

TOP Star Newsletter



TOP Star

Teaching Obesity Prevention in Early Child Care Settings

BROUGHT TO YOU BY
UTAH'S PUBLIC HEALTH
DEPARTMENTS



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Click the image for ideas to
have a healthier spring

Say Hello To Spring

Spring has sprung! It is time to swap out heavy winter clothes and bundling indoors with light jackets and enjoying the warmer weather outside. Now that we have swapped our attire, we also encourage you to swap your TV, computers, and tablet screens for some outdoor fun! In this spring edition newsletter, you will learn new ways to integrate apricots into your meals as well as a variety of ways to get active and spend time with your family and friends outdoors to ring in the spring season.

You will also find information on page 5 about a new Utah based campaign called 5 Before 5 (5B45). 85% of brain growth happens before a child is 5 years old, this campaign was created by early learning experts to help Utah families learn more about loving, talking, reading, counting, and playing with their children before they turn 5 years old.

Keep Your Kids Hydrated this Spring

As the weather changes and temperatures start to rise, families begin to spend more time outside and participate in physical activities which requires more water to stay hydrated. Staying hydrated is important year round, but especially important during the spring and summer months. There are many factors that affect how much water your child should consume daily including size, height, age, activity level, and the outside temperature.

If you are concerned your child is dehydrated look for symptoms such as headaches, nausea, vomiting, and sticky or dry mouth. Give extra fluids in frequent and small sips if your children are experiencing mild dehydration.

Suggested water intake by age:

- 💧 **Toddlers 2-4 cups a day**
- 💧 **Ages 4-8, 5 cups**
- 💧 **Ages 9-13, 7-8 cups**
- 💧 **Ages 14 and up, 8-11 cups**

Click the images to get
inspired on new ways to keep
your kids hydrated



Introducing: Apricots

Although apricots are small, they are big in flavor and nutrition. Apricots have a flavor ranging from sweet to sweet-tart and have a soft and juicy flesh when ripe.

Apricots are a fruit and contain many essential vitamins and minerals, including vitamin A and vitamin E, both which are excellent for good eye health. Apricots also offer an excellent source of dietary fiber to help and support your digestive track.

Fresh or dried, apricots are an excellent fruit to add to your meals. See the recipes below for some great ideas to incorporate apricots into your family's diet.



Apricot Yogurt Muffins



Apricot Blueberry Oat Bars

Mango Apricot Smoothie

Ingredients

- 2 medium sized mangos
- 3 apricots
- 1 cup of orange juice
- 1 tsp honey (optional)
- 1 cup of ice (optional)



Instructions

Add all ingredients to a high powered blender. Blend together well, until smooth and creamy. Serve immediately.

[Click the images on this page for more fun and tasty recipes!](#)

LET'S CELEBRATE

April 14 - National Gardening Day

National Gardening Day was created in 2018 to celebrate the hobby of gardening and to encourage gardeners to share their expert knowledge. You can start as simple as decorating a pot and growing a favorite flower, finding a space in your yard, or getting involved with a community garden. Gardening is a great way to learn and spend time together as a family, and an even better reminder to eat fresh healthy food.



Click the image for beginner gardening tips

Click for links

Fun food
ideas to take
on your next
picnic



Click the image for a family fun playlist

May 7 - National Fitness Day

National Fitness Day is a great way to take advantage of spending time with your children and finding new ways to stay active together that your children enjoy. Staying physically active is very important for our overall health. This is a great reminder to teach your children the importance of staying active. Some ideas could include building an obstacle course in your yard, going on a bike ride, or turning on some music and having a dance party to your favorite songs.

June 18 - International Picnic Day

Picnics are a great way to get out and enjoy the warm weather with your family as well as utilize or find new local parks within your community. Use this time to play with your children. Play helps to build young children's brains while spending time together building relationships. Gather your friends or family to create a tasty, nutritious meal and meet at your local park!



Spring Activities



Click for links



Outdoor Chalk Art

With the weather getting warmer being creative outdoors is much easier! Decorate your sidewalk with bright fun colors using your favorite shapes, or draw a hopscotch board and play a fun game with your family or friends! While drawing with chalk, your child is learning fine motor skills and expanding their creativity.

Color hunt

Spring is the season when colors begin to come back into nature. Spend time outside in your yard, a park, or on a walk with your family and go on a color hunt. Have them point out all of the colors that they find high and low. Through this your children will learn observation skills as well as creativity while enjoying what nature has to offer as a family.



Breastfeeding Corner



Breastfeeding is a journey. There are ups and downs and feelings of accomplishment and frustration, you are not alone through the process.

There are many organizations throughout Utah that support women and breastfeeding. Contact your local Top Star consultant for more information and additional breastfeeding resources.

Breastfeeding support resources in Utah:

- WIC National Breastfeeding Hotline: 1-800-994-9662
- La Leche League Utah and Idaho: <https://lll.utah.org/>
- WIC Utah: <https://wic.utah.gov/>



5 Before 5 Campaign



love ■ talk ■ read ■ count ■ play



First comes love

A child's brain grows best in a loving environment while reducing stress and making them feel safe.



Time to talk

Your child was born ready to listen. Talking with your child helps them to develop back and forth communication.



Healthy reading

Reading to your child helps to build creativity and language. New stories will spark their imagination in new ways.



Everything counts

Teaching your children to count will equip their minds at a young age for a future of problem solving and learning.



Play works

Playing with your children teaches them social skills as you explore their world and build their brains.

Learn more about best practices for your child's development.



Click for link