

Newsletter 113  
Parent Edition  
April 2008

*This Month's Theme:*  
**Healthy Happy Mealtimes**

*The FDA has increased the amount of fruits and vegetables we should eat to keep us healthy. Start your child off right by eating food that grows from the earth and he'll make it a lifetime habit.*

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**Next Month**

*It's time to get out in the yard or park and get a real close look at BUGS!*

## Breast or Bottle? Organic or Conventional? The Latest Research on Healthy Eating From Birth to Age Six

We seem to be inundated with information from studies from all over the world about health and nutrition. It can be quite frustrating when some of that research is contradictory. The best advice is to stick to facts that are supported by many studies done over time rather than trust the results of a single study. In 2007 the Department of Health and Human Services completed a meta-analysis on breastfeeding research. A meta-analysis is a study of the results of many studies, in this case 9000, on the relationship between disease and breastfeeding. The results found a reduction in disease by the following percentages.

Sudden Infant Death	36%
Type 1 Diabetes	19-27%
Type 2 Diabetes	39%
Leukemia (lymphocytic)	19%
Leukemia (myelogenous)	15%
Asthma	27%
Gastrointestinal Infection	64%
Lower Respiratory Tract Disease	72%
Atopic Dermatitis	42%
Acute Otitis Media	50%

The study also found a reduction of disease for the mothers for Type 2 diabetes (4 - 12%), Ovarian cancer (21%) and Breast cancer

(28%). These are powerful numbers and leave very little question



as to the benefits of breastfeeding on reducing disease.

Studies not included in this meta-study include studies from the National Institute of Child Health and Human Development (2002) and The Kinsey Institute (2002), showing high IQ scores in babies that are breast-fed. Because of the wealth of information we now have, The American Academy of Pediatrics recommends breast feeding for a full year after birth.

If you're a Mom who takes her child to child care, this may seem like a daunting task. But you can

do it with the help of a breast pump or a gradual shift from full time breastfeeding to a part time schedule.

Using a breast pump to express milk at work will give you the best chance of keeping your baby fed only on breast milk. Milk is expressed at work, refrigerated and then left at child care the following day for your baby. The best companies are very supportive of a women's choice to do this and actually provide both time and space to make her comfortable. Many others are not ready or accepting of this change. Only you know if you will be comfortable using your breast pump at work. If this works for you, just remember all bottles should be refrigerated immediately and dated, so there's no chance of leaving a provider with an expired bottle.

If you don't feel this will be comfortable, the best way to have your child receive the benefits of your breast milk is to nurse part time. This involves gradually reducing the amount of time your child is nursing during working hours, before you actually go back to work. Continue to nurse your child in the morning and the evening and move to formula during the hours you'll be away. Your body will gradual adjust to the new schedule and in most circumstances continue to produce enough milk for your AM and PM feedings. There may be temporary discomfort during the day, but in time your body and your baby will adjust. You can continue this indefinitely, giving your baby the benefits of breast milk without the complications of the breast pump.

### **Organic vs Conventional Baby Food**

The world changes and grows and with change we have more decisions to make. Our parents didn't have much choice when they

shopped for baby food. They either made it themselves or purchased it from a large manufacturer. Today you can choose from multiple baby food companies, organic or conventional, even frozen or shelf stable food and milk.

For the longest time the debate was whether organic fruits and vegetable contained more nutrients than conventional food grown with pesticides and the research is still conflicted on this issue. What we do know is that food is only as healthy as the soil it's grown in, so a piece of fruit will absorb all the nutrients the soil has to give. An apple from depleted soil will have fewer nutrients than an apple from a nutrient dense soil. Depleted soil as well as rich soil can be found on both organic and conventional farms. The conclusion is that an apple is as good as the soil it's grown in regardless of the "organic" status of the farm. There is a great deal of continuing research and I'm sure we'll know more in the years ahead.

