

70 Cottonwood St. Woodland, CA 95695
530-666-8740

www.yolonutrition.ucanr.edu
ceyolo@ucdavis.edu

Making Home-to-School Transitions Easy

The beginning of school is a time full of excitement and change for preschool children and their families. It can be hard for some children to form easy transitions from home-to-school. Teachers, you can help families by understanding how children’s temperament types may make it hard for some children to feel comfortable in their new school.



Tip	Benefit
Form positive relationships with your Preschooler’s families.	Children’s learning improves, and they feel more comfortable in their surroundings.
Use songs to connect.	Teaching classroom songs for the family to sing at home or on the way to school can help create a family-school connection for the child.
Encourage preschoolers to bring a familiar object from home.	Bringing a blanket or stuffed animal can help them feel safe.
Assign children an arrival buddy.	Making friends helps children feel safe. Assign a child who is struggling to join a buddy who is already playing with an activity as soon as they arrive.
Create a schedule with photos of children moving through the day’s events, hung at children’s eye level.	Charts that include pictures of what to expect next can help decrease anxiety. It may be helpful to laminate and use Velcro to move the photos as they complete each activity. They will be able to see that they are closer to going home.
Tell a social story describing a child’s day in school.	Stories offer guidance about behavior expectations. Telling a story about a child overcoming separation anxiety, or learning to follow rules may help to teach new skills to children.

Adapted from: naeyc.org & csefel.vanderbilt.edu

Helping Children Form Healthy Mealtime Habits



Preschool age children learn eating behaviors by having direct experiences with food and by watching the eating behaviors of others. As teachers, you can help them develop healthy eating habits for life. Teaching healthy food choices will help children keep a healthy body weight and a healthy attitude about their bodies. Offering a variety of foods gives children the chance to try new foods and learn to enjoy them. When they develop a taste for many types of foods, meal times are more enjoyable. Here are some guidelines to follow to help your preschooler form healthy eating habits.

- **Teach children how to learn when they are hungry and full-** Let children leave food on their plates, even if you think they have not eaten enough. If a child asks for a second helping, serve a small portion, even if you think they ate enough. It is normal for children to eat a lot one day and almost nothing the next. Help them learn to trust their hunger signals by allowing them to follow them.
- **Be a role model for a healthy lifestyle-** Children like to imitate adults. They will learn healthy or unhealthy attitudes about eating from you. Be excited about trying new foods yourself, they will be more likely to try those same things.
- **Offer a variety of nutritious foods at planned meal and snack times-** Join Children in eating a variety of foods. Use mealtime to discuss flavors, textures and colors. Offering choices from different food groups gives children the chance to eat from each group over several days even if they don't eat from all groups in one day.
- **It is normal for children to want the same foods-** Preschoolers are likely to want to eat the same food every day. Continue offering a variety of foods. With time and patience children will be more open to trying new foods.
- **Children come in all sizes-** Children who are large or small for their age may be teased by playmates. Make sure all children know they are loved and accepted, whatever their size. Teach children that teasing someone because of their weight or size is hurtful.
- **Never use food as a punishment or reward-** Withholding food can make children anxious that they will not get enough food and may cause overeating. Using foods like sweets or special treats as reward teaches children that some foods are better or more valuable than others, and can lead to binging or disliking other foods.
- **Respect and value cultural eating differences-** Introduce children to foods from different cultures. Encourage children and families to share stories about their various cultures and traditional foods that they eat at home.

Adapted from: ellynsatterinstitute.org & articles.extension.org

Using The Division Of Responsibility To Promote A Love For Physical Activity



Children are born loving their bodies, are curious about them, and enjoy being active. Good child care improves these qualities. A child's job is to grow into his or her happiest, healthiest self. The job of parents and caregivers is to nurture that growth. It is easy to establish roles for caregivers and children when the "Division of Responsibility" is applied to physical activity. The "Division of Responsibility" defines roles for children and caregivers in the following way:

Children's roles with activity include:

Caregiver's role with activity include:

- | | |
|---|--|
| 1) How much to move- Activity level depends on child's temperament. | 1) Provide chances to do structured physical activity- Schedule fun and rewarding active group activities. |
| 2) How they move- Skills, agility and aggressiveness varies. | 2) Provide free-play opportunities- Find safe places for vigorous movement. |
| 3) If they move- The child will choose activities that are right for their developmental stage. | 3) Set limits on sedentary activity- Reduce or eliminate any screen time. |

Adapted from: ellynsatterinstitute.org

Teach The Concept of Self-Space Through Pretend Play!

Have fun engaging your preschoolers in pretend play while also teaching them the concept of "self-space"! Pretend play is an important part of children's emotional and social development. It is also a great tool to teach self-space to preschool age children. Use this fun activity to make and reinforce rules about children's personal space in your classroom!

NAME OF ACTIVITY: 'Paint the Bubble'

EQUIPMENT: 1 hula hoop and 1 juggling scarf per child (you can substitute with paper towels, fabric squares, or paint brushes)

SKILL THEMES: Bending and stretching; positional words (high, low, front); moving in self-space

ORGANIZATION: 1. Children are spread out inside a designated activity area, each standing inside a hoop.
2. Distribute a juggling scarf, paper towel or substitute item to each child.

