

Butts County Family Enrichment Center
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Butts County Family Enrichment Center



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A Guide to Setting Healthy Family Goals

by Anne Kolker, M.S. Registered Dietitian

Setting family goals means helping your child set healthy goals, too. This is a great opportunity to help kids learn the importance of healthier food choices and being active by encouraging kids to set healthy goals. They need to be part of the discussion so they feel more involved and committed to working on determining the healthy goals.

Setting healthy family goals can be a fun family event. By making it a special event, you build excitement and anticipation with the kids. This will help them look forward to discussing healthier food choices and physical activity.

There are many simple steps that you can take to keep healthy and active together as a family. Here are some ideas of nutrition and fitness topics you might consider when setting new, healthy goals with your children. Consider what areas need improvement. Talk to children about starting with a small area of improvement and how each positive step toward healthier food choices will add up. It is important to make changes gradually.

- Read food labels while at the store.
- Eat at least five servings of fruits/veggies per day.
- Drink two to three cups of milk or a high-calcium food every day.
- Substitute meat for other high-protein foods one day a week.
- Identify 60 minutes of daily physical activity.
- Eat with the entire family at the kitchen table.
- Limit TV time to two hours a day.
- Use small salad plates for the entrée to help with portion control.
- Wash hands and wrists for at least 20 seconds before eating.
- Drink six to eight cups of water each day.
- Choose foods with 100 percent whole grains.
- Start off each day with breakfast.



Often, we set very broad goals or too many goals. After not being able to keep them up we give up, thinking, This is too hard. Changing your child's healthy eating and physical activity habits can be challenging. Set your family up for success with these simple guidelines for setting new goals.

- ◆ Have everyone share their ideas.
 - Write down each idea.
 - Discuss the ideas and decide on one or two family goals.
 - Be specific.
 - Keep it simple (if this is a new habit, select one day versus seven days).
 - Start small. Don't make big changes all at once.

- Have each family member set one individual goal.
- Agree as a family on your time period. For example, you will work on this goal for four weeks.
- Use a fun, kid-friendly agreement and have each family member sign it.
- Post the family agreement in a visible place as a quick reminder.
- Print and post a matching healthy goals tracking sheet on the refrigerator to mark your child's progress.

Here are examples of specific, healthy family goals

- Too-general nutrition goal: Eat more fruit and fewer processed snacks.
- Specific nutrition goal: Serve fresh fruit salad for dinner on Monday and Tuesday nights for dinner for the next two months.
- Too-general fitness goal: Increase our physical fitness.
- Specific physical-activity goal: A family hike every Saturday for 45 minutes this month.

Establish positive expectations with the kids about setting goals.

Healthy habits take time to become a part of a normal routine. If you encourage kids and keep it fun, they are more likely to want to stick with the goals.

- Plan to work on your goals for several weeks.
- Don't expect to be perfect. It is normal to have ups and downs.
- Be patient. New health habits take time to establish.
- Small steps are great and add up over time.
- Keep it fun and positive. No nagging.
- Give encouragement to each other even when goals aren't met.
- Work on one or two goals over the next several weeks versus working on several goals for one or two weeks.

Keeping the kids motivated is very important. Tracking goals in a positive way is a great way to keep goals active and visible. Just as keeping lists and crossing off school projects as they complete, this is a great tool to use in tracking health goals. It will be fun to have your child put on a sticker every time a goal is completed. The best way to keep children engaged is through positive reinforcement. Patience, smiles, encouraging words or praise and fun are key elements to helping kids maintain their commitment.

Setting goals can be a rewarding and bonding experience for the whole family. Work together to change to more healthy habits. Your family may need lot of stars at first, before they completely adopt a new behavior. This is OK, as it is part of the process of adopting and maintaining healthy habits.

Remember that every positive change, no matter how small, will add to healthier children and families.



<http://www.honolulufamily.com/articles/november-2011/guide-setting-healthy-family-goals>

How to Cure the “It’s Cold Outside and My Toddler Needs Outdoor Play” Blues

Here are some ideas for giving your toddler the physical activity he needs without destroying your house:

Set up an Obstacle Course

Use whatever you have around the house. Set up a big pillow to climb over, followed by a cardboard box to crawl through, circle around a foot stool and finally a dash through a doorway. Add to the fun by starting the race with a whistle blow and taping up a crepe paper ribbon in the doorway to break through at the finish.

