

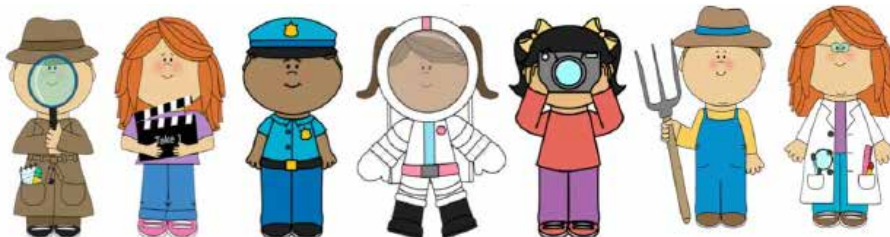


## Happy Provider Appreciation Day! May 10, 2019

TODAY, like millions of other Americans,  
I went to work. I didn't design a beautiful skyscraper,  
I didn't write a proposal to save endangered species,  
and I didn't drive a bus or fly a plane,  
or write a crucial bill that would someday become a law.  
However, I did spend time with some very important people.  
I read a story to a future attorney,  
I sang the alphabet song with a future Supreme Court Justice,  
I ate lunch with a future pastor,  
and patted the back of a future engineer until he fell asleep.  
I taught a future policeman how to tie his shoes,  
and introduced a future astronaut to the color red.

Tomorrow, who knows whom I'll meet,  
but one thing is for sure...  
They will be very IMPORTANT.  
For they are our precious children,  
and the hope of our very future.

~Author Unknown



## DID YOU KNOW...

- **May is Healthy Vision Month**
- Just 1 out of every 7 preschoolers receives an eye exam.
- The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to find conditions such as amblyopia, or lazy eye, which can be treated effectively if caught early.
- **May is Drowning Prevention Awareness Month**
- Drowning is the leading cause of unintentional death for children ages 1 to 4.
- Children ages 1 to 4 have the highest drowning rates and most occur in home swimming pools.
- **May is National Asthma and Allergy Awareness Month**
- In the U.S. almost 7 million children have asthma.

*National Drowning Prevention Alliance, Centers for Disease Control and Awareness, Asthma and Allergy Foundation of America*

### Quotable Quotes

“Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.”

– Alexis Alemão

### INSIDE:

- Gardening with Children
- Asthma Triggers and Action Plans
- Cinco de Mayo Recipes
- 10 Screen-Free Activities



## Gardening with Children

CHILDREN ARE FASCINATED by watching bugs, digging in dirt and seeing things grow. Gardening is a natural fit and is far more than entertainment. It is a way to teach children ecology, nutrition and cooperation. Even math and science skills can be taught through gardening. As added bonuses, it is a fun way to promote exercise, get outdoors and encourage children to try new foods. Here are some tips for gardening with the children in your care.

### PLANNING

Before undertaking a gardening project, consider how much space, time and money you have for the garden. Everything seems larger to a child, so even a small garden or planting in pots will have kid-appeal. If you have a lot of space, allow children to tend to their own plots. Older children especially, will enjoy the sense of ownership. Gardens do not have to be square or rectangular, try a round garden, spiral, maze or a triangular corner garden if it suits your yard. Remember to account for plant heights, sunlight requirements and spacing when deciding where to plant.

### SEED SELECTION

Children like extremes and the unexpected. Go for unusual sized grape tomatoes, miniature cucumbers and mammoth sunflowers. For exciting colors try rainbow carrots, speckled beans and rainbow chard. Buy a few plants that germinate quickly such as radishes, lettuces and green beans for less patient little ones. You can also try planting a sensory garden that incorporates

textures and scents as well as edibles, such as soft lamb's ears, colorful echinacea and fragrant herbs.

