

NOTES

TO

DAD

Lois Killcoyne
Northampton
Extension**Food for Thought**

Well, Dad (or Grandpa), it's your turn to watch the youngsters for the day. As you go about your daily activities with your preschoolers, keep in mind the physical and developmental characteristics of this age group that affect what and how they eat.

First, notice their size. Everything about them is small, including their stomachs. Serve small portions — one tablespoon of a food item for each year of age. Forget the rule that they must finish everything on their plate because there are children in the world who are starving. Research has shown that a young child who is encouraged to eat just until full will listen to body signals and not overeat.

Dads may also forget that feedings need to be more frequent. Preschoolers enjoying their time playing games and having fun sometimes don't pay attention to hunger signals. You may notice your child becoming irritable and impatient. It is important to offer snacks between meals. Be sure to offer healthy choices like fruit, a piece of cheese, or milk and graham crackers. A good portion of your child's daily intake is consumed in the form of snacks. You want to offer foods that will provide the vitamins, minerals and energy that support healthy growth, not empty calorie "junk foods" and soft drinks. You are helping set good food habits for later years as well.

Little people also have small

fingers and hands. Give them child-sized dishes and utensils. Using a small glass their hand will fit around or a cup with a handle to avoid spills.

Likewise, finger foods will lessen the frustration of trying to manipulate silverware.

Remember that "food jags" are normal at this age, so your son or daughter may request the same foods over and over. It's best not to get into a power struggle over forcing something different. Eventually your child will move on to other foods. On the other hand, keep introducing new foods, even when they aren't accepted immediately. It may take as many as 8 or 10 times before the food is eaten. Keep putting a spoonful of those peas or carrots on their plate. One day you might be surprised.

Your job is to offer a balance from all food groups throughout the day—breads and cereals, vegetables, fruits, dairy and meats. Ninety-one percent of children are not consuming the recommended 3 servings of vegetables and 2 servings of fruits per day. Some serve raw carrots with dip or celery filled with peanut butter as a snack, as well as cooked vegetables at dinner. Offer a small banana or 1/2 cup of juice between meals, and a

peach or canned pineapple with lunch. Healthy eating requires a conscious effort, and is too important to leave to chance. The vitamin A and C present in dark green, yellow and orange fruits and vegetables will help your child resist infections.

Watching what you and others eat is also a big influence on eating habits of the young. So join your youngster in a yogurt snack or some apple slices. Children at this age often enjoy helping to prepare the food. Take the extra time occasionally to let them stir, measure or pour. Expect spills and messes as they develop fine motor coordination. Then go on a pretend picnic together. Eating with friends who like foods that are different will also expand your child's choices.

Teach good hygiene habits early—washing hands before touching food, and brushing teeth regularly, especially after sweet snacks. Health and safety

is an important consideration in what you serve your child also. Children under 2 years of age may choke on round pieces of hot dog, nuts, popcorn, raw carrots, celery, whole grapes, peanut butter or round candies. Immune systems are not as strong as an adult, so an undercooked hamburger, raw egg yolk, or unpasteurized cider may result in serious illness or even death. Don't take a chance! Cook protein foods to well done, and wash and peel all raw fruits and vegetables.

Eating and food preparation can be part of your quality time together. Make it fun and relaxed. Appetites vary naturally, so don't worry if your child doesn't eat heartily at all meals. Your role is to offer a healthy variety of foods throughout the day. Allow your child the option of what and how much to eat. Explore the world of good nutrition together.

Famous Surgeon To Share Personal Story

EPHRATA (Lanc. Co.) — Dr. Benjamin Carson, world famous pediatric neurosurgeon, best-selling author and chair of Pediatric Neurosurgery at Johns Hopkins Hospital, will speak to audiences in Northern Lancaster County, Friday, October 15.

Dr. Carson will present his story as an illustration of how any youngster can succeed, and how any parent can help their child succeed. His message of the "Big Picture" has literally opened the eyes of thousands of students and parents worldwide. Coming from a childhood of poverty in urban Detroit, Dr. Carson attributes his extraordinary success to his devoted mother and an abiding faith in God.

At his first stop, Dr. Carson will speak to 1,000 sophomores from Cocalico, Eastern Lancaster County, Ephrata and Warwick school districts at Ephrata High School. That evening, he will speak to the public at Garden Spot High School, New Holland.

To broaden the impact of his visit, his books will be used in the classroom and his presentations will be video taped for future education and viewing on Blue Ridge Cable Channel 11.

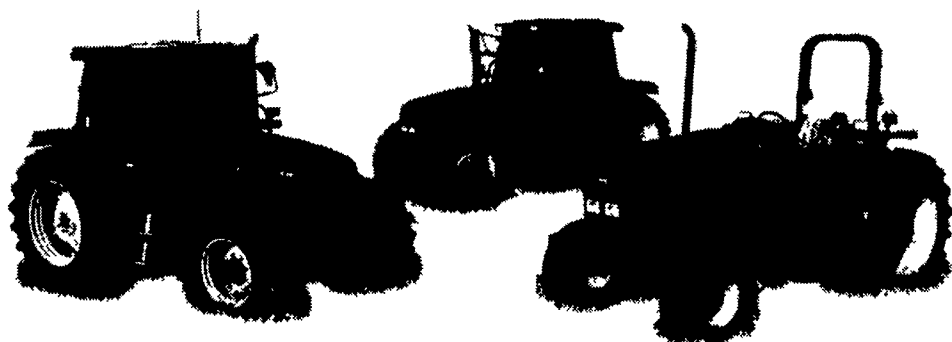
Dr. Carson's message is about finding a vision and making a difference in the world. For more information, call the director of the NorLanCo Partnership for a Healthier Community, Evelyn Dubbs, at 717-738-3556

You Ask, You Answer

(Continued from Page B14)

ANSWER — A reader wrote that the neighbor's cat claimed the flower bed at their front entrance as its own and wanted to know how to get rid of the strong urine odor or discourage the cat from claiming this territory? Thanks to Susan Ehst who writes that it is a known fact that cats do not like the smell of citrus. She said that her neighbors have lots of cats and have scattered orange peels over the areas where they do not want their cats. This method has worked for them.

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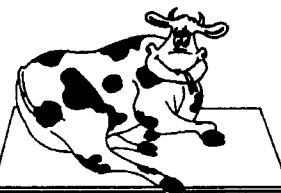
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