



Choosing Healthy Snacks

Snacks are great for children to have, no matter how much they weigh. Their growing bodies need lots of different nutrients and it can be hard to get these from just three meals a day. eating healthy, regularly scheduled snacks can be prevent children from overeating at a meal and make children less hungry throughout the day. Be sure to watch the portion size.

How to do it and do it right!

- Prepare for a “snack attack” by making healthy snacks handy.
- Make it a mini snack. Try to keep snacks less than 150 calories.
- Serve snacks on a plate or dish. Portion out the snack and put the rest away.
- Practice “mindful eating and snacking.” Slow down eating and taste each bite.
- Keep unhealthy treats out of sight or out of the house and keep healthy snacks in view.

Crisp and Crunchy:

- Popcorn lightly sprayed with olive oil, parmesan, or spices such as chili or curry powder.
- Pretzels dipped in gourmet mustard.
- Low fat, high fiber crackers.
- Raw vegetables such as baby carrots, celery, peppers, broccoli, jicama.
- Baked tortilla chips or pita bread with salsa or bean dip.
- Almonds, walnuts, pecans, soy nuts. A serving size is one quarter of a cup.

Sweet:

- Fruit bars and fudgesicles.
- Sherbet and sorbets.
- Fresh fruit.
- Dried fruits such as raisins, apricots, cherries (golf ball sized portions).
- Graham crackers, ginger snaps, fig bars, angel food cake with berries.

Smooth and Creamy:

- Low fat yogurt, cottage cheese or pudding.
- Try dipping veggies or crackers in hummus, low fat salad dressing or salsa.
- Non-fat plain yogurt. Add fruit and a few nuts to make it crunchy.

Hearty and Healthy:

- Small baked sweet potato
- Bowl of soup
- Sandwich half with small glass of skim milk
- English muffin pizza with part-skim mozzarella, tomato slices and oregano
- Whole wheat tortilla roll-up with skim ricotta cheese and chopped veggies



Physical Activity Guidelines for Americans: Youth Physical Activity Recommendations



Key Guidelines for Youth

Youth (ages 6–17) should do 60 minutes (1 hour) or more of physical activity daily.

- **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity and at least 3 days a week should include vigorous-intensity physical activity.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, youth should include muscle-strengthening physical activity at least 3 days a week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, youth should include bone-strengthening physical activity at least 3 days a week.

It is important to encourage youth to participate in physical activities that are appropriate for their age and ability, that are enjoyable, and that offer variety.

Type of Physical Activity	Examples of Activities for Youth
Moderate-intensity aerobic*	<ul style="list-style-type: none"> • Active recreation, such as hiking, skateboarding, and rollerblading • Bicycle riding • Brisk walking • Dancing
Vigorous-intensity aerobic**	<ul style="list-style-type: none"> • Active games involving running and chasing, such as tag • Martial arts • Running • Sports such as soccer, swimming, and tennis
Muscle-strengthening	<ul style="list-style-type: none"> • Games such as tug-of-war • Push-ups or modified push-ups (with knees on floor) • Resistance exercises using body weight or resistance bands • Sit-ups (curl-ups or crunches) • Swinging on playground equipment/bars
Bone-strengthening	<ul style="list-style-type: none"> • Games such as hopscotch • Skipping • Jumping rope • Sports such as basketball and volleyball



*Moderate-intensity activity: Allows you to talk but not sing.

**Vigorous-intensity aerobic: Allows you to say only a few words without catching your breath.

Note: Some activities can be classified as more than one type of activity.

www.health.gov/paguidelines



Helping Your Child Cope With Life



Every parent's dream is to raise perfect children who have no worries and lead charmed, happy lives free of pain and hurt. We dream that we can keep our children safe from loss, heartache, and danger. But even if we could, would it really help them?

If we want our children to experience the world as fully as possible—with all its pain and thankfully, with all its joy—our goal will have to be *resilience*. Resilience is the ability to rise above challenges and live in this less-than-perfect world while moving forward with hope and confidence. Read on to find out how you can help your children be more resilient. There's also a special section about helping your children manage stress.

Seven Cs of resilience

All children have abilities and strengths that can help them cope with everyday life. As parents, you can develop your children's resilience by paying attention to those strengths and building on them.

But what are the ingredients of resilience? There are 7 essential components, all interrelated, called the 7 Crucial Cs.

- **Competence**—the ability to handle situations effectively.
- **Confidence**—the solid belief in one's own abilities.
- **Connection**—close ties to family, friends, school, and community give children a sense of security and values that prevent them from seeking destructive alternatives to love and attention.
- **Character**—a fundamental sense of right and wrong that helps children make wise choices, contribute to the world, and become stable adults.
- **Contribution**—when children realize that the world is a better place *because they are in it*, they will take actions and make choices that improve the world. They will also develop a sense of purpose to carry them through future challenges.
- **Coping**—children who learn to cope effectively with stress are better prepared to overcome life's challenges.
- **Control**—when children realize that they can control their decisions and actions, they're more likely to know that they have what it takes to bounce back.