DESCRIPTION: 1. Prepare the children for the activity by asking them if they have played with bubbles.
2. Tell the children to imagine their plastic hoops are giant bubbles. They are standing inside and are going to "paint" the inside of their bubbles.

3. Invite them to pretend their scarves are their paintbrushes and that they can paint the inside of their bubble whatever color they like.

4. Encourage the children to paint high, low, and all the way around them.

TEACHING SUGGESTIONS: 1. If the concept of an imaginary bubble and pretend paintbrush seems challenging to them, demonstrate by painting your own bubble.

2. Remind the children that they stay inside their "bubble" means to stay inside the hoops.

NOW TRY THIS:

1. When the children understand the idea that their personal space involves staying inside their "bubbles," challenge each to pick up his hoop, hold it around his waist, and move through the activity area without busting anyone else's bubble.

* **Need more physical activity ideas and materials? Talk with your nutrition educator to receive activities and equipment for free! ***



Farm to Preschool

California's Farm to Preschool program (CA F2P) is a branch of the California Farm to School Network. It was established to build connections between child care centers and local food producers with the objectives of serving locally-grown, healthy foods to young children, improving child nutrition, and providing related educational opportunities. CA F2P uses Harvest of the Month curricula and works with UC Cooperative Extension to provide garden technical assistance. Free trainings are offered through various departments of education, childcare resource and referral agencies and public health department programs throughout the state.

The CA F2P Network connects many successful Farm to Preschool programs throughout California to share experiences and resources to build a stronger Farm to Table movement in the early childhood setting. Farm to Table is a movement that encourages eating foods that are grown locally. Contact the regional representative for this area to get involved with the Farm to School program today! Robyn Krock, *Valley Vision* – robyn.krock@valleyvision.org. Visit their website www.farmtopreschool.org/states/ca.html to download the free CA Farm to Preschool Training Manual, which is also available in Spanish.

Farm to Preschool provides the first steps to help you develop a lasting F2P program in your child care center. They provide tool to help you:

1. Assess where you are and determine goals.
2. Form a team of teachers, administrators and parents to collaborate.
3. Establish one or two simple goals to get started.
4. Learn successes and failures from other child care centers.
5. Promote farm to preschool efforts in your community.



Adapted from: farmtopreschool.org

Free Mobile App from the Red Cross

The Red Cross has developed a free mobile app for first aid. Get instant access to information on handling the most common first aid emergencies. The First Aid App is an easy way to get lifesaving first aid instruction anytime, anywhere. Features include step-by-step instructions, videos and animations for first aid scenarios, a “9-1-1” call button and hospital locator, as well as safety and preparedness tips for a range of environmental conditions. Search for Red Cross First Aid in your Apple App store or Google Play. **Disponible en español.** *Adapted from: redcross.org*

Activity Kits **Free** From the University of California

You can help impact childhood obesity, fitness, and malnutrition. Local, state, and federal initiatives (and funding) urge a coordinated approach to addressing these issues. The University of California has prepared **activity kits** to help you teach nutrition, health, and physical activity concepts to your children, while integrating math, language, and science concepts that address CDE standards.

These lessons come “ready-made” with all of the materials to teach a fun and interactive lesson. The curriculum was developed by the University of California.

We will bring the materials to you, free of charge. We can provide trainings and additional resources to increase your confidence in these topics. We can also plan classroom food-themed cooking clubs, special events, and other fun sessions.



Follow us at “uccalfreshyolo”



“Like” ‘UC-CalFresh Nutrition Education Program, Yolo County’ on Facebook to receive nutrition and wellness tips for you and your classroom daily!



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.



UC ANR NONDISCRIMINATION AND AFFIRMATIVE ACTION POLICY STATEMENT FOR UC ANR PUBLICATIONS REGARDING PROGRAM PRACTICES - May 2015

The University of California, Division of Agriculture and Natural Resources (UC ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, status as a protected veteran or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 [USERRA]), as well as state military and naval service. UC ANR policy prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment. UC ANR policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to any of its programs or activities. UC ANR is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment and/or participation in any of its programs or activities without regard to race, color, religion, sex, national origin, disability, age or protected veteran status. University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Fuel Their Mind Nutrition Newsletter Enclosed

CONTACTS



Christie Hedrick
530-666-8740
clhedrick@ucanr.edu



Angela Asch



Mayra Diaz



Lisa Gonzales



Ruth Chun



Marcel Horowitz

Do you have a question about food or nutrition? Ask our Nutrition Educators by emailing ceyolo@ucdavis.edu.



calFresh Nutrition Education
UNIVERSITY OF CALIFORNIA

“Our mandate as a land grant institution ties us to the welfare, development, and protection of the state’s land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies.”
Funded by USDA’s Supplemental Nutrition Assistance Program and University of California Cooperative Extension. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 1-877-847-3663.

UCCE Yolo County
70 Cottonwood Street
Woodland, CA 95695

