

# Delaware Parents Association Inc.

## Child and Adult Care Food Program

Newsletter

July 2012

### Summer Sun Protection for Kids



Brush up on sunscreen and sun protection in infants through middle school-aged kids.

Lazy days at the pool or beach are warm weather rituals for many families. But if you're tempted to let your child play outdoors for even a few minutes without the proper sun protection, you might want to think twice.

"It only takes one severe sunburn to potentially double your child's chances of getting melanoma later in life," says Andrea Cambio, MD, FAAD, a board-certified pediatric dermatologist in Cape Coral, Fla. "We really need to buckle down and protect our young."

Keeping your kids safe in the sun is simple and can be fun. Here's how.

#### **Slather on the Sunblock – No Exceptions**

Always put sunscreen on your child before going outside, starting at 6 months of age. Make a fun game out of it. Teach your child to spell BEENS to help you remember to cover often-forgotten spots: Back of knees, Ears, Eye area, Neck, and Scalp.

Apply sunscreen 15 to 30 minutes before going outside, and reapply every 2 hours, sooner if the child has been swimming. Water-resistant sunscreen wears off -- check the label to see how soon you'll need to reapply.

#### **Choose a Child-Friendly Sunscreen**

Can't decide which sunscreen is best for your child? WebMD asked Cambio and pediatrician Jerome A. Paulson, MD, FAAP, medical director for national and global affairs at the Child Health Advocacy Institute of Children's National Medical Center in Washington, D.C., for some child-friendly recommendations.

Their No. 1 tip: Choose a sunscreen that contains zinc oxide or titanium dioxide, because the compounds are less irritating than others and do not get absorbed into the skin. "These ingredients are probably the safest ones out there right now," Paulson says.

There is some concern that other sunscreen ingredients, particularly oxybenzone and retinyl palmitate (a form of vitamin A), may cause harm. However, both chemicals are FDA approved for use in sunscreens.

Other tips:

- Opt for a sunscreen with a sun protection factor (SPF) of 30 or higher.
- Make sure it's labeled "broad spectrum," which means it blocks both UVA and UVB sunlight.
- Let your child choose a colored or scented sunscreen. Nix this idea if your child has sensitive skin or an allergic skin disorder, such as eczema.
- Sunscreen sticks are best for the face because they are sweat proof and less likely to drip.
- Cambio likes spray-on sunscreens for kids because they are easy to apply. Cover your child's face while spraying, or have him make a funny face or hold his breath for five seconds.

# Recipe of the Month

## *CHOCOLATE GRANOLA CLUSTERS*

### *What you'll need*

- 2 cups granola
- 1/4 cup milk
- 4 tablespoons butter
- 1/3 cup sugar
- 1/4 cup chocolate chips
- 1/4 cup peanut butter
- 1/2 teaspoon vanilla extract
- yogurt-covered raisins or peanuts

### *How to make it*

1. Have your child measure the granola into a large mixing bowl and then break up any clusters into small pieces with his/her fingers.
2. Line a large baking sheet with waxed paper.
3. Warm the milk and butter in a medium saucepan over moderate heat.
4. When the butter is mostly melted, use a long-handled wooden spoon to stir in the sugar and chocolate chips.
5. Continue to carefully stir the mixture until it comes to a boil, then quickly reduce the heat and cook the sauce at a low boil for 1 minute.
6. Remove the pan from the heat and stir in the peanut butter and vanilla extract until smooth.
7. Immediately pour the sauce over the granola and stir well.



8.

Scoop mounded tablespoons of the mixture onto the lined baking sheet, leaving a little space between each one.

9. Gently press a yogurt-covered raisin or peanut into each mound.
10. Once the cookies have cooled completely, cover them with plastic wrap and refrigerate them for at least 3 hours before serving. Makes about 2 dozen cookies.

# IMPORTANT - INFORMATION:



## YOUR EMAIL ADDRESS

Please provide the office with your correct email address so that we make sure you are receiving your monthly cover sheet and newsletter. If we do not have it, or you have changed it, please call the office to update.

Thank you!

## “Upcoming Trainings”

July 27, 2012  
6:00 pm – 8:00 pm  
Kirkwood Library  
6000 Kirkwood Hwy  
Wilmington, De 19805



July 28, 2012  
9:30 am – 11:30 am  
Seaford Library & Cultural Center  
600 N. Market St. Ext.  
Seaford, De. 19973

Please call DPA office to sign up. You will receive **2- credit** hours if you attend. Only **15** seats left in Sussex class & **7** left in New Castle class.

A class will be offered in September as a “make-up”. These classes are mandatory and if not taken, you will be found seriously deficient and will no longer be able to participate in the CACFP food program.

# be a healthy role model for children

## 10 tips for setting good examples



**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat fruits, vegetables, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make meals a stress-free time.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where fruits, vegetables, grains, milk, and meats come from. Let your children make healthy choices.

### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 8 limit screen time

Allow no more than 2 hours of TV a day, as recommended by the American Academy of Pediatrics. Get up and move during commercials. Get some physical activity and avoid the marketing.

### 4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.



### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.