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