

# Family and Community Health “Connections” in San Saba County

## Celebrate Family Mealtime with Extension

by *MAKING IT HEALTHY!*

“Extension Celebrates Family Mealtime” September is a month long celebration that highlights Texas A&M AgriLife Extension Service’s commitment to encouraging the adoption of healthy behaviors. This September, agents

across the state will be hosting events in their local communities.

Make it your mission to have meals as a family three times a week or more, and connect with your family for better health.

For more information about Family Mealtime, contact your local County Extension Office.

Source: <http://fcs.tamu.edu/familymealtime>

### Gather Around the Table



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In today’s busy households, it’s not always easy for families to come together and share a healthy, home-cooked meal. From working late hours to attending after-school activities, other routines sometimes get in the way.

But there are plenty of reasons why you should try to have more meals—especially healthy ones—as a family.

According to the American Academy of Pediatrics and other experts, when families eat together:

⇒ They share more than a tasty meal—they share good conversation. Dinnertime is a break from the busy schedule and a chance to bond and ask kids about their day.

⇒ It sets a good example. Children tend to make healthier choices, like more helpings of fruits and veggies, when they see adults eating healthfully. Habits that kids may continue when they become adults.

⇒ Children are less likely to become overweight, which can hurt their health.

⇒ Children may develop better social-emotional health, which leads to better grades, more confidence and an ability to handle online bullying better.

#### Tips for preparing and sharing family meals:

1. Write a grocery list. Be sure to include wholesome, easy-to-cook ingredients. For instance, you can quickly create a healthy meal with items like rotisserie chicken, veggie burgers, frozen vegetables and mashed potatoes, jarred pasta sauce, whole-wheat spaghetti, and frozen ravioli or stuffed shells.
2. Make your own frozen dinners. If on Wednesdays you are too busy to cook, make a double batch of vegetarian lasagna earlier in the week, freeze half and reheat it when you need it. Add an easy side salad and some fruit, and ta da! You have dinner and dessert in a jiffy!
3. Embrace your slow cooker. Put ingredients in before you head to work,

and dinner will be waiting for you when you get home.



4. Invite your children into the kitchen. Making meals together is fun, and it shows your children just how important mealtime is. Even youngsters can handle some meal-prep tasks, such as tossing a salad.
5. Do not force your child/children to eat healthy foods. Pressuring youth to eat certain foods does not work, and it may make them like the food even less. Offer healthy foods on a regular basis and in a variety of ways, and most important—let them see you eat them too.
6. Insist on eating at the table. Turn off the TV and ban technology. This makes it much easier to enjoy a relaxing meal and conversations with each other.

Source: *Shannon Health Beat*. Spring 2019

# Families Cooking Together

## Kids In The Kitchen

**Cooking builds self-esteem.** Helping in the kitchen builds confidence and early skills of independence. Most kids feel proud and important when they help prepare food. Sharing in family tasks helps them feel that they belong in the family. Children are natural kitchen helpers. They like to share simple tasks of food shopping and picking foods for meals. They enjoy preparing and serving food to the family.

*Even if meals take longer to prepare, it is worth letting your child help. Kitchen time is learning time that you share together.*

### Cooking teaches.

Kitchen tasks give your child a chance to measure, count, and see food change. That is early math and

science learning. Your child can learn new words and symbols by cooking with you. Talk about the food and what you are doing. Read words on food containers together. Small muscle skills develop, too, when your child uses his or her hands to help with kitchen tasks. Cleanup teaches responsibility. It is part of many creative, messy things we do. Also, children like to eat the food they make. This is a good way to get them to try new healthy foods.

**Cooking together is fun family time.** Kitchen time offers a special parenting chance. Cooking together creates closer bonds and lifelong memories. It is also a chance to talk and hear what your child has to share.

## How to cook with young children

1. Decide on the area of the kitchen where you will be cooking.
2. Gather stools or chairs that will allow your child to stand or sit comfortably while working.
3. Wash hands.
4. Get out the recipe you will be using.
5. Read the recipe with your child. Explain that you will be following the steps in the recipe to prepare the food.
6. Set out:
  - the equipment that you will need (e.g. mixer, bowls, pans, measuring cups, knives, & spoons).
  - the ingredients that you will be using.
7. Have your child participate in cooking activities (such as washing fruits and vegetables, adding ingredients, mixing ingredients, and kneading dough).
8. Clean up with your child.
9. Eat what you have prepared!