Play Hide and Seek

Some toddlers might be frightened by hiding or not being able to find you if you hide, so exercise caution when playing this game. Hide in obvious areas with a leg or arm visible at first until he is comfortable playing. Make little noises by clearing your throat or coughing to aid him even further in finding you. Initially when you begin the game (by counting and then announcing that "ready or not, here I come") you may need to count for him. You can also just count very slowly to 3 in order to teach counting and then work up incrementally to 10.



Dance

Dancing is an excellent way to work in some physical activity since toddlers naturally love music and moving their bodies along with it. You don't have to focus on anything too structured, just pick three random songs throughout the day and start grooving.

Have a Parade

The point of a parade is something near and dear to the heart of the toddler: It's all about showing off and celebrating. So any time you've got cause, throw on a happy tune and march around the house. A new dress? New shoes? A new stuffed animal or toy? Potty training success? These are all reasons to happily march through all the rooms of the house.

Play Find the Timer

Hide a ticking kitchen timer set to 5 minutes. He should be able to detect the ticking noise getting louder as he gets closer. You can also indicate closeness by saying *closer*, *farther* or *hotter*, *colder* or by increasing or decreasing the frequency of clapping as he approaches the object.

Practice Balancing Items

Balancing items is more than just a physical activity; it's cognitive and helps him learn body awareness. To start, use something flexible like a beanbag and have him try to walk a few feet with it balanced on the back of an outstretched hand or on his head. Once he's experienced success with that, try other tasks like balancing a small board book on his head or walking across a room with a small ball inside a spoon.



Winter Books to Read In Front of the Fire

These books can be checked out at Jackson-Butts County Public Library

- How Do You Know It's Winter—Allan Fowler
- The 12 Days of Winter—Deborah Lee Rose
- Froggy Gets Dressed—Jonathan London
- The Jacket I Wear In The Snow—Shirly Neitzel
- One Wet Jacket—Nancy Tafuri



FAMILY ENRICHMENT CENTER
ACTIVITIES



FEBRUARY

*Each School will host playgroup at 10:30 am on
Thursday, February 1st, 8th, and 15th.*

*There will be no playgroup on the week of Winter Break,
February 22nd.*



For more information about
Family Enrichment Center Activities
and community events follow us on
Facebook and Twitter!

facebook

twitter



Early learning paves the way for future school Success!

We are here to help you! If you want the friendly support
of a fellow parent who can support your family during
the critical early years, please contact one of our Parent

Educators! We will be there with you through every step of this im-
portant time.

To schedule an opportunity to meet with one of our parent educa-
tors, please email us at fec@bcssk12.org or call your child's elemen-
tary school.

Parents as Teachers

Butts County Community Calendar



**Jackson-Butts County Public Library weekly
story times on Tuesday mornings at 10am for
kids ages 5 and under.**

Groundhog Day Feb. 2

Gen. Beauregard Lee, Georgia's official groundhog weather prognostica-
tor, will make his debut appearance around 7:30 a.m. Feb. 2 during a cel-
ebration of his arrival at his new home, Dauset Trails Nature Center, 360
Mt. Vernon Road, Jackson.

Daddy-daughter dance Feb. 2

Daughtry Elementary School, at 150 Shiloh Road, Jackson, will hold a
daddy-daughter dance from 6 to 8 p.m. Feb. 2. The theme will be "Take
Me to Paris." The costs are \$5 per person for admission and \$5 for a sou-
venir photo. Refreshments will be served.

Pink Out Dance Feb. 15

Jackson Elementary School, 1105 Brwonlee Rd. Jackson will hold a Pink
Out dance to support breast cancer awareness at 6:00 on Feb. 15th. The
cost is \$10 per family. Concessions will be sold.

Stark Elementary dance Feb. 16

Stark Elementary School, at 209 Stark Road, Jackson, will hold its father-
-daughter dance from 6 to 8 p.m. Feb. 16. The cost is \$8 per person, in-
cluding refreshments. Photos will be available for \$8 each or two for \$15.
For more information, call Lauren Rankin at 770-775-9470.

