

CHILD START INC.

SPECIAL  
POINTS OF  
INTEREST:

- **Family Day**  
Celebrate with a family dinner together.  
**Monday Sept. 28**
- **National Family Fitness Month**
- **National 5-A-Day**

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# Healthy Kansas Kids

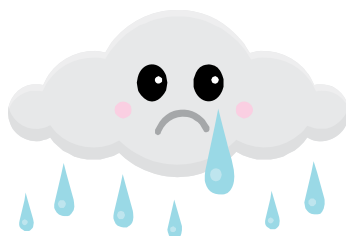
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## Fit For Life - Family Game Night

by [Nancy Empereur](#)  
These days it's hard to find something for kids to do that does not involve spending a lot of money. However, when you're short on cash and have a lot of time on your hands it's necessary to come up with cheap activities.

When it's nice outside one fun thing to do is take your kids on a scavenger hunt. It doesn't matter where you live, it's easy to come up



**A rainy day is one of the best times for fun family games**

## Safety for Babies

Place babies on their back to sleep during naps and at night. This lowers the risks of SIDS (Sudden Infant Death Syndrome). Do not let babies get too hot, a good rule is if it is comfortable for an adult then the temperature is fine for a baby. Set the

thermostats at 68-72 degrees. Dress the babies in layers of clothing and remove layers if they become sweaty. Do not over bundle for sleep, dress in a sleeper and cover with a light blanket.

with a simple list of things to look for. For example, your list could include, something green, something that grows, something up high, or something not alive. When you are finished hunting, paste your finds to a piece of cardboard to show off.

If it is raining outside that does not mean you have to sit on the couch bored. Take some paper plates and put drops of food coloring on them. Set them out in the rain for a few seconds and see what beautiful art the rain makes.

The necessity to stay inside does sometimes come up. When that happens help the kids plan an indoor picnic. This activity can take up a

morning with the kids helping you make sandwiches, cut up veggies and bake cookies. At lunchtime lay out a blanket, put the food out and play a nature cd in the background for sound effect. After the picnic play some indoor games such as volleyball or soccer, but instead of a ball use a balloon. It's a nice change for the older kids as well as easier for the younger kids.

It's not always necessary to spend large amounts to have a little fun. Using your imagination you can spend a little and have a lot of fun. Not to mention the added benefit of teaching your kids to think and imagine for themselves instead of having it done for them.

Do not put bumper pads, pillows, toys or comforters in the crib with the baby. You want a safe place for your baby to sleep so make this a **baby only environment**. Just a well fitting mattress, sheet and light blanket when needed.

## The Recipe for Raising Drug-Free Kids: Frequent Family Dinners

Whether you're gathering around the table for macaroni and cheese or a five-course meal, don't underestimate the power behind the simple act of taking time to eat dinner with your children regularly.

Research has shown that the more often children and teens eat dinner with their families, the less likely they are to smoke, drink and use illegal drugs. That's the reason The National Center on Addiction and Substance Abuse (CASA) at Columbia University created Family Day—A Day to Eat Dinner with Your Children™.

This year, celebrate *Family Day – A Day to Eat Dinner with Your Children™*, on Monday, September 28th.



Join parents all across the country to take the *Family Day* STAR Pledge to commit to:

- Spend time with your kids by having dinner together
- Talk to them about their friends, interests and the dangers of drugs and alcohol
- Answer their questions and listen to what they say

Recognize that YOU have the power to keep your kids substance-free!

**Dinner Makes a Difference!**

## What's New This Month: National Health and Fitness Month & National 5-A-Day

**Tips from National 5-A-Day:** Grab & Go! Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include: • 100% juice boxes • Dried fruit, such as raisins, apples, and dates • Fresh whole fruit • Pre-packaged green salads (keep in a cool container on the road) • Baked veggie chips • Fruit in pre-packaged individual serving containers packed with water or fruit juice • Buy whole fruits and veggies and cut them up at home for an easy and cheaper alternative to pre-cut fruits at the store. Keep in a cool

container on the road • No-added sugar applesauce in individual serving containers

- <http://www.5aday.gov/>



**Tips from National Health and Fitness Month:** Go for family bike rides or walks. Find local bike and walking trails, or just go for a walk or ride around the neighborhood. If you have small children, put them in a stroller or consider getting a jogging stroller. If you're planning on riding bikes, you can buy accessories for your children that attach to your bike. • Play outside with your kids. Parents might be surprised at the work out they get chasing their kids around outside, whether it's pushing them on swings at the playground, playing tag in the backyard or tossing a Frisbee as a family.

<http://www.fitnessday.com/family/>