



# the CommonHealth Compass

## Healthy Snacks Keep Kids Quiet



With the kids out of school for the summer, frazzled parents are looking for ways to answer that constant cry of “I’m hungry.”

Here are some tips from Janel Welch, a clinical nutrition manager at a New York State hospital:

- Peel a banana and dip it in yogurt then roll in crushed cereal or graham cracker crumbs. Freeze for a cool and refreshing snack or eat right away.
- Spread celery sticks with peanut butter or low fat cream cheese. Top with raisins and enjoy your “ants on a log.”
- Let the kids mix together whole grain cereal, dried fruit and nuts to make their own trail mix.

- Take two graham crackers and smear with frozen yogurt. Add sliced banana and put together for a homemade ice-cream sandwich.
- Make snack kabobs. Put cubes of low fat cheese and fresh fruit onto pretzel sticks.
- Toast a whole grain waffle and top with low fat yogurt and sliced fruit of choice.
- Fruit smoothies are always a hit. Mix low fat milk, fresh or frozen berries, a tablespoon of orange concentrate in a blender with ice cubes. Have your children create endless smoothie combinations.
- Fill a waffle cone with cut-up fruit topped with low-fat yogurt or pudding.
- Sprinkle Parmesan Cheese on hot popcorn.
- Dip animal crackers in low fat pudding.
- Dip mini-toaster waffles or French toast sticks in cinnamon applesauce
- Spread light mayo on a slice of deli turkey and cheese, wrap around a sesame breadstick and you have created an outside sandwich.
- Spread peanut butter on a whole wheat tortilla, top with sliced banana, roll up for peanut butter/banana burrito.
- Make a sandwich of choice on whole wheat bread. Use a cookie cutter and cut out the desired shape. Serve as a snack.

Summer snacks don’t need to be only candy bars and salty potato chips. A little creativity and pre-planning can add fun and nutrition to your children’s summer holiday.

## Something To Smile About Offered July 1 – September 30



Have you ever crawled into bed only to realize you forgot to brush your teeth? Or put off going to the dentist until the pain was unbearable? Routine dental care and good oral hygiene may lead to more than just a great smile. It may even prevent a heart attack, help you better control diabetes, and help mothers avoid pre-term birth. Remember too that your state health plan provides two free dental cleanings a year.

The **Something to Smile About** program not only reviews dental hygiene basics like brushing and flossing, but it also explores the relationship between dental health and overall health. Participants will receive a travel dental kit including a small zipper bag, a toothbrush, floss, and toothpaste.

## Child Safety in the Summer Heat

By Ben Remo

Parenting is a full time job. This month it will get even harder when school closes for the summer. Here are some safety tips from the American Academy of Pediatrics (<http://www.aap.org/>) to keep children out of harm's way in the summer months:

### Sun Safety:

- For children in the single-digit age group, apply sunscreen 30 minutes before they go outside. Anything under 15 SPF is not fully effective on youngsters.
- For older children, cover up their skin with clothing. Hats are a useful tool and cotton shirts are also a great defense from the sun. Reapply sunscreen every two hours.
- Remember to have your child drink lots of water or sports drinks for hydration purposes and make him/her take a rest every couple of hours.

### Bike Safety:

- Tell your child to always wear a helmet when riding a bike no matter where he/she is going. Accidents can happen anywhere.
- Make sure the helmet is secure. It does not do a child any good to have a helmet hanging back or tipping forward on their head.
- Teach your child where to ride in relation to traffic. Tell your children to always ride with traffic.

### Pool Safety:

- Never leave children alone in a pool. All it takes is a couple seconds for accidents to happen.
- For those with a pool in the backyard, make sure it is enclosed by a fence with no openings big enough for your child to get through.
- Know where rescue equipment is at all times and it might be a good idea to keep a portable phone nearby.
- "Floaties" or floatation devices for the arms, while good for helping young children learn how to swim, are never a good substitute for a life vest. When children have these floatation devices on they tend to get a false sense of security which could result in serious injury or drowning.

### Playground Safety:

- Playground surface should be made of shredded rubber or wood chips. (Anything loose fitted will reduce injury)
- Never allow children to tie, connect, or attach ropes or leashes to playground equipment. This can strangle a child.
- Parents should always supervise their children when using playground equipment.

*Editor's note: Ben Remo, a rising third-year student at West Virginia University, is a summer intern in the Office of Employee Services.*

## Future Moms Program Had Answers for Mom-To-Be

I enrolled in this great program as soon as I found out I was pregnant with my first child. I used them quite a bit for questions that came up throughout my pregnancy.

We are truly lucky to have this free service. I encourage EVERY first-time Mom to take advantage of it. It was so wonderful to have someone answer my questions, no matter the time of day.

I called late one night when I was having cold-like symptoms and asked if a particular medication was okay to take. A nurse answered the line right away and she did not know, but she took the time to call a pharmacist for me and she immediately came back on the line and provided the information. I am glad I checked because it was not recommended to take even though there was no clear warning on the packaging. I am very thankful to have had them.

I appreciated the check-in calls during certain times of the pregnancy. I felt very cared about during this special time in my life. Thank you.



**Sara C. Mateyka**  
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## CommonHealth is Working

We are here to serve you! Our Regional Coordinators are attending benefits fairs, special programs, walks and other special events in order to improve the health of Virginia's employees. Please share with us your comments, opportunities and success stories. E-mail [wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov).



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