



Bangor Region
Public Health & Wellness
www.WhatYouDoMatters.org
City of Bangor

What You Do Matters

For Healthy Living in Eastern and Northern Maine
Communities

www.WhatYouDoMatters.org

April 2010



What You Do For You

Spending Time with Your Kids

If you're a parent you know how busy you are. School activities, making dinner, doing laundry, and getting kids out the door can keep you running. We love our children and we want the best for them. Sometimes what is best for them is just a few minutes of our time. And what is best for us can be something as simple as

the moment we share with them.

To rest and recharge in a way that can help you get to know your child a little better, follow these tips to pause, play and connect:

Enjoy the Moment. That's right, ignore the dishes and laundry. Go outside and lie under a tree, or watch a ladybug crawl across the concrete. Really talk to your children and listen to what they have to say without thinking about the next three chores that need to be done. Dance like maniacs or get seriously silly. Whatever it is, enjoy the moment!

Be Patient. Especially with yourself. Don't beat yourself up over what you haven't accomplished. Instead, take the time to celebrate everything that is great with your life. Watch your wonderful kids and give yourself the credit you deserve for raising them that way! Enjoy the little things and realize they're not so little after all.

Keeping Your Little One Safe From Burns

Children find out a lot about the world by touching. And it can only take a moment before they're touching something that will burn. Fire is just one cause of burn injuries. Children can also be seriously injured by hot liquids, heating appliances, hot pots and pans, electrical currents and chemicals. To keep your child safe follow these tips:

In the bathroom:

- Never leave your child alone.
- Check the temperature of bath water before putting a child in.

Around the house:

- Set your water heater to 120 degrees or lower.
- Keep matches, gasoline, lighters and all other flammable materials locked away and out of children's reach.
- Cover unused electrical outlets.

In the kitchen:

- Make the stove area a "kid free" zone.
- Cook with pots and pans on back burners, and turn handles away from the front of the stove.
- Place hot foods and liquids on the center of the table.
- Always supervise young children in the kitchen and around electrical appliances and outlets.



Breakfast Is A Key Ingredient for Learning

Studies show that children who eat a nutritious breakfast:

- Have better concentration
- Work faster
- Make fewer mistakes
- Are more creative
- Score higher on tests
- Have fewer behavioral problems such as fighting and not paying attention.



Give your child every chance for a great start by feeding them a nutritious breakfast every day. Teaching them to eat a balanced diet and make wise food choices NOW will help them maintain a healthy diet as an adult.

Try these healthy breakfast ideas for kids:

Fruity Oatmeal

Mix 1/4 cup one-minute oats or one packet instant oatmeal with bananas, raisins, or coconut flakes. Let your child choose the fruits and watch it disappear .

Yogurt Dippers

Cut fruit into small chunks and have your child dip them into 1/4 cup plain yogurt. Serve with a side of protein, like a small handful of nuts.

Ants on a Log

Spread almond, cashew or peanut butter on a banana sliced in half lengthwise, and top with raisins or dried cranberries. Serve with 4 ounces of yogurt.

Rainbow Pancakes

Blend fruits and vegetables into the batter to make different colors. Use strawberries, mangoes, blackberries, or raspberries. Substitute pureed fruit for water and milk. Mix 1 tablespoon water with batter until you reach the desired consistency. Serve with a turkey sausage patty.

KEEPMEWELL!

Do You Want to Improve Your Health and Stay Well?

KeepMEWell.org is a great place to start!

KeepMEWell.org is a website that can help you:

- Learn your risk for chronic diseases
- Learn how to reduce risks if you have them
- Connect you with local community supports and programs that can help you improve your health.

If you're a Maine resident age 18 or older take the KeepMEWell health check. By answering a few basic questions you'll get great information that can change your life.

KeepMEwell.org can even help you find low cost healthcare services in your area if you do not have insurance.

Take 10 minutes for your health. Your results are confidential. You won't even be asked your name or phone number.

Visit www.Keepmewell.org.

It's easy.....private.....and free.

Looking for Quality Childcare?

Let the Penquis Resource Development Center Help

Quality childcare helps working parents provide a secure home, and can help children in their development too. But finding quality childcare that meets your needs can be difficult.

The Penquis Child Care Resource Development Center provides information on finding child care in Penobscot & Piscataquis Counties. In addition, families who qualify for the child care voucher program or child care subsidies may be eligible for financial assistance to help pay for child care.

For more information call **207-973-3505**, email khall@penquis.org or visit the [on-line referrals search](#).