



Childcare Newsletter

March 2010



Welcome to 2010



Warm greetings from the hearts of all of us in the Childcare Department. Our award winning Children's Programme is now in its 14th year and *Hearty*, our mascot, had a roaring party at Babs Educare Centre in Kewtown last year. A big thank you to all primary schools and creches who have so anxiously adopted our Programme on heart health. The educators are committed to their task of promoting and encouraging healthy living amongst their learners. We salute you and appreciate all your efforts and support.

From the 25th to 27th January 2010, all Health Promotion Officers (HPO's) were invited to a 2 day workshop where topics such as Stroke, Smoking and Rheumatic Heart Disease were discussed. The goal was to reinforce the vision of the Programme, share ideas and information on how to best serve the communities operate in . A massive thank you to all speakers and HPO's who made the effort to attend the event in Cape Town.

Since the HPO's returned to their respective regions they have been involved with interviewing people who have cardiovascular disease, diabetes or hypertension. Thank you to those who are willing to share their stories of how they have adopted heart healthier lifestyles. Your story can inspire someone else!

We look forward to building stronger relationships with our educators, parents, childminders and our communities.

Thank you once again to the HPO's and *Hearty* who have warmed the hearts of our learners and little patients with their visits to schools and hospitals.

Visit <http://www.heartfoundation.co.za/childcare/events.htm> to review pics from our recent Toy Donation handout to over 50 deserving creches.

Let us continue to impart the knowledge of healthy lifestyles to all throughout communities!

Yours in health
Head of Childcare
Helen Rolls
(021) 447 4222
helen@heartfoundation.co.za

An Update from each region

Eastern Cape

In February 2010, Marcia Witbooi, the Manager of the Children's Programme attended a special Valentine's Day presentation at Die Heuwel Primary School in honour of the HSFSA. The presentation kicked off with Valentine's requests being read over the intercom by the Principal and ended with the crowning of Mr & Miss Junior and Senior Valentine. Die Heuwel Primary School certainly spread the love...

Durban

In conjunction with Entabeni Life Health, the Durban office hosted two schools, St Martins School and St Henry's Marist Brothers College at the Conference Centre. The children were given a tour around the hospital and were exposed to life skills such as first aid, CPR and demonstration on how to take precautions. The children were excited to see *Hearty* who presented them health information.

The region also invited to participate in the Etekweni Wetlands Day celebration. Approximately 250 learners and 750 community members went through the tent viewing displays, exhibitions and educating themselves on how to sustain our natural resources and thereby taking care of our planet.

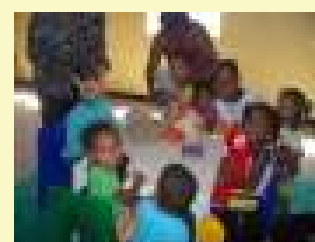
During Salt Awareness week (1-8 February 2010), the children were encouraged to reduce their salt intake.

Bloemfontein

The region has been busy conducting presentations to creche teachers, promoting the benefits of the Children's Programme. The aim is to get more creches on board.

On the 5th of March 2010 the region hosted a number of Music Competitions. Creches had to produce the best *Hearty* song, the 3 best songs won a prize and participators received certificates.

In April, the region will be hosting fitness games with creches, encouraging exercise and fun in the kids daily programme at creche. Participators will be awarded accordingly.



Picky Eaters patience pays!



The daily frustrations of trying to convince your child to eat healthy, nutritious foods may be a daunting task, especially when your efforts end up lining the floor and tabletop instead of your child's stomach!

Here are a few practical guidelines that you, as a parent or caregiver, can initiate to put your child on the path to better nutrition:

- Routine

Try to keep meal and snack times at the same time every day. With this, make sure that your child is not given Any snacks or drinks (besides water) in the hour before the next set meal.

- Environment

Allowing your child to eat in any place can result in a lack of discipline and control. It is best to make sure that meal times are an occasion for the whole family, ideally enjoyed at a table.

- Preparation

Include your child in all aspects of preparing a meal, starting at the supermarket, as this may spark a greater interest in what those foods may taste like. Allow your child to help choose and prepare the vegetables and other healthy items you buy, making sure that the process is fun and informative for him/her.