### SAFETY

While gardens are fun, they do require attention to safety. Teach safety by reminding children tools should be kept pointing down at all times. Keep hoses out of paths to avoid trip hazards and always keep any chemicals and fertilizers away from children. Better yet, plant an organic garden using nutrient-dense compost, also known as black gold, as your natural fertilizer to ensure everyone will be safe!

### KEEP IT FUN

Children are capable of planting, weeding, watering and harvesting but keep in mind they do have a shorter attention span. They do best when engaged from start to finish or given an activity (a magnifying glass to inspect bugs!) or a book that accompanies the lesson. Try taking pictures to record progress, enlist special garden “reporters” or make garden decorations. Another fun idea is to make a theme garden such as a pizza garden with basil, bell peppers and tomatoes. Or plant a rainbow garden, herb garden or butterfly garden, the ideas are limitless! Gardening shouldn't feel like a chore; keep children engaged so it is a time you all look forward to and cherish.

— *Adapted from Potpourri*

## KIDS' HEALTH &amp; SAFETY

# Asthma Triggers and Action Plans

**ASTHMA IS A DISEASE** that causes the airways of the lungs to tighten and swell. It is the leading cause of chronic illness in children, affecting as many as 10 to 12 percent of children in the U.S. Learn about asthma and the early warning signs before asthma gets out of control. Work with your child's doctor to develop an asthma action plan that works for your child.



## ASTHMA ACTION PLAN

**This written plan, created with your child's doctor should go everywhere your child goes.**

- A list of child's possible asthma triggers.
- Daily medicines and how to use them.
- Instructions on how to use an inhaler, a spacer or peak flow meter. (If your child administers his own medicine...have him practice in front of the doctor.)

## WHAT CAUSES AN ASTHMA ATTACK?

During an asthma attack your child's lungs aren't getting enough air. Your child may cough or wheeze during an attack. Things that cause an asthma attack or make it worse are called triggers. Your child's home, child care or school can be full of triggers such as, pollen, strong odors and mold. Your child may have just one trigger or they may have several triggers.

- For some kids, being around pets, dust, pests or mold can trigger asthma.
- Some kid's asthma gets worse from cigarette smoke.
- For other kids, running and playing may bring on an asthma attack.

## IDENTIFY YOUR CHILD'S ASTHMA TRIGGERS.

Once you know what triggers your child's asthma, it is important to take steps to control these.

- Don't let anyone smoke near your child.
- Dust and vacuum carpets and furniture every week when children are not around.
- If you see mold on hard surfaces, clean with soap and water. Let the area dry completely. Fix water leaks as soon as possible to keep mold from growing.
- Check the Air Quality Index, and keep children indoors when the air quality is bad.

## THE ACTION PLAN'S RESCUE PROGRAM SHOULD LIST:

- Your child's early warning signs and what to do.
- Your child's peak flow meter readings.
- Names of the rescue medicines used to treat an asthma attack.
- When to get emergency care, including all emergency numbers.

## EMERGENCY WARNING SIGNS

There are times when a child may need to go to the hospital or urgent care right away. Look for these emergency signs:

- Breathing in a different way—faster, slower or more shallow than usual
- Coughing or wheezing and unable to stop
- Bluish fingernails or lips
- Skin between ribs or above breast bone sucks in when breathing

Download a copy of Dusty the Asthma Goldfish and his Asthma Triggers, an educational tool for children:

[www.epa.gov/sites/production/files/2013-08/documents/dustythegoldfish\\_en.pdf](http://www.epa.gov/sites/production/files/2013-08/documents/dustythegoldfish_en.pdf)

To learn more or find free resources, Visit:

Asthma and Allergy Foundation of America, [www.aafa.org](http://www.aafa.org), Centers for Disease Control and Prevention [www.cdc.gov/asthma](http://www.cdc.gov/asthma).

