

# Kohl's All Kids Healthy

## UPCOMING EVENTS

### Clowns at the Carousel

Sunday, August 2  
4:00-7:00pm  
Union Park  
725 Thompson Ave.  
Des Moines

### Grilling Pizza Class

Saturday, August 15, 12:30pm  
Forest Ave Outreach  
Cooperative Garden  
1337 18th St., Des Moines  
ForestAveOutreach.com

### Summer Breeze 5k/Kids Run

Sunday, August 16, 9:00am  
NCMIC/Professional  
Solutions Building  
14001 University, Clive  
ncmicgroup.com/summer-  
breeze-5k

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Blank Children's Hospital

**Center for Advocacy  
and Outreach**

### Questions or Comments?

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## What's New?

We are having a very busy summer here at All Kids Healthy! Julia and Shaz have been educating kids on healthy eating and physical activity and summer day camp programs. We are also leading a weekly 5k training program with one of the Waukee YMCA day camp sites!

All too soon we will be thinking about school starting. In the past, we have held a fall CATCH training for new staff and those who need a refresher. If you think you will have staff who could benefit from this, please let Julia know. A date has not been set yet pending the amount of interest in the training.

Enjoy the rest of your summer!



CATCH Tip



There will be a few changes coming to the CATCH portion of the All Kids Healthy program for the next year. We will be focusing on "going back to our roots" with CATCH by providing more hands-on education and assistance with CATCH at your sites. We would really like to see everyone using the CATCH physical activities daily and the nutrition portion weekly. In addition to the standard training, we will be checking in with program coordinators and site leaders to determine how we can make your CATCH program the best it can be. If you know now that you would like to visit with Julia about your site, you can contact her to set up a time to meet. We look forward to making this our best CATCH year ever!

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# Parent Page



Here are some summer tips to end it right before your kids go back to school.

1. **Spend a night under the stars**- whether its camping or just grabbing a picnic basket and having a meal under the stars would be a great way to get away from the usual family dinners.



2. **Take a break from technology**- this can be anything from a day at the beach, going for a hike, or taking a bike ride.

3. **Visit family out of town**- not only does this offer your kids a change of scenery for an evening or weekend but it lets your kids know just how wide their network of loved ones is.

4. **Be a kid**- between summer camp, slumber parties, summer sports and other activities, your kids need a break. Let them take the reins for a day and have them do what they want to do.

5. **Get the schedule back on track**- your kids may have blown a few curfews, ate cake for breakfast or spent the day in pajamas but that wont fly when school starts. The week before school starts have the kids go to bed at their usual school time and have breakfast, lunch and dinner at a scheduled time also.

6. **Scope out the new school**- if your kids are starting a new school, parents can try to make a fun day of checking out their new surroundings.

7. **Plan for the fall**- it is really hard to give up the summertime but take a little bit of time on the final days to help your kids adjust with the transition ahead.

## Kids Korner

As summer is in full swing it is getting hotter and hotter! Here is a healthy and tasty treat too keep you cool on these hot days!

Frozen Orange pops are easy to make. If you are planning on making this treat, you can use an ice tray and tooth picks and make sure to use 100% orange juice to make it taste even better!! A link to the recipe is [here](#).





## Turn off the Technology!

When my daughter was in fifth grade, we got her a cell phone for Christmas. The decision-making process that led us to the purchase was not easy. We spent weeks researching phones, tablets, Ipods, and laptops. We talked to other parents and read articles about kids with phones. We

questioned ourselves as parents and if we were making the right choice for her or spoiling her. Ultimately, we did get her a smartphone so she could FaceTime with her older half-sister and cousins, play a couple of games, listen to some music, and to ultimately be in contact with us at any time. We are a year and a half into this experiment, and I want to throw the phone out the window. Actually, I think I want to throw all of our phones out the window.

In the past two weeks I have seen many TV programs and printed articles talking about the dangers of cell phones—neck and eye strain, disengagement from the real world, lack of creativity. I can see all of these things happening in the adults and children that I interact with daily. I have visions of my children hunched over for life from years of Instagram and watching YouTube. Phones and tablets are wonderful communication devices, cameras, and resources. They cannot, however, replace good old physical activity and nutrition. The American Academy of Pediatrics recommends that children two and up have **AT MOST** two hours or less of screen time a day. This does not mean that your child **SHOULD** have two hours of screen time. Less is more in this case.

Breaking the technology habit can be hard. We are trained to respond to every little beep our devices make. Start by having technology-free meals. Turn the devices off or put them in another room. Engage in conversation with your family. Eating while on a device is the same as eating while you are watching TV. We tend to eat more when we are watching something.

Set limits around the use of devices such as 15-minute limits or using them only after homework or chores are done. Stay away from using devices before bedtime as the light they emit can interfere with sleep. This goes for parents, too!

Encourage your family to do simple things together such as coloring, drawing with sidewalk chalk, or running through a sprinkler. Look for ways to bring a little creativity and activity into your day.

While my kids may not like it, we will be enforcing some of these limits at our house starting today. Especially the 15-minute rule! I think we will all be happier, and healthier, when we are interacting with each other more and with the world around us.

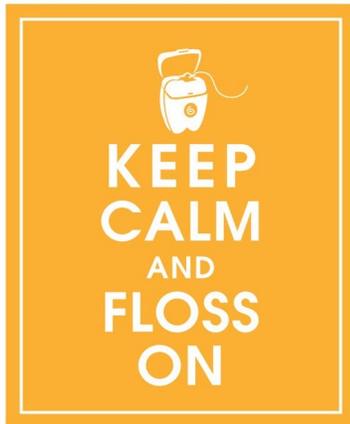




# Dental Health



Oral health is one of the most forgotten about subject when it comes to overall health. This month we will be discussing cavities.



Here are a few easy steps to prevent cavities:

1. **Brush twice a day** with fluoride toothpaste to remove plaque (the sticky film on the teeth that's the main cause of tooth decay).
2. **Floss daily** to remove plaque from between your teeth and under the gumline, before it can harden into tartar. Once tartar has formed it can only be removed by a professional cleaning.
3. **Eat a well-balanced diet** that limits starch or sugary foods, which produces plaque acids that cause tooth decay. When you do eat these foods, try to eat them with your meal instead of as a snack.
4. Use dental products that contain **fluoride**, including toothpaste.
5. Make sure that your **children's drinking water is fluorinated**. If your water supply does not contain fluoride, your dentist may prescribe daily fluoride supplements.
6. Take your child to the dentist for **regular checkups**.

Cavities is an empty space within a solid object, so a decayed part of a tooth. They can be developed when sugar containing foods are allowed to stay in the mouth for a long time. Bacteria can live on the teeth and feast on these bits of food and can eat away at tooth enamel. Saliva washes away the acid between meals, but if your child is always eating, there may not be time for this acid to get washed away.

