

"A place where young life can discover something new"



Top-Rated Tea Pouches  [SHOP](#)

Mom & Dad click the link above and save

January Birthdays

Xavier Luqman
 Enedelia Gonzales
 Hannah Jenkins
 Leilani Lee
 Phoenix Lee-Harris
 Marcie F Betancourt
 Santino Parsio
 Jayden Olivas
 Isaiah Robinson
 Steven Rodriguez
 Arianna Torrez
 Julius Lopez
 Danyell Ferguson
 Athrun Vang
 Megan Patino

- more likely to eat fruits, vegetables, and grains
- less likely to snack on unhealthy foods
- less likely to smoke, use marijuana, or drink alcohol

In addition, family meals offer the chance to introduce kids to new foods and to act as a role model for healthy eating.

Teens may turn up their noses at the prospect of a family meal — not surprising because they're busy and want to be more independent. Yet studies find that teens still want their parents' advice and counsel, so use mealtime as a chance to reconnect. Also, consider trying these strategies:

- Allow your teen to invite a friend to dinner.
- Involve your teen in meal planning and preparation.
- Keep mealtime calm and congenial — no lectures or arguing.

What counts as a family meal? Any time you and your family eat together — whether it's takeout food or a home-cooked meal with all the trimmings. Strive for nutritious food and a time when everyone can be there. This may mean eating dinner a little later to accommodate a child who's at sports practice. It can also mean setting aside time on the weekends, such as Sunday brunch, when it may be more convenient to gather as a group.

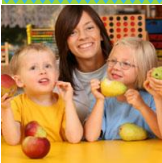
Stocking Up on Healthy Foods

Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines — the foods that you serve for meals and have on hand for snacks. Follow these basic guidelines:

- **Work fruits and vegetables into the daily routine**, aiming for the goal of at least five servings a day. Be sure you serve fruit or vegetables at every meal.
- **Make it easy for kids to choose healthy snacks** by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.
- **Serve lean meats and other good sources of protein**, such as fish, eggs, beans, and nuts.
- **Choose whole-grain breads and cereals** so kids get more fiber.
- **Limit fat intake** by avoiding deep-fried foods and choosing healthier cooking methods, such as broiling, grilling, roasting, and steaming. Choose low-fat or nonfat dairy products.
- **Limit fast food and low-nutrient snacks**, such as chips and candy. But don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods, so kids don't feel deprived.
- **Limit sugary drinks**, such as soda and fruit-flavored drinks. Serve water and low-fat milk instead.

January Events

- 2nd - All Centers Closed for New Years
- 14th - 16th - All Centers Closed for MLK
- 19th - Field Trip to Build-A-Bear ages 3-5
- 28th - Saturday Field Trip to Nickel Arcade



Healthy Eating

Whether you have a toddler or a teen, here are five of the best strategies to improve

nutrition and encourage smart eating habits:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Avoid battles over food.
5. Involve kids in the process.

But it's not easy when everyone is juggling busy schedules and convenience food, such as fast food, is so readily available.

Here are some ways to incorporate all five strategies into your routine.

Family Meals

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also: