



Your Family Friend

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www.doorcountyfamilycenters.com

(920) 856-6616

Toll Free 1-800-856-1651

Welcome to the first edition of "Your Family Friend" published by the Family Centers of Door County. Each issue will contain the most current and up-to-date information on a variety of subjects that concern you, your children and family. This issue will focus on topics surrounding food and nutrition. We are offering advice from a number of experts on children's eating and nutrition. From the American Academy of Family Physicians to the National Institute of Child Health and Human Development, we have gathered research, doctor's opinions and tips for helping reduce the stress and tension that can occur when food choices and eating habits become an issue between parents and children. There are tips for parents of toddlers and teens, a great, kid-friendly recipe, and how to be a good role model for your children when it comes to food. You'll find a special section describing the SHARE Food Coop program and a guest article about G-tube feeding brought to you by P.A.T.H. (Promoting Access To Help), a support group for families with special needs. You'll even find information on how to utilize the free or reduced lunch programs at school.

We hope you enjoy "Your Family Friend". Please let us know by calling the number above or write us at P.O. Box 332, Maplewood, WI 54226. The next issue will be out in October with articles surrounding the topic, "What is Family?"

How Can I Get My Child to Eat?



How often do you hear, "But I don't like that!" when you set a meal in front of your child? Some children are more particular than others, but few parents manage to escape this experience. So begins the age old problem: how to find ways to get your children to eat food that is both appealing and nutritious, so you can all be happy. Read on for more ideas.

Picky Eating: Is It Genetic?

According to research done at the Monell Chemical Senses center in Philadelphia, PA, the taste sensitivities of some children can be influenced by a special gene called a taste receptor.

"The sense of taste is an important determinant of what children eat. We know that young children eat what they like. We also

know that many children do not like bitter taste, thereby interfering with vegetable consumption." says researcher Julia Mennella, Ph.D.

According to this study, of those individuals with a taste receptor gene more sensitive to bitter taste, children were as much as 21% more sensitive than adults.

According to co-researcher Danielle Reed, Ph.D. "This knowledge may bring relief to parents who learn their children reject foods they themselves like because of inborn differences in taste ability, rather than rebelliousness or defiance of authority."

For more information on this study go to:

www.eurkalert.org/pub

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TODDLER TACTICS: “Don’t Wanna Eat That!!”

The family table can be a battle ground when it comes to getting a toddler to eat. The Family Doctor website offers a wealth of ideas for making peace with your toddler’s eating habits. Here are just a few:

- How much your child eats may vary from how much another child eats. Children often make up for a small meal or a missed meal at the next mealtime.

- If your child is a particular (ie: picky) eater, she/he may want to eat one food again and again for a period of time. As long as the foods are healthy, let your child eat whatever he/she chooses. Try to let your child explore new foods on her or his own. It doesn’t help to insist on trying new foods.
- Offer food that is tasty, looks good and offer the right amount. The best rule is one tablespoon of each kind of food for each year of your child’s age.
- Don’t force your child to clean the plate. A child should be allowed to stop eating when she/he is no longer hungry.
- Never try to force or bribe your child to eat. Threats and punishments aren’t a good idea either. If your child doesn’t want to eat, accept the refusal. If you are upset, don’t show it. If your child is seeking attention, your disapproval works just fine, and he/she may try the same thing next time.
- Give your child 10-15 minutes of quiet time before meals. Children can be so tired or excited from playing, they don’t feel like eating.
- Avoid toys, books, or TV at the table.

For more information go to:
www.familydoctor.org

TEEN TIPS : RECLAIMING THE FAMILY MEAL

Teens may say NO THANK YOU to the idea of eating a meal with the whole family, which isn’t too shocking as they are striving to become more independent. Studies show, however, that teenagers still want their parent’s advice and counsel. Try using family mealtimes as a chance to connect with your teen.

The Kids Health website recommends trying the following

strategies:

- Allow your teen to invite a friend to dinner.
- Involve your teen in meal planning and preparation.
- Keep mealtime calm and congenial, with no lectures or arguing.

Family meals can be a comforting ritual for parents and kids alike. Kids who take part in regular family meals are also:

- More likely to eat fruits, vegetables and grains
- Less likely to snack on unhealthy food
- Less likely to smoke, use marijuana, or drink alcohol.

For more information go to:
www.kidshealth.org



TEACHING CHILDREN ABOUT HEALTHY FOOD CHOICES

You are your child’s most important teacher. By using positive messages about food, you can help your child avoid the stress and guilt that can lead to eating disorders and poor eating habits as they get older. Let kids know that all foods fit into a healthy diet. Don’t make any judgments or label food “good” or “bad”. The key is moderation!

