February 26th, 2014 RDCD Parent Council Meeting

Healthy Families: Dr. Tom Lenz

Introductions

NAEYC Survey

* Will need lots of participation will be sending in the next day.
* Name tags for students have been ordered to help identify who are staff vs. parents
* Survey must have a 75% completion rate to be considered valid.
* Keep sending out reminders to families and encourage others to take!

Family Focus Group

* Past presidents will be moderators
* More information will be sent out soon to families regarding involvement.
* Incorporate more room parent involvement; monthly coffees or way to get to know other parents in the room better.

Week of the Young Child

* Mark you calendars for April 12th for Creighton Clean Up.
* Email and meeting requests will be sent out with the schedule.

Dr. Tom Lenz – Health Families

* Creating a culture at home; what do you want as your culture at home? Reflect on what is important to you and your family.
* Teaching moderation in your home; how much do we really need? Gave examples of using a smaller plate and/or cups to help demonstrate what is considered a serving. Children are prone to filling their cup up to the very top and not understanding proportions / moderation.
* Introducing new foods; it takes 7 times for someone to inquire a liking to a particular food. Keep trying to reintroduce it the food.
* Giving ownership to your kids – help them add to a meal list to feel a part of the meal plan.
  + Try giving a child a certain day they get to pick “What’s for dinner!” They can also help shop for the food and even prepare it.
  + Health scores at Hy-Vee to help pick healthier choices <http://www.nuval.com/scores>
  + Make healthy snacks easy and accessible.
* Sleep culture is paramount; sleep helps reset everything in our bodies.
* Lead by example! Be the role model for your child….you must take care of yourself.

If you have further questions, please feel free to email Dr. Tom Lenz directly at [tlenz@creighton.edu](mailto:tlenz@creighton.edu)