mix them with a bit of glue instead of water for painting.

Just remember: NO spicy spices. Don't use chili powder, etc. Children will get it on their fingers and then wipe their eyes or nose, which can cause severe pain.



EAT: CHEESE AND VEGGIES

A recent study looked into "nutrient dense" snack foods and young children. Nutrient dense foods are foods that supply a significant amount of nutrients for their calories. This study compared potato chips as a snack food (non-nutrient dense) with a veggie-cheese snack combo (high-nutrient dense).

Two hundred children entering third-sixth grade continued next page→

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EAT: CHEESE AND VEGGIES

were studied. The researchers divided the children into four groups--potato chips only, cheese only, veggie only, and cheese-veggie combo. Children were allowed to snack freely while watching 45 minutes of TV. Researchers measured satiety (feeling satisfied) before, during (after 20 minutes of TV) and after TV watching/snacking session.

We already know that snacking during TV watching contributes to obesity.

Researchers found that children consumed 72% fewer calories when eating a combined veggie-cheese snack compared to potato chips. AND children who ate the combination snack needed far less calories to feel sated than those who ate potato chips. There was an even greater difference with children who were overweight or obese.

If you are allowing your children to snack while watching TV or doing homework/computer work, try this combo veggie/cheese method and see if it works in your family!

MOVE: VIGOROUS ACTIVITY

There are always new articles, studies, posts, blogs, etc. coming out about how much activity is needed for a healthy lifestyle/ to lose weight/ to get fit, etc.

Just recently there was a study about how children are not getting the amount of vigorous activity necessary to be healthy. Even if they were



Engaging in moderate activity, this study showed that the minimal amount of vigorous actiity (seven minutes!) was not being achieved by most children. This particular study looked at more than 600 children, making the results significant.

One of the co-principal investigators on the study says, "This research tells us that a brisk walk isn't good enough. Kids have to get out and do a high intensity activity. There's a strong correlation between obesity, fitness and activity. Activity and fitness is linked to a reduction in obesity and good health outcomes."

There are a number of questions raised by this study. For the purposes of this article, the question we will deal with is: what is vigorous activity? *continued on next page*

VIGOROUS ACTIVITY, CON'T.

Vigorous activity and moderate activity are different in intensity (not duration). With moderate activity, you should break a sweat, but still be able to hold a conversation (but not sing a song). With vigorous activity, you are breathing hard and fast and can't say more than a few words without pausing for a breath. Is your child getting at least 7 minutes of vigorous activity (as well as about an hour of moderate



Intensity activity) per day? Keep in mind this recommendation is for children 5-18 years old. Younger children who are able to walk should be getting about 3 hours (not in a row) of moderate physical activity per day (indoors and out).

It can be challenging to think of which activities are more moderate and which are more vigorous. Here is a great list online:

http://www.cdc.gov/nccdpho/dnpa/physical/pdf/PA Intensity table 2 1.pdf



LEARN: COUNTING

There is difference between reciting numbers and actually counting. New research suggests that being able to simply recite numbers in order is not enough to prepare children for school success.

Reciting means saying the numbers from memory in chronological order, whereas counting involves understanding that each item in the

set is counted once and that the last number stated is the amount for the entire set," said Louis Manfra, an assistant professor in MU's Department of Human Development and Family Studies.

Reciting numbers is just repeating what they've heard. Counting is a more cognitive skill. This particular study found that children who could count (not just recite) to 20 in preschool had the higher math scores in first grade. However, less than 10% of the children surveyed were able to do this.

How to teach your child to count:

- 1. Role model. Whenever you have the opportunity, count aloud. For Example, when in the store waiting in line you can count how many people ahead of you. You can count how many items in your cart.
- 2. Count fingers and toes during bath time.

Continued on next page →

COUNTING, CON'T.

- 3. Count how many people are sitting at the table for dinner. How many napkins? How many plates?
- 4. Count how many blocks your child can build into a block tower before the tower falls down.
- Count snack items: apple slices, cheese cubes, cucumber rounds, etc.

These are math skills you can teach at home! You can also ask your child's preschool teacher if they work on counting objects, and if so, how?

Study citation: Louis Manfra et. Al. Associations between Counting Ability in Preschool and Mathmatic Performance in First Grade among a Sample of Ethinically Diverse, Lowincome children. Journal of Research in Childhood Education, 2012



PARENT TRUST READS

A Ball For Daisy By Chris Raschka Ages 3 and Up

A Ball For Daisy is told entirely through pictures. You can see right away that Daisy loooovvves her red ball. She plays with it, she naps with it, she cuddles it, she takes her walks with it, she chases

It...she loses it. Another dog (a bigger dog!) sees her red ball, grabs it—and it breaks!

Daisy is sad and confused. She tries to shake that ball back into shape, but to no avail. Daisy's owners try to comfort her, but she is still sad. And then...well, you'll just have to read it for the ending!

The great thing about this book is that you and your child can put your own words to the story. This is a story of joy and loss and friendship and sadness and compassion. You can help your child articulate these emotions by asking them to tell you what is happening in the pictures. And the illustrations are lovely.



Looking for more book reviews? Check out the Parent Trust Reads section of the website!

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