

The Baby Buzz



Improving your Health One Brick at a Time

The following article was written by Jonathan Roche who has a Boot Camp—fitness website associated with FlyLady.net.

"I want you to think of improving your health in terms of building a house. Each day you are trying to put a few bricks on the house. The more healthy decisions you make, the more bricks you put on each day.

Some days when you feel great and are making many healthy choices, you will put 10 bricks on the house.

Some days you are struggling, but still manage to put a few bricks on the house by drinking your water, and making a few good healthy eating choices.

You don't have to put 10 bricks on your house each day; you just need to take it one healthy decision at a time and one brick at a time.

You can't build a house in a day, or a week, and you can't get healthy that quickly either. To build a quality house that will last takes time. And losing weight (and keeping it off) and improving your health takes time.

So today and as you move forward, think of improving your health as building a house.

Do it one brick at a time (by taking small steps and making smart choices) and before you know it you will have a nice first level and then ultimately build a nice house that will last."

Jonathan Roche

Clare County Sleep Sack Exchange

Here is a big **THANK YOU** to McLaren Central Michigan Hospital, Mt. Pleasant; Mid-Michigan Medical Center, Midland; Gratiot Medical Center, Alma; Mercy Hospital, Cadillac; and Mercy Hospital, Grayling for participating in our Sleep Sack Project!

Clare/Gladwin County Baby Pantries

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HEAT STRESS

In Infants

Infants and small children are not able to regulate their body temperature in the same way that adults do. Here are a few tips for parents when traveling in a car with infants or young children:

- Always check the back seat to make sure all children are out of the car when you arrive at your destination.
- Avoid distractions while driving, especially cell phone use.
- Be especially aware of kids in the car when there is a change from the routine, i.e. someone else is driving them in the morning, you take a different route to work or child care.
- Have your childcare provider call if your child has not arrived within 10 minutes of the expected arrival time.
- Place your cell phone, bag or purse in the back seat, so you are reminded to check the back seat when you arrive at your destination.

See more at: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips>

In Exercising Children

The intensity of activities that last 15 minutes or more should be reduced whenever high heat or humidity reach critical levels.

At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of outdoor activities should start low and then gradually increase over 7 to 14 days to acclimate to the heat, particularly if it is very humid.

Before outdoor physical activities, children should drink freely and should not feel thirsty. During activities less than one hour, water alone is fine. Kids should always have water or a sports drink available and take a break to drink every 20 minutes while active in the heat.

Clothing should be light-colored and lightweight. Limit to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.

Practices and games played in the heat should be shortened. There should be more frequent water/hydration breaks. Children should promptly move to cooler environments if they feel dizzy, lightheaded or nauseous.

Nutrition Corner: Fun Snacks

Melon Mix

1 seedless watermelon
other melons such as honeydew and cantaloupe
small melon-ball scoops
Cut watermelon and other melons in half and remove any seeds. Help your children use small melon-ball scoops (or spoons) to make melon balls. Place melon balls in a large bowl. When melons are completely scooped out, spoon melon balls back into the rind "serving bowls." Each cup of melon balls makes 2 servings.

Blueberry Swirls

1 cup frozen blueberries
1 cup vanilla yogurt
4 ice cubes, crushed
Place blueberries, yogurt, and ice in a blender container. Whirl until thick and creamy, then pour into small cups. Makes 4 ½-cup servings.

Ants on a Log

Celery stick
Peanut Butter
Spread some peanut butter onto the celery sticks
Put a few raisins on top.

Sunshine S'mores

Graham cracker squares
Large marshmallows
Chocolate chips
(Not so healthy, but fun and tasty)
Try this recipe when the weather is in the mid-80's or above. In a glass-baking dish with a lid, arrange graham cracker squares in one layer. Use scissors dipped in water to cut marshmallows in half horizontally. Place one marshmallow half, cut side up, on each graham cracker square and top with chocolate chips. Put the lid on the baking dish and place the dish outdoors in direct sunlight. Check periodically. When the marshmallows and chocolate chips are melted, eat and enjoy. Each Sunshine S'more makes 1 serving.



FUN IN THE SUN

For All Other Children:

The first, and best line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.

Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.

On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.

Be sure to apply enough sunscreen -- about one ounce per sitting for a young adult.

Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.

Babies under 6 months:

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. Stay in the shade and protect your baby's sensitive skin. Check with your baby's doctor about what age to begin the use of sunscreens. If your infant gets a sunburn, apply cool compresses to the affected area.

Decluttering and Organizing

Here is a BIG **"THANK YOU"** to all mothers, fathers, and grandparents who have brought in clothing, toys, and baby equipment that your child no longer needs or loves. We depend on you to keep our tubs full. It is a great way to "recycle" and keep your drawers at home only for the clothes that fit now or very soon.

We all know that too much "STUFF" becomes clutter. The more we have the less we can find. Have you checked out the **FlyLady.net** website yet? She gives her readers (Fly Babies) all kinds of good tips about clutter. She makes cleaning and organizing fun and manageable!

If you have access to a computer, check it out. When you sign up for FlyLady, you will be sent lots of e-mail support, so take their "baby steps" !



**Support Clare and
Gladwin County
Baby Pantries**

Non-Profit Organizations

Clare County Baby Pantry

211 W Spruce Street
Harrison, MI 48625

Open Wednesdays from 10 a.m. to 3 p.m. unless Harrison Community Schools are closed due to inclement weather.

Phone Sue for more information at 989-539-7956.

Email: clarecountybabypantry@gmail.com

Like us on Face Book

Gladwin County Baby Pantry

110 Pearson Street
Beaverton, MI 48612

Open Wednesdays from 10:00 a.m. to 4:30 p.m.

Like us on Face Book.

Check Out your Local Library

Pere Marquette District Library

185 East Fourth Street

Clare, MI 48617

989-386-7576

Website: www.pmdl.org

Surrey Township Public Library

105 East Michigan Street

Farwell, MI 48622

Phone: 989-588-9782

Website: www.stpl.org

Harrison Community Library

105 East Main Street

Harrison, MI 48625

Phone: 989-539-6711



Website: www.harrisonlibrary.net

Gladwin County District Library

402 James Robertson Drive

Gladwin, MI 48624

989-426-8221

Website: www.gladwinlibrary.org

Beaverton Branch of GCDL

128 West Saginaw Street

Beaverton, MI 48612

989-435-3981

Website: www.gladwinlibrary.org

Check out the summer reading programs.

**Make a weekly visit to your library for
story hour. Make books an important**
