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**Resource Centers and  
Lending Libraries**  
Prophetstown Elementary  
Tampico Elementary  
Wallace Education Center  
Merrill School

**Administered By**  
Whiteside County Regional  
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**Funded By**  
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Prophetstown Dist. #3  
Sterling Dist. #5  
East Coloma Dist. #12  
Rock Falls Dist. #13  
Riverdale Dist. #14  
Montmorency Dist. #145

*Whiteside County*

# *PARENTS AS TEACHERS*

*1001 West 23rd Street*  
*Sterling, IL 61081*

A Whiteside County Regional Office of Education Publication

*Office Phone 625-1495*  
*Library Warm Line 625-6331*

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## **PRESCHOOL SCREENING**

Several elementary schools in Whiteside County will offer free preschool screening for 3 to 5 year olds in March. This is an opportunity for you to find out how your child is progressing in his/her development.

Many school districts in Whiteside County have preschool programs funded by the Illinois State Board of Education. If you would like your child to be considered for placement in a class next fall, he/she must attend the screening in your school district.

Call your local school for screening dates and appointment information.

## **WHEN TO CANCEL YOUR HOME VISIT**

If you or your child has a cold or the flu, please call your parent educator to cancel your visit. She will gladly reschedule your home visit, whenever possible, to a time when you are all well.

## **OH, THE WEATHER OUTSIDE IS FRIGHTFUL....**

When the schools are closed due to bad weather, all Parents As Teachers activities will be cancelled and the toy lending libraries will be closed. If you should have questions about any of our scheduled activities, please call Pat at 625-1495 or your parent educator at home.

## **NATIONAL NUTRITION MONTH Eat Smart to Stay Healthy, for a Lifetime**

What does "eating smart to stay healthy" mean? During National Nutrition Month 2004 and beyond, "eating smart to stay healthy" means being smart about the foods you eat, knowing what you are eating and making wise food choices.

"Healthy eating gives you more energy and the physical well-being to help you stay healthy for today and the rest of your life," said Minneapolis-based registered dietitian Susan Moores, a spokesperson for the American Dietetic Association.

Some tips Moores suggests for National Nutrition Month 2004 include:

- Whatever the food, **eat a sensible serving size**. Knowing the appropriate serving sizes for you is part of eating smart.
- Add color to your plate by eating **more fruits and vegetables**. Think red, green, and orange - fruits and vegetables are packed with vitamins, minerals, fiber, and phytochemicals that may help prevent some cancers and lower blood pressure.
- Explore the wide world of foods - **expand your tastes** and get the nutrients your body needs.
- Try a **new food or recipe** at least once a month or new ethnic cuisine at a local restaurant.



# Parent Page

SHAPING YOUR CHILD'S HEALTHY EATING HABITS

Ever wonder if your family is eating right for good health? A lot of nutrition information seems conflicting and confusing. We all have favorite foods we don't want to give up. Here are several simple strategies that can help you and your family make healthy food choices.

## High five!

When you see professional athletes raise their arms and hit each other's palm — the “high five” gesture — you know they are celebrating! Thinking of “high five” can help you score in the nutrition game, too. Encourage your family to eat at least five fruits and vegetables a day and they will be in the game for good health. Here are some hints to help you increase the amount of fruits and vegetables in your family's diet:

- ▶ Buy fresh fruits and vegetables when they are in season for the best taste at the lowest cost.
- ▶ Add vegetables to dishes like spaghetti sauce or macaroni and cheese for extra punch.
- ▶ Sprinkle some broccoli, green pepper slices, or grated carrots on frozen pizza before baking.
- ▶ Request vegetable toppings on fast food sandwiches.

## Low fat!

Decreasing the fat in foods your family eats, even by a little, has big health benefits. You may not want to move to “no fat” foods at first, but you can use “low fat” alternatives, making the jump from “low fat” to “no fat” easier down the road. But don't think you have to give up all the foods you love. Follow these tips

and you will naturally decrease the fat in your family's diet:

- ▶ Bake coated chicken and pork chops instead of frying.
- ▶ Remove the skin and bones from chicken before cooking.
- ▶ Choose small size fries and burgers when eating at fast food restaurants.
- ▶ Serve sauces and salad dressings on the side and dip foods in them.

