

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body

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Ways Dads and Moms Can Help

Dads as well as moms play an important role in helping their children develop good health habits. Healthy children eat well, live a physically active life and feel good about themselves and others. Children need encouragement from parents and other significant adults to develop healthy habits and attitudes.



Eating Well

Parents help their children develop good eating habits when they

- ◆ Regularly provide family meals and snacks.
- ◆ Do not pressure kids to eat foods they do not like.
- ◆ Encourage children to stop eating when full.
- ◆ Offer meals and snacks that are nutritious and good tasting.
- ◆ Keep mealtimes pleasant.
- ◆ Teach them how to deal with uncomfortable feelings without eating.
- ◆ Allow children to decide whether or not to eat and how much to eat.

- ◆ Keep the TV turned off during meals.



Living Actively

These are some ways dads and moms help children get moving.

- ◆ Be physically active role models.
- ◆ Encourage children to be moderately active at least 60 minutes on most days.
- ◆ Move the TV out of bedrooms.
- ◆ Set limits on the amount of time the family watches TV, works on the computer and plays video games.
- ◆ Teach children games that you liked as a child.
- ◆ Make opportunities for active family recreation like playing ball, hiking or camping.
- ◆ Volunteer to help with your child's after school activities or sports.

Feel Good About Self

To encourage children to feel good about themselves and others, moms and dads can:

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Ten Tips for Dads with Daughters

1. Listen to girls. I focus on what is really important--what my daughter thinks, believes, feels, dreams and does --rather than how she looks. I have a profound influence on how my daughter views herself. When I value my daughter for her true self, I give her confidence to use her talents in the world.

2. Encourage my daughter's strength and celebrate her savvy. I help her learn to recognize, resist and overcome barriers. I help her develop her strengths to achieve her goals, help other people and help herself. I help her be what Girls Incorporated calls **Strong, Smart and Bold!**

3. Respect her uniqueness. Urge her to love her body and who she is. I tell and show my daughter that I love her for who she is and see her as a whole person, capable of anything. My daughter is likely to choose a life partner who acts like me and has my values. So, I treat her and those she loves with respect. Remember 1) growing girls need to eat often and healthy; 2) fad dieting doesn't work, and 3) she has her body for what it can do, not how it looks. Advertisers spend billions to convince my daughter she doesn't look "right." I won't buy into it.

4. Get her playing sports and being physically active. Start young to play catch, tag, jump rope, basketball, Frisbee, hockey, soccer, or just take walks...you name it! I help her learn the great things her body can do. Physically active girls are less likely to get pregnant, drop out of school, or put up with abuse. The most physically

active girls have fathers who are active with them!



5. Get involved in my daughter's school. I volunteer, chaperone, read to her class. I ask questions, like: Does her school use media literacy and body image awareness programs? Does it tolerate sexual harassment of boys or girls? Do more boys take advanced math and science classes and if so, why? (California teacher Doug Kirkpatrick's girl students didn't seem interested in science, so he changed his methods and their participation soared!) Are at least half the student leaders girls?



6. Get involved in my daughter's activities. I volunteer to drive, coach, direct a play, teach a class—anything! I demand equality. Texas mortgage officer and volunteer basketball coach Dave Chapman was so appalled by the gym his 9-year-old daughter's team had to use, he fought to open the modern "boy's" gym to the girls' team. He succeeded. Dads make a difference!

7. Help make the world better for girls. This world holds dangers for our daughters. But over-protection doesn't work, and it tells my daughter that I don't trust her! Instead, I work

with other parents to demand an end to violence against females, media sexualization of girls, pornography, advertisers making billions feeding on our daughters' insecurities, and all "boys are better than girls" attitudes.

8. Take my daughter to work with me. I participate in April's Take Our Daughters & Sons to Work® Day and make sure my business participates. I show her how I pay bills and manage money. My daughter will have a job and pay rent some day, so I will introduce her to the world of work and finances!

9. Support positive alternative media for girls. Our family watches programs family that portray smart savvy girls. We get healthy girl-edited magazines like New Moon and visit online girl-run "zines" and websites. I won't just condemn what's bad; I'll also support and use media that support my daughter!

10. Learn from other fathers. Together, we fathers have reams of experience, expertise and encouragement to share – so let's learn from each other. I use tools like the newsletter Daughters: For Parents of Girls (www.daughters.com). I put my influence to work – for example, Dads and Daughters protests have stopped negative ads. It works when we work together!

