



The Parent Page

Fall 2013



Eat Well, Play Well -At Home!

Home and family have a huge impact on a child's nutrition and health. Parents are important role models for healthy eating and have the opportunity to help children develop sound eating habits that will last for a lifetime. If you eat a variety of healthy foods, chances are your children will too.

Make Time for Breakfast

Children should start the day with a good breakfast to feel and do their best. Children who eat breakfast are more alert at school and have healthier weights than those who skip breakfast. They are also more likely to get the nutrients they need each day.

- **Stock up** - keep your kitchen stocked with breakfast staples such as whole grain breads and cereals, milk, yogurt, muffins, frozen waffles or pancakes, fruit and fruit juices, eggs, nut butter (e.g. peanut, almond) and cheese.
- **Get ready** - Spend a few minutes each evening preparing for breakfast the next day. Set out cereal boxes and the toaster, set the table, cut up fruit.
- **Give it time** - Wake up a little earlier so that everyone has time to eat breakfast. This is also a good time to talk about everyone's plans for the day.
- **Make it a family affair** - Involve everyone in choosing the foods, preparing breakfast, or cleaning up.
- **Keep it balanced** - Aim to include foods from at least 3 of the 4 food groups from *Eating Well with Canada's Food Guide*.

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*"Your community's **best** source of child care information and resources"*

For Regional Child Care Resource & Referral information visit www.childcareresource.ca

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Liven up breakfast with these fun ideas:

Whole grain waffles, cut into sticks and dipped in unsweetened apple sauce	Oatmeal topped with berries and vanilla yogurt
Fruit smoothie (blend milk, yogurt, fresh or frozen fruit) with a small whole grain muffin	Whole wheat tortilla rolled up with peanut butter and shredded apple
Grilled cheese sandwich with melon slices	Dry cereal or trail mix stirred into plain yogurt topped with fruit salad
Whole wheat pancakes spread lightly with almond butter and topped with sliced banana	Scrambled egg sprinkled with shredded cheddar cheese on a toasted whole wheat English muffin

Pack it up! For simple ideas on packing healthy school lunches, see *Eat Well, Play Well At School*.

Snack Time!

Children need snacks. Include foods from Eating Well with Canada's Food Guide when planning snacks. Healthy snacks can fuel your growing child with energy and nutrients. The key is to provide foods that are both nutritious and great tasting. Try these simple snacks:

Homemade granola bars or oatmeal cookies, milk	Homemade trail mix: dry whole grain cereal (e.g. o's or squares), dried fruit (e.g. raisins, cranberries), pretzels, seeds
Raw vegetables with hummus or black bean dip	Yogurt with cut up fruit for dipping
Whole grain crackers topped with cheddar cheese and slices of pear	Chopped hard-boiled egg stuffed in mini pitas with 100% vegetable juice
Apple slices spread lightly with peanut butter	Fresh or canned fruits (unsweetened), small whole grain muffin

Do Dinner—Together!

Children who eat home-prepared meals are more likely to get more milk products, fruits, vegetables, and other fiber-rich foods, and fewer fried foods and soft drinks than children who eat out. Try these tips for quick and easy family dinners:

- **Plan ahead** - Spend some time planning your dinner meals for the week. Make your grocery list based on your menus.
- **Make the most of your time** - Cook bigger batches of foods such as casseroles, stews, or rice in bulk, freezing several portions to enjoy on days when you are in a hurry.
- **Break a few rules** - Try foods you usually eat for breakfast or lunch, such as pancakes, waffles, French toast, eggs, soup or sandwiches for dinner.
- **Try something new** - Cookbooks such as *Cook!* By Dietitians of Canada offer lots of ideas for tasty dinners that are easy to prepare.
- **Create family time** - Turn off the TV and enjoy time for your family to come together over a home-cooked meal.

Offer Healthy Drinks

- **Stock the Fridge** - Keep drinks with low or no sugar handy such as a pitcher of cold water and milk.
- **Cut back** - Keep sugary drinks out of the house most of the time.
- **Role with it!** - Be a role model for your kids. When you make healthy drink choices, your family will too! For more on healthy drinks for your children, check out *Sugary Drink Sense*.