## Off to a good start

The *high five, low fat* principles are not all there is to learn about nutrition for your family, but it's a good place to start. Immediate benefits include more energy, better resistance to infectious diseases, and healthy skin and hair. In the future, you may avoid cancers that are related to diet, heart disease and diabetes.

Your child is off to a good start, too, by learning good eating lessons that will last a lifetime. When you choose healthy foods, your child learns by watching you and by what is served at your family table. By modifying your favorite recipes to include more fruits and vegetables to be lower in fat, you will be changing your family's food preferences and shaping your child's good eating habits.

## Healthy children's snack ideas

Young children love snacks, and they are important energy boosters for growth and activity. Here are some *high five, low fat* snack ideas:

- ▶ Give beginners simple snacks. Finger foods, such as cut-up steamed vegetables, o-shaped cereal, and small fruit chunks work well.
- ▶ Serve little animal crackers and Fig Newtons, which have lower fat content than other cookies.
- ▶ Mix salsa with fat free sour cream for a fresh vegetable dip.
- ▶ Spread fat free cream cheese on low fat graham crackers, top with fruit slices.
- ▶ Make frozen pops by freezing 100% fruit juice in 5 oz. paper cups. Insert a craft stick when almost frozen. Peel off the cup to enjoy.
- ▶ Push fruit chunks onto a pretzel stick for a fruity kabob.
- ▶ Make a veggie wrap by spreading soft tortillas with fat free cream cheese and sprinkling on chopped raw veggies. Roll up or fold.



# Página para Padres

CÓMO ESTABLECER BUENOS HÁBITOS ALIMENTICIOS DE SU HIJO PARA TODA LA VIDA

¿Se ha preguntado si su familia ingiere los alimentos adecuados para una buena salud? Mucha de la información alimenticia parece ser conflictiva y confusa. Y todos tenemos nuestros alimentos predilectos a los que no queremos renunciar, incluso los niños pequeños. He aquí varias estrategias sencillas para ayudarle a elegir alimentos sanos para usted y su familia.

## ¡Dame cinco!

Cuando ve a los atletas profesionales levantar los brazos y chocarse las palmas, el gesto de "dame cinco", usted sabe que están celebrando! Pensar en "dame cinco" también puede ayudarlo a obtener puntos en el juego de la buena alimentación. Fomente que su familia coma por lo menos cinco porciones de frutas y verduras a diario, y así participarán en el juego de la buena salud. He aquí algunas sugerencias para ayudarlo a aumentar la cantidad de frutas y verduras en la dieta de su familia:

- ▶ Compre frutas y verduras frescas de estación, obteniendo el mejor sabor al precio más bajo.
- ▶ Agregue verduras a los platos como la salsa de spaghetti o los macarrones con queso, para agregar un toque de sabor diferente.
- ▶ Esparza un poco de brócoli, trozos de pimiento verde o zanahoria rallada en la pizza congelada antes de hornearla.
- ▶ En los sándwiches de comida rápida pida verduras como ingredientes adicionales.

## ¡Bajo contenido en grasas!

El reducir las grasas en las comidas que ingiere su familia, aunque sea un poco, tiene grandes beneficios para la salud. Quizás al inicio no quiera pasarse a los alimentos "sin grasa", pero puede usar productos "bajos en grasa" como alternativa, haciendo que más adelante le resulte más fácil pasar de los alimentos "bajos en grasa" a los "sin grasa". Pero no crea que

tiene que abandonar todos los alimentos que le gustan. Siga estos consejos y así disminuirá naturalmente la grasa en la dieta de su familia:

- ▶ Hornee en vez de freír el pollo y las chuletas de cerdo.
- ▶ Quite la piel y el hueso al pollo antes de cocinarlo.
- ▶ Elija una hamburguesa y una porción de papas fritas pequeñas cuando vaya a los restaurantes de comida rápida.
- ▶ Sirva las salsas y aderezos para ensalada a un costado y moje los alimentos en ellos.