Sources: USDA SNAP-Ed Connection, Nibbles for Health 31 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service, We Can! Ways to Enhance Children's Activity & Nutrition - National Heart, Lung, and Blood Institute

## Kitchen Safety Rules For Kids and Families

- Fasten hair back if it is long.
- Wear clean clothes, maybe with short sleeves.
- Start with hand and table washing.
- Taste with a clean spoon. A licked spoon goes in the sink, not back in the bowl!
- Resist nibbling cookie dough or cake batter that has raw eggs in it.
- Stay away from hot surfaces and utensils, and sharp objects. An adult needs to help.
- Work at a child-height surface.
- Walk slowly. Carry food and utensils with care.
- Wipe up spills.

### Together, follow four food safety rules:

- 1) Be clean.
- 2) Keep raw and cooked food separate.
- 3) Cook food to proper temperature.
- 4) Refrigerate perishable food right away.

## Understanding MyPlate



MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate, in your cup or in your bowl.

Go to <https://www.choosemyplate.gov/> and discover this great site to help with Eating on a Budget, MyPlate Tips Sheets, MyPlate Plan and useful family recipes.

# Concussions: What Parents of Athletes Should Know

## WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

## WHAT ARE THE SIGNS AND SYMPTOMS?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

### SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Concentration or memory problems.
- Confusion.
- Just not “feeling right” or is “feeling down”.

### SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets an instruction.
- Is unsure of game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek Medical Attention Right Away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
- 2. Keep Your Child Out Of Play.** Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell The Coach About Any Previous Concussion.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

## HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION ?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
- However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

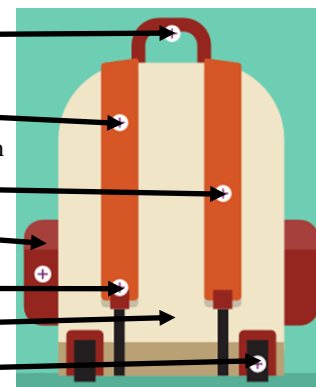
## Backpack Basics

Source: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

Now that school is in session, have you noticed the weight of your child’s back pack when you pick it up? Or maybe you have watched your child struggle to lift a loaded backpack and put it on, leaning forward while wearing it? Has your child even complained about numbness or tingling from carrying such a heavy load? You’re not to worry. Follow the steps and you can prevent heavy backpacks harming young shoulders and backs, giving pain and poor posture.

### Steps to keep your child/children injury free:

1. A student shouldn’t carry more than 10 percent of his or her body weight in a backpack.
2. The pack should have 2 padded shoulder straps. Single straps- or slinging just 1 strap over a shoulder-can not distribute weight evenly and may cause muscle strain.
3. The shoulder straps should be wide, not narrow. Narrow straps can dig into shoulders, causing pain and cutting off circulation.
4. Use all compartments of a backpack to help distribute weight evenly.
5. Straps should be tightened so the backpack sits close to the body and about 2 inches above the waist.
6. The heaviest items should be packed low and close to the center of the back.
7. A rolling backpack may be a good choice for students with an especially heavy load.



Source: [shannonhealth.com](http://shannonhealth.com)

Family and Community Health "Connections" is provided by the following AgriLife Extension Family and Community Health Agents:



## County News

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**September 10- San Saba Gun Club Banquet**

**September 17- 4-H Meeting @ Extension Office**

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## **Back to School Snacks-Chicken & Bacon Roll-Ups**

### **Ingredients:**

- 1 can (9-3/4 ounces) chunk white chicken, drained
- 1 carton (8 ounces) spreadable garden vegetable cream cheese
- 1 cup salsa, divided
- 4 pieces fully cooked bacon, crumbled
- 6 flour tortillas ( 8 inches) room temperature

### **Directions:**

1. Mix chicken, cream cheese, 1/2 cup salsa and bacon; spread over tortillas.
2. Roll up tightly; wrap in plastic.
3. Refrigerate at least 1 hour.
4. Just before serving, unwrap and cut tortillas into 1-in slices.
5. Serve with remaining salsa.



### **Nutrition Facts (1 piece per serving)**

**43 calories**  
**2grams fat  
(1gram saturated)**  
**4mg cholesterol**  
**100mg sodium**  
**4 grams carbohydrate**  
**0 grams sugar**  
**0 grams fiber**  
**3 grams protein**