Building resilience

Parents are the most important source of love, support, and guidance for their children and therefore have the greatest effect on resilience. Here's how you can make a difference.

- **Love.** To be strong, your children need love, absolute security, and a deep connection to at least one adult.
- **Let go.** Sometimes the best thing you can do to help your children learn is get out of their way while allowing them to figure things out on their own.
- **Expect the best.** Your children will live up or down to your expectations of them, so expect them to be kind, caring individuals who will give their best effort.

- **Listen.** Listening to your children attentively is more important than any words you can say. This applies to routine situations as well as times of crisis.
- **Set a good example.** Nothing you say is as important as what your children see you doing on a daily basis.
- **Encourage.** Your children can only take positive steps when they have the confidence to do so. They gain that confidence when they have solid reasons to believe they are competent.
- **Teach.** If your children are to develop the strength to overcome challenges, they need to know that they can control what happens to them. Helping your children develop a wide range of positive coping strategies will prepare them to overcome almost anything and make them far less likely to try many of the risk behaviors we all fear.

Coping strategies—managing stress

Adults deal with stress in various ways, from helpful strategies like exercise, meditation, long walks, and turning down overtime or weekend work, to less helpful ways like using painkillers, smoking, or drinking another glass of wine. How do children deal with stress? Depending on their ages and temperaments, some kids withdraw, sulk, or zone out, while others act aggressively, talk back, and toss tantrums. Older children may turn to the coping mechanisms that they see their peers using such as smoking, drugs, fighting, sexual activity, eating disorders, self-mutilation, and delinquency. Adults usually see these activities as behavior problems and underestimate the amount of stress that young people are under today. In actuality, these negative behaviors are often attempts to counter stress, push it under, chill out, and make it all go away.

When kids are stressed, their first impulse is to relieve the discomfort. They don't sit down and rationally think about the best way to do it. They find relief by acting impulsively or following the paths most readily available to them, the ones they see other kids taking. Most young people simply don't know more healthy and effective alternatives. Unless we guide them toward positive ways to relieve and manage stress, they will choose the negative behaviors of their peers or the culture they absorb from the media. They will become caught up in a cycle of negative coping methods and risky behaviors such as using alcohol or drugs to relieve their stress. We need to help them avoid that cycle.

Signs of stress

The following are some common signs of stress in children. Keep in mind that many children and teens have some of these signs and do just fine. But they may be signals that you should check in with your children and consider seeking professional help.

- Slipping school performance
- Sleep problems
- Nightmares

- Returning to less mature behaviors (for example, thumb sucking, tantrums)
- Renewed separation anxiety
- New bedwetting
- Irritability, outbursts, or tantrums
- Hopelessness
- Change in eating habits
- Anger
- Isolation or withdrawal
- Loss of friends
- New circle of friends
- Radically new style of dress
- Physical symptoms such as belly pain, headaches, fatigue, or chest pain (Always see your pediatrician before assuming these are stress symptoms.)
- Missing school because of frequent symptoms
- Drug, alcohol, or cigarette use

Ten-point stress-management plan

People with a wide range of coping strategies can manage stress more easily. The following plan is designed for adults and children. Remember that when you model healthy coping strategies, your children learn by example.

- 1. Figure out what the problem is and make it manageable.** What is the cause of the stress, what is it doing to you, and how can you solve the problem? Learn to break big problems into smaller manageable parts.
- 2. Avoid things that bring you down.** If we teach kids to identify the people who frustrate or bother them, places where stress usually rises, and things that provoke or intensify stress, they can learn when and how to avoid those stressors.
- 3. Let some things go.** People who waste their energy worrying about things they can't change don't have enough energy left over to fix the things they can.
- 4. Exercise.** When people exercise they keep their bodies healthy, think more clearly, and manage stress better because exercise uses up stress energy.
- 5. Learn to relax your body.** People who use deep breathing exercises, changes in body posture, and other relaxation techniques such as yoga and meditation can control their stress.
- 6. Eat well.** A healthy body helps us manage stress.
- 7. Sleep well.** Getting enough sleep on a consistent basis is essential for good health and keeping stress levels manageable.
- 8. Take instant vacations.** Use your mind to imagine a special place whenever you need to escape the stress of the moment. Reading, a nature walk, hobbies, and a warm bath all offer great instant vacations.
- 9. Release emotions.** We often lock unwanted feelings away, thinking we will deal with them later. But for many people, later never comes. Create outlets for feelings and emotions such as art or music, talking feelings out with someone you trust, writing down feelings in a journal, prayer or meditation, or having a good laugh or cry.

- 10. Make the world a better place.** When we contribute to our communities we can put our own troubles in perspective and build a sense of purpose.

Keep in mind...

- When you choose strategies from this plan, select those you think will work, not those that will impress someone else.
- The plan cannot be imposed on children; it has to be welcomed to be effective. If your children don't take to one strategy, try another.
- Don't stress about the stress-management plan! Don't feel that your children must be exposed to everything in the plan to manage stress successfully.
- These points are suggestions that you can adapt for your children and yourself. No one is expected to use all of them all the time.