## Para un buen comienzo

Los principios de "dame cinco" y "bajo en grasas" no son todo lo que se puede aprender sobre la alimentación de su familia, pero es un buen comienzo. Los beneficios inmediatos incluyen más energía, mayor resistencia a las enfermedades infecciosas y mejor cutis y cabello. A largo plazo, usted puede evitar cánceres relacionados a la dieta, enfermedades cardíacas y diabetes.

Su hijo tendrá un buen comienzo también, al aprender lecciones de buena alimentación que le servirán para toda la vida. Cuando elige comidas sanas, su hijo aprende al observarlo y ver los alimentos que se sirven en su hogar. Al modificar sus recetas predilectas incluyendo más frutas y verduras y disminuyendo las grasas, cambiará las preferencias alimenticias de su familia y establecerá buenos hábitos alimenticios de su hijo.

## Ideas de refrigerios sanos para niños

A los niños pequeños les encantan los refrigerios, y son refuerzos importantes de energía para el crecimiento y la actividad. He aquí algunas ideas para refrigerios acordes con los principios de "dame cinco" y "bajo en grasas":

- ▶ A los infantes deles refrigerios sencillos. Los alimentos para comer con los dedos como trocitos de verduras al vapor, cereales en forma circular y pequeños trozos de fruta, son una buena idea.
- ▶ Deles galletitas con forma de animales y rellenas de higo, que contienen menos grasa que las demás galletitas.
- ▶ Mezcle salsa con crema agria sin grasa para acompañar a los bocaditos.
- ▶ Unte galletitas "graham" de bajo contenido en grasas con queso blanco sin grasa, y decórelas con rodajas de frutas.
- ▶ Haga paletas congelando jugo de frutas 100 % natural en vasos de papel de 5 onzas. Colóqueles un palito cuando estén casi congeladas. Quite el vaso de papel antes de comerlas.
- ▶ Coloque trozos de fruta en un palito de "pretzel" para crear una brocheta de frutas.
- ▶ Haga un arrollado de verduras untando una tortilla blanda con queso crema sin grasa y espolvoreándole trocitos de verdura. Enróllelo o dóblelo.

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## Do you want to "Make Parenting a Pleasure"?

Parents often request workshops on discipline. Discipline is a huge topic that always has a very personal response and needs to be presented in a way that parents can make choices as to what is best for their family. *Making Parenting a Pleasure* is a group based positive parenting curriculum for families with children birth to 8 years. It helps parents learn effective parenting skills, positive approaches to discipline and a greater understanding of their children.

**Date:** Tuesday, March 16 and March 23  
(Parents are encouraged to attend both sessions.)

**Time:** 1:00 - 2:15 p.m.

**Place:** Wallace School, Room #7

**Presenter:** Janice McCoy, Family Life Educator  
University of Illinois Extension

**Childcare will be available.**

Sponsored by Parents As Teachers, Early Bird Pre-Kindergarten, and Even Start Family Literacy

**Usted quiere**  
**"¿Hacer el Proceso de Ser Padre un Placer?"**

Los padres a menudo piden talleres sobre el tema de la disciplina. La disciplina es un tema enorme y muy personal y que requiere ser presentado en una manera en que los padres puedan hacer sus propios decisiones. **"Haciendo el Proceso de Ser Padre un Placer"** es plan de estudios para padres que tengan niños entre las edades de nacimiento hasta 8 años. Les ayuda a los padres a aprender habilidades efectivos de ser padre, a aprender técnicas positivas de la disciplina y a entender a sus hijos mejor.

**Fecha:** Miércoles, el 10, 17 y 24 de Marzo  
(se recomienda a asistir cada sesión)

**Hora:** 9:45 - 11:00 a.m.

**Lugar:** La Escuela Wallace, Salón 11 (nuestro salon de adultos)

**Presentadora:** Janice McCoy, Educadora de Vida Familiar  
Extensión de la Universidad de Illinois

***Proveeremos Cuidado de Niños***  
*(por favor, digala a Devorah que si va a asistir)*

**Patrocinadores:** Padres como Maestros, Early Bird Pre-Kinder, y  
Even Start Educación Familiar

## March Parent and Child Activities For all P.A.T. Families and Friends

### HAPPY BIRTHDAY DR. SEUSS

**Date:** Tuesday, March 2  
**Time:** 6 - 7 p.m.  
**Place:** Rock Falls Public Library  
1007 Seventh Avenue

Dr. Seuss is 100 years old, and we are having a party. Join us for crafts, a contest with prizes, birthday cake, and a visit from a very special cat.

