



The right start can make a world of difference.

January 2012



How to Stay Healthy

Fitness and Nutrition for Families

Make time for family dinners – Family dinners are a wonderful time to set good examples on healthy portion sizes and good manners and connect as a family. Try making and freezing dinners on the weekend to defrost and enjoy during the week. Here's a great freezer-friendly recipe that's nutritious, too! <http://recipes.prevention.com/Recipe/four-cheese-macaroni-bake.aspx>

Watch Less T.V. – Limit screen time to 1-2 hours a day. Replace one show with a game or activity. Simply begin by acting out different animal moves with your children, such as stretching like a cat or walking like a bunny. Finish up with a game a freeze dance and no one will miss the T.V.!

Focus on Nutrition – Promoting nutrition will help reduce your child's risk of childhood obesity.

1. Limit consumption of sugar-sweetened beverages
2. Limit fast food, take out, and eating out
3. Eat breakfast daily
4. Eat 5 fruits and vegetables per day
5. Eat a diet high in fiber and calcium
6. Switch to low-fat dairy products



Get Fit Together

Let your family's interests help you choose how to be active. Do you like to read? Walk or bike to the neighborhood library for a book to enjoy. Does your child like to climb? Take advantage of the nearest jungle gym or park together.

Be prepared with healthy snacks – Snacks are an important part of childhood nutrition because children need to eat frequently. Today's "on the go" lifestyles can lead parents to make last minute, unhealthy food choices to calm a hungry, cranky child. Try these quick and easy, portable snacks:

Home-made trail mix -Mix together low-sugar, ready-to-eat cereal such as Cheerios or Chex with dried fruit

Don't forget fruit! -In nature's own packaging, an apple or banana can be easily tossed

into your bag for a quick snack.

Protein Power – A string cheese contains protein and calcium that can help squash that grumbling belly until you and your child are home and away from fast food.

Additional Notes

It's not too late to sign up for your favorite Enrichment program:

- Music is held on Monday afternoon (all ages)
- Karate is held on Tuesday morning (ages 3 ½ and up)
- Gymnastics is held on Friday mornings
- Drama will be offering another session beginning February 2nd (ages 4-6)

The Turrell Child Care & Early Learning Center website has a new look. It is also easier for you to use. The site includes information about our staff, curriculum, Parent Advisory Committee (PAC), E-Newsletters, calendar of events, testimonials and helpful links. Moreover, we are excited to announce that we are now accepting ONLINE PAYMENTS for tuition.



Take a moment and visit Turrell's **NEW** site at <http://Turrell.CAFSNJ.ORG>



SAVE THE DATE: The 2nd annual Turrell Valentine's Day Bake Sale is scheduled for February 10, 2012. Look out for information on how you can help!

Holiday and School Breaks...We've Got You Covered! We are available year-round during school breaks and holidays, to help with your childcare needs! See Christine for registration materials.



Turrell Child Care & Early Learning Center is affiliated with Children's Aid and Family Services. Children's Aid and Family Services has a 110-year history of helping vulnerable children and families. Our services include adoption, foster care, child care and early education, alcohol and drug abuse education and prevention, eldercare and community educational programs and workshops. There are so many ways for you to get involved and make a difference. Adopt. Foster. Donate. Volunteer. For more information, call 201.261.2800 or visit www.cafsnj.org.