We do know that conventionally grown fruits and vegetables contain more pesticide and herbicide residue and the components of some of this residue can cause cancer in laboratory animals. A customer who consumes only organic has only one third the exposure to these toxins as someone who consumes conventional food. While there is no conclusive evidence that the residue will definitely cause cancer in humans, the question becomes whether you want or can reduce that risk for your children.

Of course, most parents will tell you they want their child to be as healthy as possible. However, organic produce and baby food are more expensive. There are things you can do to reduce your risk, without totally blowing your budget. Purchase organic when you feel the residue has not been fully washed

away before the food was pureed. For instance, berries are washed, but we don't actually peel the skin and dispose of it, so there is more risk of residue adhering to the skin and then included in the baby food. Conventional bananas and oranges have their skin peeled away and discarded, so any residue gets thrown in the garbage or compost and then the fruit is processed. Save money by purchasing the conventional baby foods from fruits and vegetables that have had their skins discarded. Purchase organic baby food when the skin is included in the product.

When deciding on baby food, know that which ever food you choose your child will be getting the nutrients he or she needs. The result of not feeding your child fruits and vegetable are far more dangerous then the small amount of residue that may be in their baby food. Choose the best and freshest food you can afford in a jar or the frozen food case. When your child begins drinking milk do the same knowing whether it's organic or not, your child still needs the calcium.

The promising thing is that more people ar buying organic, driving the price down. In time we should see more products available at lower prices. Everyone deserves to have the best and most nutritious food, regardless of income. You can also save money on organic by cutting out the middleman. Buy directly from the farm at your local Farmers Market and you'll discover NJ is still the Garden State. Eat food from the earth and you and your baby will benefit for years to come.

**See the FDA  
Food Pyramid For  
Children Under Age Six  
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# Fabulous Food Tales

## **Orange, Pear, Apple Bear by Emily Gravett**

Pleasantly uncluttered illustrations help infants and toddlers define and understand the meaning of the four words in the title. In fact, the author never uses anything but those four words until the last page of the story. First the fruit is labeled, its attributes clearly defined in the softly colored, black outlined illustrations. Each fruit gets its own page, as does the friendly bear. On the following pages, the writer combines the words, stretching the reader's concept formation. There's an orange pear and then an apple bear whose rotund body has transformed into a subtle apple shape. Spend time gazing at the illustrations. There's more here than beautifully painted fruit. (ages 1½ - 4)

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## **Little Pea by Amy Krouse Rosenthal**

Little Pea has an extraordinary life. He loves to roll down hills and hang out with all his pea friends. But there's one thing he hates. He detests candy. You see Peas have to eat candy to stay healthy and he needs to eat every last piece before he gets dessert. So he suffers through until he finally gets to the good part: a big bowl of steamy green spinach. The twist in the story will elicit conversation about what's healthy for children to eat and why it's so important to their Moms and Dads who love them. (ages 2 - 5)

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## **Duck Soup by Jackie Urbanovic**

Duck is so excited. He's going to make soup. But not soup from someone else's recipe. He's made up his own. The creative chef adds and tastes and decides he needs one more thing from the herb garden. Just as he leaves, his friends arrive and notice a feather in the pot. There's quite a fuss as they try to save their friend whom they believe is about to be cooked. When Duck returns he is devastated at the destruction of his recipe. But all agree it's better than being Duck Soup. (ages 2 - 6)

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## **Pancakes, Pancakes by Eric Carle**

We've become so disconnected from where our food comes from. This family, who lives on their own farm, brings the reader back to the wheat field, the chicken coop and the cow pasture when Jack decides he wants pancakes for breakfast. From there they need to mix and blend the collected ingredients until they finally fry a pancake over the fire. The story is food for thought and conversation next time you sit down with your child and eat a simply delicious pancake. (ages 3 - 8)

