

# September 10 Is Grandparents' Day

Being a grandparent is one of the great gifts in life. What happens between grandparents and young grandchildren is tremendously powerful, starting with the birth of the grandchild. While grandparents receive great pleasure, they are also giving something invaluable to the grandchild.

Grandparents fulfill the function of accepting a grandchild just as he or she is. That's a valuable role in a child's life because it builds ego, which children desperately need. It is a service to them for the rest of their lives. Grandchildren of any age will appreciate a grandparent's gift of these 10 non-tangible things.

**• Self-worth**

When children are recognized in a positive manner it makes them feel important. Every time Grandma treasures a grandchild's drawing or Grandpa praises a job well done, the child begins to think that they are important.

**• Example**

The experiences grandparents have with their families not only build family strength for the present, but also provide a model for future parents and grandparents.

**• Caring**

Be interested in your grandchildren's world. Grandparents can do much to ease the pres-

ures upon parents while grandchildren are young.

**• Understanding Others**

Young children can have extremely positive feelings about older people. They view them as being warm, permissive, and helpful. Studies reveal that the more good experiences a child has with an older person, the better he feels about growing old.

**• Knowledge**

Share your experiences — the skills you have acquired and your special interest. Whether it is gardening, cooking, sewing, fishing, art, or story telling, make your grandchildren a part of it. This sharing may bring surprises for all of you.

**• Past**

A living history book. Grandparents who have seen the first computer or the first space flight are experts in change. They can tell their grandchildren stories about their experiences to share important principles. This helps youngsters realize that they are living in a world in which anything can happen.

**• Heritage**

Whether you live many miles away from your grandchildren or just down the block, grandparents can do much to give children a sense of security and belonging as they share memories about the days when their children were young.

**• Practice Time**

Grandparents can provide time and attention for anything on which a child needs special practice. Practicing with grandparents provides a warm comfortable environment, free from critical judgment of peers, and enables a child to successfully gain confidence to meet new challenges and experiences.

**• Happy Memories**

Special moments, words, and gestures can make happy memories for a grandchild.

**• Love and Acceptance**

It means a lot to know that whether you fail a test, break a glass, or lose a ball game, grandparents still love and accept you. The gift of "I love you, no matter what," whether spoken aloud, written in a letter, or shown by deeds, will always be the most treasured and remembered present of all.

In return, grandparents receive the enjoyment of making an impact on the future generation of their family. They gain support, encouragement, companionship, and a great deal of satisfaction from their grandchildren's achievements. Grandchildren help to keep grandparents current when they share experiences, interests and hobbies. Most of all, here's your chance to have fun, to be yourself, and have the time of your life!

*Family Living Focus*

**ANNE M. LUKEN**

Montgomery Co.  
Nutrition Agent



**Back To School**

Children and teenagers need foods with a lot of nutrients to grow. It is very important to eat breakfast, healthy snacks, and good lunches. Most importantly, children should eat foods from the food groups every few hours, especially nutrient-dense foods without extra added sugars and fats. Nutrient dense foods and fruits and vegetables, low-fat dairy products, lean meats, fish, poultry, beans, nuts and whole grains.

**Breakfast-Everyday**

Provide quick choices for busy mornings. Breakfast does not need to be traditional; leftovers can make a great breakfast. Always have fresh fruit or whole grain cereal as an option.

**Lunches**

Make sure lunches are safe, and nutritious. As a parent, do your best to find out if you children are eating their lunches.

Which is better cold lunch or hot lunch? Buying fries with cheese, soft pretzels or pizza is okay once in a while, but not day after day. Seventy percent of the nation's largest school districts now meet or exceed the nutrition guidelines for the amount of fat to be less than 30 percent of the total calories (according to the American Dietetic Association).

Are the foods your kids are eating for lunch nutritious? Teach them responsibility to eat healthy. Help them to pack a lunch. Try to include nutritious food choices your kids will eat. Include a variety of grains and fruits and vegetables.

For example: If the child always has peanut butter sandwiches, try peanut butter in celery, with whole wheat, low-fat crackers and apple slices on the side. Try different kinds of breads; pita bread, tortillas, multi-grain or maybe one slice of whole wheat bread and one white for sandwiches.

Remember to include a favorite food in the lunch, even if it does include a slightly higher

amount of fat or salt or sugar. A healthy diet is based on a combination of foods eaten over time.

When packing a cold lunch keep the cold lunch cold. Refrigerate the lunch, pack the sandwich frozen, and use a gel freezer pack or an ice pack to keep it cold. A thermos could also be used to keep things cold.

**Snacks**

Plan healthy snacks too. Sometimes school lunch schedules are quite late or early in the day. Kids often have after school activities or want to eat as soon as they get home. Plan for these times. Buy fresh in-season produce, and provide healthy snack choices. Examples would include fresh fruit, vegetables, yogurt, a whole wheat peanut butter and banana sandwich, etc.

**Beverages**

Choose skim milk or at least one percent milk or 100 percent juices or water.

These beverages provide nutrients. Other drinks often only provide empty calories. Soda pop provides the most refined sugar in the average American diet.

**Sometimes Foods**

Go easy on high-sugar, high-fat, and high-sodium foods.

In conclusion, it is the parent's job to provide the healthy food and the child's job to eat it. Children often are more contentious than adults. To encourage children and teenagers to eat healthy simply remind them.

Here is a dessert the kids can make for their lunches:

**ORANGE-APRICOT COOKIES**

- 1 ¼ cups all purpose flour
- ½ cup whole-wheat flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¾ cup dried apricots, chopped
- ½ cup orange juice, fresh
- ¼ cup oil (canola)
- 1 teaspoon orange rind, grated
- 1 egg, beaten

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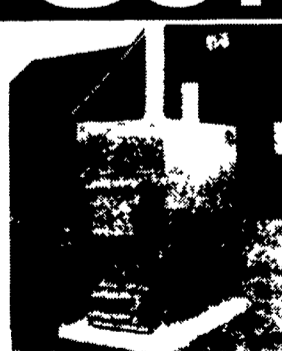
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