



Stan & Fran's Health Hints



September 2008



Sailing into September

Calming the Waters

Tips for Children going to a New School or Grade

Keep a positive focus—Talk to your child about his/her expectations, hopes and fears, and reassure them that other children are having the same feelings.

Early to bed, early to rise—Establish a bedtime routine and ensure your child gets plenty of sleep to help cope with their new schedule.

Introduce yourselves—If possible, take your child to school a few times in the first few weeks to meet the teacher and other parents.

Help your child make new friends—Arrange play dates or involve them in after-school programs or neighbourhood clubs.



A Well-adjusted Child:

- ☺ Socializes with other children
- ☺ Sleeps throughout the night
- ☺ Is excited to go to school
- ☺ Maintains grades



Managing Anxiety—Anxiety about attending a new school or new grade is normal so try to maintain as many regular routines as possible such as bedtime, meals, and chores.

Balancing Act—New sports, clubs, and lessons come with a new school or new grade. These activities can be exciting, but need to be balanced with unstructured family time in order to prevent stress, fatigue, and frustration. Do not overbook the family schedule.

Lunch Transitions

Do you feel “lunch bag” anxiety as the school year begins? The daily task of packing an interesting, nutritious lunch that your child will eat can be daunting. Here are some quick tips:

- ★ Ask your child what healthy choices they *love* to eat for lunch, what they *like* to eat, and what they prefer *not* to eat. Post this list inside a cupboard.
- ★ Use the list to help you plan your grocery shopping.
- ★ Kids are more likely to eat what they *pick*. Set aside a time for you and your child to select choices for the next day from items you have handy in the fridge.
- ★ Kids are more likely to eat what they *pack*. (“Here is a container for your cherry tomatoes and red pepper strips.”)

- ★ Cook dinner with lunches in mind. For example:
 - Cold roast beef or chicken sliced for sandwiches is much healthier than deli meats.
 - Make extra spaghetti, stir fry, or soup (chill overnight, reheat in the morning and pack into a wide-mouth thermos).
 - Roasted carrots, potatoes, and other veggies are delicious cold.
- ★ Prepare breakfast with lunches in mind. For example:
 - Pour whole grain cereal into a small bag for finger food.
 - Slice extra orange smiles.