## **Pretend Soup by Mollie Katzen and Ann Henderson**

Some children's cookbooks simply take easy to make recipes and simplify the language so children can understand the directions. This is more a cooking curriculum with recipes specifically designed for children and tested at The Child Education Center. The recipes have both written directions and then visual instructions to help those that have not yet learned to read. There are instructions for the adult also, highlighting how best to be a supportive chef while keeping your child in charge. These are healthy and tasty recipes worthy of serving at snack or mealtime.(all ages)

## **Cooking Involves.....**

Chemistry  
Math  
Following directions  
Teamwork  
Small motor skills  
Creativity  
Language skills  
Prereading skills  
Feelings of accomplishment

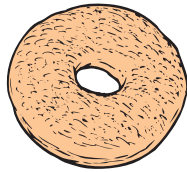
**But your child just needs  
to know it's fun.**

# Recipes and Activities

## Grocery Store Seek and Find

Have a treasure hunt at the grocery store. Make a separate list for the fresh food department written in easy to read print. Bring your child to the store and spend just a bit of extra time having her find the fruits and vegetables. She'll learn to identify fresh foods and have fun at the same time. With repetition she may even learn to recognize the printed words. Each shopping trip, let her choose one unfamiliar vegetable to try. How about an artichoke or a rutabaga? Be adventurous. You'll both be healthier for it.

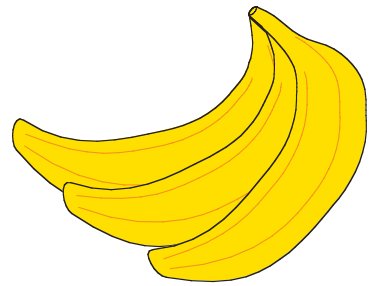
## Bagel Faces from *Pretend Soup*



1 medium carrot, cut into thin rounds  
Tiny cherry tomatoes, halved or sliced  
Black olives, sliced  
Small bell pepper, sliced into thin curves  
Alfalfa sprouts  
Small cucumber, sliced into thin rounds  
Bagels for the family  
A container of whipped cream cheese  
Grated carrots or beets  
Sunflower seeds

- 1) Slice the bagels into halves.
- 2) Have your child spread the cream cheese on the bagel and then use all the vegetables to design a face. Use the sprouts or shredded vegies for hair. Place the round shapes in position for eyes, ears or nose. Make smiles or frowns using the pepper curves. Let your child use his imagination and think of other ingredients he can use to decorate.

## Banana Pie in a Bowl



1 banana  
4 graham crackers  
Your favorite cooked vanilla pudding mix

- 1) Prepare the pudding and let it cool until it's lost some heat, but is not set.
- 2) Have your child slice the banana with a dull knife.
- 3) In four small pudding dishes or coffee cups, place 1 graham cracker, (your child can break it up to fit),  $\frac{1}{4}$  of the banana and  $\frac{1}{4}$  of the pudding. Your child can ladle the pudding in the cup if she's old enough or you can provide help. Refrigerate immediately and eat within 24 hours.

## Grow Your Own Vegetable Soup

The best activities for children are long term and attached to a theme. This is because children learn by connecting new information to that which they already know. Making a pot of soup will be an activity that will last all spring and summer when you connect the soup to the origin of its ingredients.

First, choose a vegetable soup recipe or create your own. While searching for a recipe look for ingredients you can grow easily in your yard or in pots on your porch. For instance, tomatoes, green beans, peas, potatoes, greens, lima beans and herbs are all vegetables you can grow easily.

Next, share the recipe with your child and talk about making a small garden to grow your ingredients. The gardening section of your family activity will take time. Have your child involved in anything that you think is safe, and don't worry about their exuberant digging in the dirt. Knowing they've participated gives them great self-esteem.

Finally, harvest your vegetables and involve your child in making the soup. When you look back you realize you've taught your child something about gardening (science), hard work (digging), teamwork, nutrition and cooking. You've actually designed your own curriculum and shared some quality time with the family.

