



Healthy Hints for Parents - Part 10

The 12 rules for a Healthy Christmas!

To all School Health Coordinators & Parents

This is part 10 of our series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like this and the previous 9 articles emailed directly to you to include in your school newsletter please send your request via the Kidz Bodz web site @

www.kidzbodz.com.au

Christmas is on its way! Out come the credit cards, holidays are being planned and the thought of 6 weeks of no school, Help! Christmas is also a time of self indulgence, growing waist lines and relatives who insist on loading our children up on lollies and sweet treats. While sometimes it is impossible to avoid this situation we can put strategies in place to make sure our families stay healthy over the Christmas and holiday period.

1. Work off the indulgences by doing some physical activity every day and include the whole family. If on holidays put your book down, grab the kids and go for a walk every morning. Day light saving provides the opportunity to walk at the end of the day if you are working
2. Resist giving chocolates or lollies to friends children as gifts. Try books instead!
3. Don't offer lemonade as a drink at parties, bar-b-ques and celebrations as these are often daily occurrences over the holidays. Did you know that one can of lemonade can contain up to 17 teaspoons of sugar and don't replace these with diet or sugar free soft drinks as artificial sweeteners have been linked to depression, headaches, behaviour problems and more! Try juice mixed with soda water instead!

4. If you are going out for the day pack a healthy lunch and snacks. Most day excursion venues only offer expensive and often unhealthy food options.
5. Carry water everywhere and keep a dispenser in the fridge so your family can help themselves throughout the day. Did you know that not drinking water can cause headaches, lack of concentration and irritability?
6. Chop salad vegies up and leave them in the fridge for kids to snack on throughout the day. This keeps their blood sugar constant and relieves the need to grab quick convenient sugar filled snacks. It also helps satisfy our quota of 5 serves of vegetables each day.
7. Have a fruit break at 10am and 2pm.
8. Encourage the kids to help in the kitchen. This is a great idea for 3 reasons: They are more likely to try a variety of different foods, it gets them away from the computer and television and you get to know your kids a little better.
9. For those hot summer days freeze sliced pineapple and orange pieces these are a great, refreshing alternative to sugar and colour filled icy poles. Alternatively, buy plastic icy pole moulds and make your own from fresh juice.
10. Make fruit salad the preferred desert every night. Our summer fruits are delicious.
11. Enjoy your family!
12. Don't forget to check out the Kidz Bodz web site for a healthy new year! booking request forms have been mailed to your school Health Coordinator
If you missed yours call 1300 731149 or download from www.kidzbodz.com.au