As the parent, you can set the expectations by creating your family’s “nutrition rules of the road”. For example:

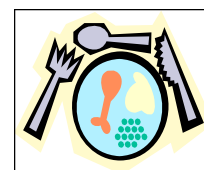
everybody starts the day with breakfast, everyone drinks milk at meals, crackers, cheese and fruit for snacks, etc.

Here are a few more tips:

- Pack the kitchen with foods that are ready to eat: fruits, vegetables, milk, and whole grain snacks. Avoid foods with high sugar and fat contents.
- Involve your children in planning meals, making grocery lists, shopping and meal

preparation. Use these activities as an opportunity to talk about healthy food choices.

For more information go to:
www.nutritionexplorations.com



Serve child size- portions and let your child ask for more.



Strengthening and Supporting Families and Communities

FAMILY CENTERS LOCATIONS

Southern Door 856-6616

HELP Satellite Office 51592 Hwy 42 - Maplewood

Sturgeon Bay 743-4949

YMCA Sturgeon Bay Michigan & Hwy 42-57

Fish Creek 868-3660

YMCA Northern Door Hwy 42 Fish Creek

Sister Bay 854-4244

Northern Door Children's Center Judith Blazer Drive

Wash. Island 847-2226

Washington Island Recreation Center Main Road

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ANNOUNCING...

The Family Centers of Door County are now a part of the

Pick 'n Save WE CARE

Community Dollar Program!

Use your Advantage® Saver's Club Card to earn dollars for the Family Centers! It's Easy! Designate us as the charity of your choice by presenting our number and filling out a simple form at the Pick 'n Save service counter.

Our number is 224955

Hint: Clip this ad & take with you on your next shopping trip as a reminder. THANK YOU!

BE A ROLE MODEL FOR YOUR KIDS

In addition to being your child's most important teacher, you are also her/his best role model. Your willingness to prepare and try new foods will encourage your children to do the same. If you are eating a variety of healthy foods you will send the right message to your child.

Another way to be a good a role model is to have a positive attitude about

food and body image. Parents who are always dieting and complaining about their bodies may foster the same negative feelings in their children.

Don't let food become a source of conflict. Allow your child to have

"The best way for you to encourage healthy eating is to eat well yourself."

some control over what, and how much he/she eats. Never bargain with or bribe your child to eat.

Finally, don't use food as a way of showing love. When you want to show love, give them a hug, or some time and attention. For more info:

www.kidshealth.org

COOKING FOR ONE OR TWO

Eating a meal can be rewarding and a great time for socializing with others. But some families are faced with having to down size their meal planning as family dynamics change. Young adults and retired couples or individuals struggle with ways to prepare their meals while being cost effective. Preparing smaller amounts of foods at each meal will help cut

back on food waste and unnecessary leftovers. Here are a few ideas that will help to prepare smaller meals:

- Use smaller pans and baking dishes
- purchase lesser quantities of foods and ingredients
- cut recipes in half

Continuing mealtime rituals when eating alone can be challenging.

Try to create an "atmosphere" for meals by decorating the dining room

table, using the fine china, getting out the silver, lighting the dining room with candlelight, and drinking from crystal glasses. Eat in different locations inside or out to add variety to your meals. Hold weekly potlucks with friends so that you can try new foods and socialize with one another. Make eating meals a special part of the day, whether having a quiet dinner by yourself or getting together with your closest friends for a formal dinner. Eating is a wonderful event, so make the most of every meal.



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The mission of the Family Centers of Door County is to Strengthen and Support Families and Communities.

Collaboration at it's best!

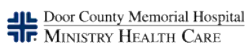
Gina Wautier, Family Center's Director

One of the goals of the Family Centers is to provide information about the numerous resources available for families in Door County. Our varied events, activities, support groups and workshops are made possible through the collaborative efforts of many agencies who donate their services in-kind. One such upcoming event is the Wellness Fair on Washington Island being held October 19. If you would like to participate in this event, please call us. To find out more about the schedule of events at all five of our center locations, log on to our website at

www.doorcountyfamilycenters.com To have a schedule mailed to you each month, call the office at (920) 856-6616 or toll free 800-856-1651.

See you at the Centers!

Made possible with funding through...



Thank You!
 Valerie Gray



Kathy Schultz accepts a check for \$750 from Valerie Gray the Volunteer Center Golden Heart Award recipient for 2006. Valerie is a senior at Gibraltar High School and volunteers regularly at the Fish Creek Family Center located at the YMCA Northern Door Program Center.