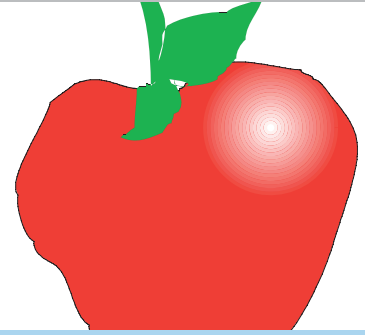
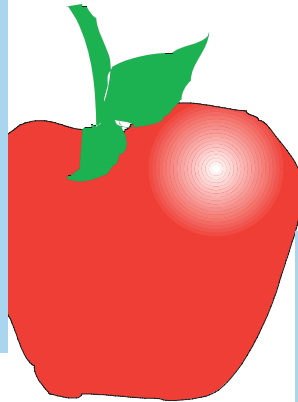
# Foody Fingerplay

## Color Vegetable Garden

Out in the garden, early in the morning,  
See the red tomatoes all in a row.  
See the happy farmer coming out to pick them,  
Pick, pick, pick, pick and off he goes.

By Jean Warren

For additional verses change the vegetable and the coordinating color.



## Apples

Way up in the apple tree,  
*(Raise hands overhead.)*  
Two little apples smiled at me.  
*(Make two fists.)*  
I shook the tree as hard as I could.  
*(Shake your arms.)*  
Down came the apples,  
*(Flutter hands downward.)*  
...mmmm... They were good.

## Soup's Cooking

*(Sing to the tune of Farmer in the Dell)*

The soup is simmering.  
The soup is simmering.  
Stir the pot.  
It's getting hot.  
The soup is simmering.

First we add the beans.  
First we add the beans.  
Stir the pot.  
It's getting hot.  
First we add the beans.

Next we add the carrots.  
Next we add the carrots.  
Stir the pot.  
It's getting hot.  
Next we add the carrots.

Add any ingredients your child can think of. While the idea is to familiarize him with soup vegetables, don't be afraid to get silly. I'm sure he may want to add Lego pieces or his favorite stuffed animal.

This song extends into a great activity for toddlers that can be

done in a number of ways. The idea is to have your child add the ingredients as he sings. There are a number of ways to do this:

- If you have pretend fruits and vegetables, borrow a large pot from your kitchen and have your child drop the vegetables in the pot as you sing.
- Cut vegetables out of flannel. Make a large circle to represent a pot and have your child put the flannel cutouts in (on) the pot.
- Make a large pot out of poster board. Cut vegetables out of construction paper. Have your child glue their vegetables to the pot with a glue stick.
- Plan to make some vegetable soup for lunch. Place the pre-measured ingredients on the table and have your child add them to the pot.



## Five Fat Peas

Five fat peas in a peapod pressed.  
*(Fold hands together in a ball.)*  
One grew,  
*(Extend a thumb.)*  
Two grew  
*(Extend the opposite thumb.)*  
And so did the rest.  
*(Begin extending all fingers.)*  
They grew and they grew.  
And they grew and they grew.  
*(Pull hands apart slowly.)*  
They grew so fast and round,  
That the pea pod blew!  
*(Clap hands loudly.)*

# Food Pyramid For Children



	Two Years Old 1000 Calories	Four Years Old 1400 Calories	Six Years Old 1600 Calories
<b>Grains</b>	3 ounces at least 1½ cups whole grain	5 ounces at least 1½ cups whole grain	5 ounces at least 1½ cups whole grain
<b>Vegies</b>	1 cup various colors	1½ cups various colors	2 cups various colors
<b>Fruits</b>	1 cup	1½ cups	1½ cups
<b>Milk</b>	2 cups	2 cups	2 cups
<b>Meats and Beans</b>	2 ounces	4 ounces	5 ounces
<b>Fats</b>	3 teaspoons	4 teaspoons	5 teaspoons
<b>Minimum Exercise</b>	1 hour	1 hour	1 hour

## WARMLINE

Providing you with practical, accurate information on health, behavior issues and regulatory information relating to the children in your care.

**1-800-713-9006**



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