Hosted by Linda and Sandy

### TIME TO PLAY

**Date:** Wednesday, March 10  
**Time:** 1- 2 p.m.  
**Place:** Jefferson School Gym  
806 E. LeFevre, Sterling

The groundhog saw his shadow. Boo! Six more weeks of winter. Come play in the gym and wear off some of the excess energy that has been building up this winter.

Hosted by Sue, Deb, and Mary

### HORA DE JUGAR

**La Fecha:** Diez de Marzo  
**Hora:** 1 - 2 p.m.  
**El Lugar:** Al gimnasio a la escuela Jefferson  
806 E. LeFevre, Sterling

El "groundhog" ha vista la sombra. Es decir seis meses más del invierno. Qué horrible. Por favor, vengan a jugar con nosotras Y permiten los niños a usar alguna de esa energía excesiva.

Anfitrionas: Mary, Devorah, y Sue

### "M" IS FOR M-M-M GOOD!

**Date:** Thursday, March 11  
**Time:** 12:30 - 1:30 p.m.  
**Place:** Prophetstown Elementary  
Preschool Room

It's National Nutrition Month and we are going to celebrate. We will explore our five senses with a variety of foods including a yummy make and eat snack.

Hosted by Laura



### LAPSIT: LET'S MAKE MUSIC






**Date:** Friday, March 12  
**Time:** 10:00 - 10:30 a.m.  
**Place:** Rock Falls Public Library  
1007 - 7th Avenue

Lapsit is a play time designed especially for parents and children ages 1 - 3. You and your toddler will enjoy songs, finger plays, a simple activity, and time to share books.

Sponsored by the Rock Falls Public Library



# March Toy Lending Library Hours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Wallace library 9:00 -10:30 a.m. Wallace gym 10:30-11:30 a.m. Closed in the afternoon Laura McCullough	3 Wallace library 1- 3 p.m. Kathy Wolf	4 Merrill library 9:00 -11:30 a.m. and 12:30-2:00 p.m. Linda Berentes	5	6
7	8	9 Wallace library 9:00 -10:30 a.m. Wallace gym 10:30-11:30 a.m. Wallace library 12:30 - 2:00 p.m. Laura McCullough	10 Wallace library 1- 3 p.m. Kathy Wolf	11 Merrill library 9:00 -11:30 a.m. and 12:30 - 2:00 p.m. Linda Berentes	12	13 
14 	15	16 Wallace library 9:00 -10:30 a.m. Wallace gym 10:30-11:30 a.m. Wallace library 12:30 - 2:00 p.m. Laura McCullough	17 Wallace library 1- 3 p.m. Kathy Wolf	18 Merrill library 9:00 -11:30 a.m. and 12:30 - 2:00 p.m. Linda Berentes	19	20 Spring Begins
21	22	23 9:00 -10:30 a.m. Wallace gym 10:30-11:30 a.m. Wallace library 12:30 - 2:00 p.m. Laura McCullough	24 Wallace library 1- 3 p.m. Kathy Wolf	25 Merrill library 9:00 - 11:30 a.m. and 12:30 - 2:00 p.m. Linda Berentes	26	27 
28 	29	30	31		Prophetstown The toy lending library is lo- cated in the preschool room.  Talk to Laura about when you may use it.	Tampico The toy lending library is lo- cated in the preschool room.  Talk to Laura about when you may use it.

## **SAVE THIS DATE**



**We are having a party to celebrate 20  
years of Child Fair, and you are invited!**

**Saturday, April 17, 2004**

**9 a.m. to 1 p.m.**

**Sauk Valley Community College**

**More details in next month's newsletter.**

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