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www.dietitians.ca

Information Children Presents

Fall 2013 Parenting Workshops

Parenting is Hard work
Wednesdays, September 18 - October 23, 2013
9:30 am - 11:30 am
New Westminster Family Place

Parenting in the Middle Years
Fridays, October 4 - November 8, 2013
10:00 am - 12:00 pm
Tommy Douglas Public Library

Parenting Toddlers and Preschoolers
Tuesdays, October 15 - November 19, 2013
10:00 am - 12:00 pm
McGill Public Library

For more information about registering for a workshop visit www.informationchildren.com or call 778.782.3548 or email info@informationchildren.com

ShakeOut

Drop, Cover, and Hold On
October 17, 2013
10:17 am

Participating is a great way for your family to be prepared to survive and recover quickly from big earthquakes—wherever you live, work, or travel.

British Columbians can join by registering for the 2013 Great British Columbia ShakeOut at www.shakeoutbc.ca for details.

Parent Support Services Society of BC

Grandparents Raising Grandchildren Support Circle

Join this free weekly confidential support group to learn new ways to nurture your grandchildren and discuss issues about the grandchild's parents, financial concerns, health issues, retirement plans and changes in social life.

For additional information or to register contact 604.669.1616 or visit www.parentsupportbc.ca



Baby's First Two Years

Fridays
Sept. 13 - Dec. 20, 2013
1:00 - 2:30 pm

Place Maillardville Community Centre
1200 Cartier Ave., Coquitlam

For expectant parents as well as parents, grandparents and /or guardians and their babies newborn to 24 months. This is a great opportunity to learn from guest speakers and to enjoy support, conversation and validation in a comfortable and relaxed environment.

Adult Workshop Series

Wednesdays
Sept.18, Oct. 16, Nov. 20, & Dec. 1, 2013
7:30 - 8:45 pm

Location is as above

Learn about financial planning, buying the best cuts of meat and other unique topics of interest . List of topics and expert guest speakers published separately. This is a FREE registered program.

For additional information, visit www.placemaillardville.ca or register by email to programs@placemaillardville.ca or call 604.933.6166.

Parachute

Preventing Injuries, Saving Lives

Parachute provides a number of injury prevention resources free to download. Resources include Booster seat information in several languages, drowning prevention, home safety and Halloween safety tips for parents and caregivers.

Visit www.parachutecanada.org/resources for a complete list.

Family Fun!

Treefest

Saturday, Sept 14, 2013
11:00 - 4:00 pm
Riverview Hospital Ground
2601 Lougheed Highway

Bring the entire family to this free annual celebration of trees on the Riverview Hospital lands. The festival site is located outside the Henry Esson Young Building, accessible from Lougheed Highway.

For details visit www.coquitlam.ca

Country Celebration

September 14 & 15, 2013
10:00 - 4:00 pm
Campbell Valley Regional Park
Langley

This fabulous fall tradition combines nature, heritage, agriculture and community. Activities include dance and music performances, stilt walking, hula hoop workshops, kite-making, milking demonstration, llama obstacle courses, and much more! Admission is \$3 per adult; \$2 children 7-13 years; free for children 6 and under.

For complete details and map of the area visit
www.metrovancouver.org

RiverFest

September 27 & 28, 2013
Fraser River Discover Centre
New Westminster

Celebrate BC and World Rivers Day with a festival that honours the Fraser River! Visit exhibits, interactive activities from conservation organizations and community groups. Enjoy live music and entertainment at this exciting, free, family-friendly festival.

Visit www.fraserriverdiscovery.org for complete details.

Miniature Trains at Burnaby Central Railway

Saturday, October 12, 2013
11:00 - 5:00 pm

Confederation Park, Burnaby

Enjoy a fall train ride on a 2 km track through Confederation Park. There are many switches so each ride could be different. \$2.50 per ride, children under 3 years are free.

For additional information visit www.burnabyrailway.org

Burnaby Village Museum Heritage Christmas

Nov 30, 2013 to Jan 31, 2014
Opens from 12:00 pm to 4:30 pm
Open till 9:00 pm beginning Dec 15
6501 Deer lake Parkway

The Village is illuminated this festive season with spectacular displays of lights that are sure to put you and your family into the holiday spirit! Free gate admission

www.burnabyvillagemuseum.ca

CIBC Christmas Parade of Lights

Saturday, December 7, 2013
6:00 - 8:00 pm
New Westminster

Kick off the holiday season with the CIBC Christmas Parade of Lights in Downtown New Westminster. The parade is followed by the annual Tree Lighting Ceremony at Hyack Square plus live entertainment, Christmas-themed interactive activities and, of course, an appearance by Santa Claus himself.

For details visit www.hyack.bc.ca