



Stan & Fran's Health Hints

November 2009

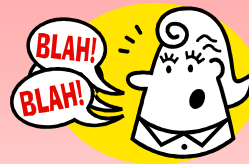
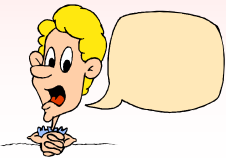


Healthy Sexuality

Talking to your child about love, intimacy and sex is an important part of parenting. Help your child make the right choices about their sexual behaviour.

Reasons You Should Talk to Your Child about Sex:

- ▶ Children need factual information. Balance the facts with your values. Let your child know what you believe and what you expect from them.
- ▶ Children ask questions at a young age. They will look for other sources of information if they don't get the answers from you.



Tips for Talking with Young Children:

- ▶ When they ask questions, give them the correct answer and teach them the correct words.
- ▶ Check that you understand the question they are asking.
- ▶ Answer the question when it is asked or if not appropriate, set a time to answer later.
- ▶ Set limits on answering personal questions.

Savvy Snacking

Are your kids coming home from school hungry? Do they need a healthy energizing afternoon snack to tide them over until supper?

Snacks should:

- ▶ Be real food time, not treat time (treats are for special occasions).
- ▶ Include two out of the four food groups from Canada's Food Guide.
- ▶ Be served at least 1-1/2 hours before the next meal time.
- ▶ Include an energy food and a protein food to fuel their body and mind.



Some tasty ideas for healthy snacks are: carrot sticks and hummus and milk, cheese and bran muffin, or frozen berries and yogurt. The trail mix recipe below can be eaten on its own or with fruit and yogurt for a tasty parfait.

Home Made Trail Mix

- 1/4 cup unsalted almonds
- 1/4 cup pumpkin seeds
- 1/4 cup whole grain cereal (try Shreddies)
- 1/4 cup raisins

Put ingredients in a re-usable container with a tightly sealed lid, shake up and enjoy! Invent your own using your favorite nuts, seeds and dried fruit!

For more snack ideas, check out Lunches To Go at http://www.bced.gov.bc.ca/health/lunches_to_go.pdf

recipe