

# The H-N REACH EarlyON at Home

FAMILY NEWSLETTER



I believe  
that the  
greatest  
gift you can  
give your  
family and  
the world is  
a healthy  
you.

Joyce Meyers

## TO GOOD HEALTH!

According to the World Health Organization (WHO), "health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity . . . a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well physical capacities." Ultimately, health refers to a state of complete emotional and physical well-being. When we look at health, it's important to look at it from a wide perspective - to understand what it means to parents, children, and our greater community.

Physical health refers to regular exercise, balanced nutrition, and adequate rest. As parents, we have control over these in our own bodies, and we can hugely influence our child's physical health based on our own healthy habits. Good physical health also has an impact on our mental wellness.

Mental health refers to a person's emotional, social, and psychological well-being and is just as important as physical health. Again, as parents, we have an enormous impact on our children's mental well-being through our relationships and connections with them.

It's important to approach "health" as a whole, rather than a series of different factors. All types of health are linked, and we should aim for overall well-being and balance as the keys to good health.

Retrieved from: <https://www.medicalnewstoday.com/articles/150999>





## MODELLING A HEALTHY LIFESTYLE

Research has shown that active and healthy adults raise active and healthy children. Incorporating physical activity and balanced nutrition into your family's daily life supports healthy hearts, brains, and bodies. Don't just tell them to get active and eat right, show them! Here are some ways that you can incorporate physical activity and a balanced diet into your family's routine:

- Enjoy the outdoors. Make time for a walk each day, even if it's only a short walk around the block. Or test your green thumb by planting a garden with your family. Planting fruits and vegetables is a great way to nurture a child's curiosity about where the food comes from. Digging, weeding, planting and watering all require us to move our bodies too!
- Play together and eat together as a family. Join in on some games with your children, like tag, hide and seek, bowling, catch or soccer. Plan and prepare your meals with the whole family. Join in on a supper-time ritual where you all eat together, sharing stories and meals.
- Limit screen time. That being said, with the virtual world we're currently living in with the COVID-19 pandemic, this may be a challenge. Try to limit screen time that is not necessary. Instead of watching a movie before bed, read as a family. Instead of watching the news while eating supper, turn it off and tune in to your family. Instead of playing a video game, play a board game together. Engaging your child away from the screen is rewarding for both their physical and mental health.

We have an opportunity to teach our children about how to lead healthy lifestyles by showing them!

### 5 Ways to Maintain a Healthier Lifestyle

1. Include fruits and vegetables in your diet. Adding fruits and vegetables is a perfect foundation for starting a healthy routine.
2. Drink water. You can save money and improve your health by drinking water throughout the day.
3. Manage your mental health. Take care with self-care!
4. De-stress - take a deep breath and learn what works for you.
5. Exercise. Be more active.

Retrieved from: <https://www.branfordhall.edu/5-ways-to-maintain-a-healthier-lifestyle/>

## Follow the Flashlight

**How to Play:** With the room lights low, shine a flashlight beam near your child so they see it. Move it around the floors, walls, and ceiling so they are looking at it around the room with their eyes. Encourage your child to move around the room to catch the light!

**Some Tips:** Be sure to move tripping hazards that may be difficult to see in dim light.



## EATING OUT WITH KIDS

For some people, going out to dinner is a treat they look forward to at the end of the week, month, year, or on a special occasion. Not having to cook or clean up, or getting to eat a dish you really love can be the self-care we need sometimes.

However, have you ever noticed that the Kid's Menu options at some restaurants aren't all that healthy? Options like pizza,

hot dogs, and hamburgers are definitely delicious, and a great option occasionally, but if you're looking for some tips to navigate healthier choices - read on!

Skip the kid's menu altogether! Share your meal with your child, or if you have multiple children, have them split an entree. Another option could be to order a few side dishes to make a meal, like steamed veggies, rice, and a chicken skewer. If this option doesn't work for your family or the restaurant you're at, order off the kids menu but skip the fries. Try veggies and dip, a salad, rice, or a baked potato.

If possible, avoid pop and juice and offer your child milk or water. When it comes to dessert, choose fruit! Whether the restaurant offers it, or you enjoy it at home, fruit may satisfy your child's sweet tooth! If your child is used to getting the hot dog, fries and pop when you go out, start the switch gradually to making more healthy choices. For a better chance at success, model these healthy swaps as well!

Retrieved from: <https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/You-can-ask-for-healthy-foods-for-your-kids#>

## RESOURCES FOR YOU

The Public Health Agency of Canada empowers Canadians to improve their health. In partnership with others, its activities focus on preventing disease and injuries, promoting good physical and mental health, and providing information to support informed decision making. Check out their website at <https://www.canada.ca/en/public-health/services/health-promotion.html> for more resources and to find programs in your area.





# RECIPE OF THE WEEK

## Chickpea Salad (great for school lunches!)

2 15 oz cans chickpeas  
2 tbsp lemon juice; 2 tbsp olive oil; 1 tsp paprika; 1/2 tsp salt  
2 large diced tomatoes  
1- 2 diced cucumbers  
1 diced yellow bell pepper  
1/2 medium diced red onion  
1/2 cup minced fresh parsley  
1/2 cup minced fresh mint



1. Drain and rinse chickpeas.
2. In a large bowl, combine chickpeas, lemon juice, olive oil, paprika and salt. Stir and cover - marinate in fridge for 15 minutes.
3. Prepare the veggies and herbs.
4. Add remaining ingredients to chickpeas and mix well. Add pepper and any additional salt or lemon juice according to your taste.
5. Serve with a pitta.
6. Can be stored in fridge for up to 3 days!

## Morning Habits to Set You Up For the Day!

- Rise when the alarm goes off - don't hit that snooze button!
- Avoid checking your phone/social media
- Eat a healthy breakfast
- Plan and forward think your day and schedule
- Create a morning routine for you and your family
- Shower or bathe
- Be positive
- Open the curtains or blinds - let the sunshine in!
- Drink some water
- Make your bed
- Have a set wake up time each day

Retrieved from: <https://afamuche.com/how-to-super-charge-your-mornings/>



## WE ARE STILL HERE FOR YOU!

Yes, things have changed a lot over the past month, but we are still here to help! Haldimand-Norfolk REACH is considered an essential service, and even though our sites are closed, we are working at home to stay connected with everyone, and to help those in need during these turbulent times.

**If you or your child are in crisis, our Child and Youth Crisis Line is available 24 hours a day, 7 days a week. 1-866-327-3224**

Feel free to find us on Facebook - we are the Haldimand-Norfolk REACH EarlyON Child and Family Centre! We're always posting activity ideas, circle time videos and stories, and tips to stay healthy at home.

Have an idea you'd like to see us try? Email us at [earlyon@hnreach.on.ca](mailto:earlyon@hnreach.on.ca)