## Cinco de Mayo Veggie Salad

- |   |   |
|---|---|
| <b>Corn, fresh, canned or frozen</b> ..... 2½ cups                    | <b>Red onion, thinly sliced</b> ..... ½ cup                 |
| <b>Black beans, canned, rinsed and drained</b> ..... 1 (15 ounce) can | <b>Jalapeno pepper, seeded and minced, optional</b> ..... 1 |
| <b>Avocados, diced</b> ..... 2  | <b>Olive oil</b> ..... ¼ cup                                |
| <b>Cilantro, fresh, chopped</b> ..... 1 bunch                         | <b>Limes, zested and juiced</b> ..... 2                     |
| <b>Cherry tomatoes, halved</b> ..... 1 pint                           | <b>Salt and pepper</b> ..... to taste                       |

- Mix all salad ingredients together.
- Whisk together olive oil, lime zest and juice and pour over salad. Toss to coat, season to taste and chill.

Yield: 12 servings    Meets requirement for vegetable    — *Allrecipes.com*

## Whole Wheat Tortillas

- |  |                                  |
|--|----------------------------------|
| <b>Whole wheat flour</b> ..... 2½ cups | <b>Vegetable oil</b> ..... ¼ cup |
| <b>Flour, enriched</b> ..... 1 cup     | <b>Warm water</b> ..... 1¼ cup   |
| <b>Salt</b> ..... 1 tsp                |                                  |

- In a mixing bowl, combine flours, baking powder and salt. Add the oil to the dry ingredients and mix with your hands, rubbing the oil into the flour until the mixture is crumbly.
- Start by adding ¾ cup of the warm water and keep mixing until the dough is smooth, about 4–5 minutes. Add the remaining water if needed to bring your dough to a smooth ball.
- Cut the dough into 10 pieces. Roll each piece into a ball and let them rest for 15 minutes, covered with a towel.
- Roll out the tortillas into 8-inch circles on a floured surface. Warm skillet over medium heat and place the tortilla into the hot pan, cook for 2 minutes on the first side or until the top side starts to puff and bottom is golden. Flip and cook for another couple of minutes. Repeat with the rest of the tortillas. Cover and store at room temperature for up to 2 days or freeze.

Yield: 10 servings    Meets requirement for whole grain-rich    — *Bigger Bolder Baking.com*

## Beany, Cheesy Quesadillas

- |   |                                     |
|---|-------------------------------------|
| <b>Refried beans</b> ..... 1 (15 ounce) can | <b>Whole wheat tortilla</b> ..... 4 |
| <b>Cheddar cheese, grated</b> ..... 1 cup   | <b>Canola oil</b> ..... 1 Tbsp      |

- Mix together beans and cheese. Spread on tortilla.
- Fold tortilla in half and sauté in oil until lightly browned on both sides. Serve with Cinco de Mayo Veggie Salad or Salsa.

Yield: 4 servings    Meets requirement for meat/meat alternate and whole grain-rich

## ACTIVITY CORNER

### 10 Screen-Free Activities with Children

- Teach a child how to operate a radio and listen to music or dance together.
- Write a story or draw a picture that tells a story and share it.
- Teach a child some of your favorite childhood games.
- Plant a garden or work in your garden with a child.
- Read a book or read out loud to a child.
- Write a letter or draw a picture for a friend or relative then mail it to them while teaching a child about envelopes and stamps.
- Make cookies, bread or jam with a child and share with a neighbor.
- Go through your closet and help a child go through theirs, then donate the items.
- Take a nature hike or a walk around the block.
- Make crafts to give as gifts or cards for holidays. Try a new craft.

— *Adapted from Screenfree.org*

This Nutrition Edition is brought to you by:



and is produced by:



Child Health & Nutrition Program

www.CoCoKids.org  
 nutrition@cocokids.org  
 (925) 676-6117 • (Fax) 676-5829

Program Director ..... Paula James  
 Co-Editor ..... Donna Green, RD  
 Supervisor, Co-Editor..... Catherine Stafford

**Food Q.** Why do potatoes make good detectives?  
**Funny A.** Because they keep their eyes peeled!