Family Centers are located within the following host sites:



F.Y.I.

This section features guest articles from local agencies or organizations.

The G-Tube Fed Child

By Myria Normann, RN, BSN

All children need the same nutrients for growth, health, energy, and development. For children with severe reflux, metabolic disorders, respiratory issues, or swallowing disorders, receiving these nutrients by mouth can be very difficult. When a child cannot take enough food by mouth to grow a child's doctor may recommend a Gastrostomy Tube (G-Tube). A gastrostomy is a small hole through the skin of the abdomen into the stomach. The soft plastic tube that goes through this hole into the stomach is called the G-Tube. When a child has a G-tube, some or all of the nutrients needed for growth are provided through the tube. The tube can also be used to let extra air or gas out. The amount and type of nutrients provided through the tube is based on the child's age, size, and medical condition. To ensure your child is receiving enough nutrients it is important to monitor your child's growth and meet with your child's physician and/or dietician on a regular basis. If you have a child with a g-tube and you are planning a vacation, here are some helpful suggestions:

- Pack all tube feeding supplies, including enteral nutrition plus a back up of each item.
- Pack a replacement G-Tube, if possible.
- Speak with your child's g-tube doctor about steps to follow in a g-tube emergency. Remember Murphy's Law... "If something can go wrong, it probably will" ...so be prepared. Take a copy of the most important medical records for your G-Tube fed child. To print out a copy of a Gastrostomy Information Card go to www.doorcountyfamilycenters.com click on "event posters" and "G-tube article."

THE NATIONAL SCHOOL LUNCH PROGRAM

By: Sue Howald, Southern Door School Psychologist

With school beginning soon here is some information about Free or reduced lunches.

The National School Lunch Program is a federally assisted meal program available to public schools, private schools and daycare settings. It provides nutritionally balanced, low-cost or free lunches to more than 28 million institutions. Eligibility is determined by family income. Meals are free for families at or below 130% of the poverty level. Meals are reduced in price for families with incomes between 130% and 185% of the poverty level. (From July 1, 2005, through June 30, 2006, 130% of the poverty level was \$25,155 for a family of four; 185% was \$35,798.) Applications are available at the time of school registration. Families can also apply any time during the school year when their financial circumstances meet the guidelines.

The P.A.T.H.

Support Group For Families with Special Needs

Promoting Access To Help

Thursday September 21, 2006

6:30 p.m.

Sturgeon Bay Moravian Church

323 S. 5th Avenue

Sturgeon Bay.

6:30 p.m.

P.A.T.H General Meeting/Support Group

7:00 p.m.

Presentation by the Sexual Assault Center on Safety Issues for Children with Special Needs.

8:00 p.m.

Door County Chapter of the Autism Society
General Meeting/Support Group

For more information please contact Veronica at



Door County SHARE

(920) 856-6616
1-800-856-1651



Save on Food with SHARE!

Save 30-50% on a generous assortment of meats, grocery items, fresh fruits and vegetables.

The Door County SHARE program is seeing considerable growth since the Family Centers adopted this monthly service last January. Participants order their food one month and pick up the next. Pick up locations are held at the HELP Outreach Office in Maplewood, the Senior Center in Sturgeon Bay, Calvary Church in Egg Harbor, and the Children's Center in Sister Bay. To place a SHARE order for the September 23 Market Day, you'll need to mail your order or call the office by September 5.

2006

Distribution Dates and
(Ordering Deadlines)

September 23...(9/5)

October 21.....(10/3)

November 18..(10/31)

December 16...(11/28)

September SHARE Menu Order forms and Family Center Event Schedules

Available Online at www.doorcountyfamilycenters.com or call the number above

FUN WITH FOOD : A KID-FRIENDLY RECIPE

A great activity to do with the kids or grandkids!

VEGGIE BOWLS

Recipe from: www.kidshealth.org

Prep Time: About 10 minutes

Serving size: 1 Veggie Bowl

1 green, red, or yellow pepper

1 bunch celery, washed

1 carrot, washed and peeled

Your child's favorite dressing



1. Cut the pepper in half, from side to side. Clean out the seeds and gunk from the inside. Now you have two pieces. One will be your bowl.
2. Cut the other half of the pepper into skinny slices.
3. Cut the carrots and celery into skinny slices about 4" long.
4. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks and pepper slices into pepper bowl.
7. Now you've got a portable treat! Your child can pull out the veggies and eat them with a little dressing. Then it's time to eat the bowl!