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Timely Tip #3

Add a Fruit



Health experts recommend eating more fruits and vegetables. While that is good advice, it may be just a bit vague. Try this strategy for the next week or two as a way to help put that good advice into practice.

Step 1: Pick a meal or snack that would be easiest for you to include one serving of fruit--maybe, a glass of fruit juice for a pick-up-and-go breakfast, or a piece of fruit for a bedtime snack.

Step 2: Buy the juice or fruit that appeals to you. Choose something fresh and in season like strawberries, plums, raspberries, or, a canned or frozen fruit or juice. The important thing is to buy what appeals to you.

Step 3: Put the fruit or juice in a highly visible place in the refrigerator. Write reminder notes to yourself and leave them where you will notice. For instance, if you want to add fruit to your morning meal, put the note on the bathroom mirror. If you plan to have it for an evening snack, stick the reminder on the refrigerator or snack food cupboard door.

Step 4: This is easy—eat it!

After a week or so, you'll develop a fruit habit and you won't need the reminder notes.

Remember to send your Timely Tips to Linda Rellergert at the address on page 1. If we use your idea, we'll send you a copy of *Intuitive Eating* by Evelyn Tribole and Elyse Resch.

Activity Suggestions for June

Plan an active family vacation this summer. Here are three ideas to get you thinking.

- ◆ Take a break from the heat at a water park. Slides, fountains, and tubing on a man-made river are examples of some of the wet fun these attractions offer. Unlike traditional swimming pools, water skills are not necessary. All you need are a bathing suit and a desire to join in the action. Keep the ratio of adults to young children high so someone is always watching the little ones.
- ◆ Take a hike someplace cool, literally! While hiking in Missouri during summer may not appeal, look for locations where the temperature and humidity are lower. Go up, to more northerly states like Maine, Minnesota or Montana, or go up in altitude to the Rockies, the Cascades or the Great Smoky Mountains.
- ◆ Try geocaching. This new version of a treasure hunt requires the use of a Global Positioning System receiver to help find a cache or "treasure" using coordinates posted on the Internet. Caches are typically small containers such as plastic food storage containers, film canisters and such with a few trinkets like pencils, fast food toys, etc. and a journal of some sort. Geocaching etiquette specifies that if you take one of the items you leave something as well. Note your name and the date you found the cache in the journal provided. Locally, the St. Louis Area Geocachers Association can help get you started by contacting them at www.geostl.com at www.geocaching.com, you'll find more information plus geocaching listed by zip codes.



Ways to Help continued from page 1

- ◆ Show love and acceptance for every family member.
- ◆ Refrain from making negative comments about one's own body or others'.
- ◆ Give children time and attention.
- ◆ Really listen when children talk.
- ◆ Help children develop talents and skills through hobbies and helping with chores.
- ◆ Offer sincere words of praise and encouragement.
- ◆ Be an advocate for your child with teachers, relatives, religious leaders and other adults.
- ◆ Check out the organization Dads and Daughters for additional ways to encourage your child's healthy development. (See article on page 2.)

Menu of the Month

June is a month with many outdoor cooking and eating possibilities—graduation parties, weddings, family reunions and Father’s Day. Marinated Veggie Salad is a side dish that works well for any summer menu. The ingredients require no heating, do not spoil easily, and are colorful and nutritious. If Mom helps cut up the vegetables, even young children could prepare this salad for Dad on Father’s Day. The recipe can be made ahead and kept in the cooler, or refrigerated for a day or two of marinating which only improves the flavor. Bake some potatoes in foil jackets and serve with a favorite grilled meat.

Marinated Veggie Salad

2 cups broccoli
 2 cups cauliflower
 1 cup black olives
 1 small jar marinated artichoke hearts
 2 tomatoes
 1/4 cup olive oil
 1/4 cup white wine vinegar
 salt, pepper and herbs as desired (oregano, chives, basil)



Chop up veggies into bite size pieces. Mix oil, vinegar and herbs and pour over veggies. Season with salt and pepper. Marinate in refrigerator or cooler at least overnight. Serves 4-6. Nutrition information per each 1/2 cup serving: 168 calories, 3 grams protein, 10 grams carbohydrate, 15 grams fat, excellent source of fiber, vitamin C, folacin, and iron.



Words to Consider

“By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.” --*Charles Wadsworth*

"Life consists not in holding good cards but in playing those you hold well." --*Josh Billings*

“I am beginning to learn that it is the sweet, simple things of life which are the real ones after all.” --*Laura Ingalls Wilder*

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