- Serving

When serving allow your child to be involved in the process cut out shapes from the food. With a cookie cutter (where possible) or try to form a picture such as a smiley face on the serving plate. Also make use of a variety of foods in attractive colours so that the meal appears palatable.

At the end of the day, it is important to respect and not force your child to do anything. Avoid the use of bribery with other food items like sweets or chocolates (offer a trip to the beach or the park instead) and remember that you should act as a positive role model so that healthy habits are inculcated in your child, which is a determinant for their future food choices.

Fun ideas:

1. Fruit smoothie- 1 cup plain vanilla/flavoured yogurt, 1banana/fruit of your choice,1 cupmilk,1/2 cup ice blocks- Blend until at preferable consistency.

2. Banana and cinnamon pancakes.

3. Soft boiled eggs with whole wheat toast fingers.

4. Sweet potatoes oven fries.

5. Macaroni and cheese with broccoli.

6. Veggie/friut/chicken/seafood skewers.

7. Bite-sized snacks- a tray with various food items can also be offered between meals . Try sliced apple, celery stalks, carrots and broccoli trees with dippers such as peanut butter, cottage cheese or yoghurt to make it more interesting. Frozen fruits(grapes and berries) are also perfect for a treat!



Fun and Games

Complete the Hearty search



Complete the sentences and then look for the word in the crossword puzzle.

1. What colour is Hearty?
R_ _
2. What shape is Hearty?
H_ _ _ _
3. Hearty always have a S_ _ _ _ on his face.
4. To which organisation does Hearty belong to?
H_ _ _ _ _ _ _ _ _ _
5. How old is Hearty?
T_ _ _ _ _
6. Hearty loves?
C_ _ _ _ _ _
7. What colour is Hearty's shoe?
B_ _ _
8. How many fingers does Hearty have?
F_ _ _
9. What colour is Hearty's gloves?
W_ _ _ _ _
10. Hearty love handing out ?
P_ _ _ _ _ to children.

r	p	a	r	t	i	e	s	m	r	t	s	g	y	w	t	j	v	f	u	h	n	n	n	m	k
m	h	m	g	k	c	d	f	g	t	g	j	m	p	h	b	m	k	d	g	e	j	o	j	b	p
v	g	g	f	m	g	s	r	j	k	g	f	b	m	k	a	e	h	h	s	f	i	g	y	f	a
f	s	c	h	i	l	d	r	e	n	j	e	n	l	m	d	d	s	y	b	t	y	d	d	h	r
d	e	k	h	f	m	m	y	e	d	k	t	e	h	u	k	v	j	e	a	h	t	z	f	n	t
e	u	r	r	s	t	t	u	t	d	j	j	s	w	d	e	h	t	d	j	i	e	g	b	d	i
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k	q	i	h	m	l	b	m	y	j	m	f	f	n	f	f	g	j	y	s	e	d	e	d	d	y
t	j	h	i	i	b	h	n	h	m	f	k	b	t	i	v	f	w	e	i	n	b	g	t	i	r
r	o	s	m	4	t	w	f	f	e	v	e	r	r	o	e	d	s	h	n	b	f	n	k	h	f
w	y	s	l	f	r	e	d	e	s	v	a	m	e	l	f	f	h	i	d	v	n	u	h	f	g
o	e	a	e	b	g	e	y	r	m	e	r	r	e	t	b	b	t	h	e	a	r	t	d	r	i
q	m	f	j	f	g	m	v	g	h	v	s	w	h	d	o	h	g	t	j	d	t	o	r	s	r

Laughing is the best medicine



Q: Why are hawks such great football fans?
A: They are always watching the games on the field!

Q: Why are basketball players sloppy eaters?
A: Because they always dribble!

Q: What did the salad say to the refrigerator?
A: Close the door, I'm dressing!

Q: What do terminators eat for breakfast?
A: Oak Meal!

Q: What did the one eye say to the other?
A: There is something between us that smells!

Q: Which part of a hen has the most feathers?
A: The outside!

Remember:.....

"A smile starts on the lips, A grin spreads to the eyes, A chuckle comes from the belly, But a good laugh bursts forth from the soul, Overflows and bubbles all around" - Carolyn Birmingham.

Did you Know???

- ✎ A crocodile cannot stick out its tongue!
- ✎ A goldfish has a memory span of three seconds
- ✎ A snail can sleep for three years!
- ✎ Butterflies taste with their feet!