Getting help

All people, even the most stable, reach their limit sometimes. It is not a sign of weakness on our children's part, nor is it a sign of poor parenting on our part.

Whenever your children seem troubled, the first step is to reinforce that you are there to be fully supportive. Listen, give hugs, be a sounding board, sometimes even offer advice, but give them hope that things will get better.

If you feel your children need more help than you can give, be assured that mental health professionals who work with children have the training to ensure a safe, even enjoyable experience. Ask your children's pediatrician, school counselor, or clergy person for recommendations and then speak to the professional to feel confident you have found the right match for your children.

Visit the AAP Web site at www.aap.org/stress for more information.

Adapted from Ginsburg KR, Jablow MM. *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. Elk Grove Village, IL: American Academy of Pediatrics; 2006

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor





HPV VACCINE IS CANCER PREVENTION

HPV Vaccine Safety and Effectiveness

HPV vaccination provides safe, effective, and long-lasting protection against cancers caused by HPV.

HPV vaccination prevents cancer

Human papillomavirus (HPV) infects about 13 million people, including teens, each year. While most HPV infections go away on their own, infections that don't go away can lead to certain types of cancer. Every year, about 36,000 men and women develop a cancer caused by HPV. **HPV vaccination could prevent more than 90% of these cancers from ever developing.** The vaccine is made from one protein from the virus and is not infectious, meaning it *cannot* cause HPV infection or cancer.

HPV vaccination is safe

With more than 135 million doses distributed in the United States, HPV vaccine has a reassuring safety record that is backed by over 15 years of monitoring and research. As with all approved vaccines, CDC and FDA closely monitor the safety of HPV vaccines.

Any detected safety concerns are reported to health officials, healthcare professionals, and the public. Data continue to show that HPV vaccination is safe and effective.

HPV vaccination works

The HPV vaccine works extremely well. Since HPV vaccination was introduced over in the U.S. in 2006, infections with HPV types that cause most HPV cancers and genital warts have dropped 88 percent among teen girls. Research has also shown that fewer women are developing cervical precancers (abnormal cells on the cervix that can lead to cancer).

HPV vaccination provides long-lasting protection

Studies show that the protection provided by HPV vaccine is long lasting. People who received HPV vaccination remained protected from the virus for more than 10 years, with no evidence of the protection decreasing over time.

HPV vaccination can have side effects

Like any vaccine or medicine, HPV vaccination can have side effects. The most common side effects are mild and include pain, redness, or swelling in the arm where the shot is given; dizziness, fainting, nausea, and headache. Fainting after any vaccine, including HPV vaccine, is more common among adolescents. To prevent fainting and injuries from fainting, anyone receiving HPV vaccine should be seated or lying down during vaccination and for 15 minutes after getting the shot.

HPV vaccination doesn't negatively affect fertility

HPV vaccine does not cause fertility problems. However, not getting HPV vaccine leaves people vulnerable to HPV cancers and precancers. People who develop a cancer caused by HPV will need treatment that can sometimes limit their ability to have children, such as a hysterectomy, chemotherapy, or radiation. Treatment for cervical precancer could also put women at risk for problems with their cervix, which can sometimes cause preterm delivery.

How can I get help paying for vaccines?

The Vaccines for Children (VFC) program provides vaccines for children ages 18 years and younger, who are uninsured, Medicaid-eligible, American Indian or Alaska Native. Learn more at

www.cdc.gov/vaccines/programs/vfc/parents/qa-detailed.html

What is VITAMIN D and what does it do?

- Vitamin D is important for good health and it helps your body to absorb calcium, which helps grow strong bones and prevent osteoporosis
- Your muscles need vitamin D to move and grow
- It helps your immune system to fight off viruses and bacteria that can make you sick
- It may help prevent heart disease and depression
- It may help improve sleep

How much vitamin D do I need?

The amount of vitamin D you need varies by age. The average amounts to take by age are listed below:

Life Stage	Recommended Amount
Birth to 12 months	10 mcg (400 IU)
Children 1-13 years	15 mcg (600 IU)
Teens 14-18 years	15 mcg (600 IU)
Adults 19-70 years	15 mcg (600 IU)
Pregnant and breastfeeding teens and women	15 mcg (600 IU)

Your doctor may prescribe a different amount in specific situations.

How can I get vitamin D?

Very few foods naturally contain vitamin D but there are foods that are fortified (vitamin D is added) in most of our diets. Foods that may help you get your daily amount of vitamin D are:

- Milk and most alternatives, such as almond, soy and oat milk are fortified with vitamin D
- Most breakfast cereals, some orange juice brands and yogurts are fortified with vitamin D
- Fatty fish (trout, salmon, tuna, and mackerel) and fish oil are the best sources of vitamin D
- Beef liver, cheese, and egg yolks have small amounts of vitamin D
- Your body makes vitamin D when exposed to the sun but too much sun exposure can cause skin cancer so its important to limit the amount of time you are in direct sunlight and always wear a sun screen with at least 15 SPF.
- Vitamin D can be found in multivitamins and supplements. If taking a vitamin D supplement it is important to take it with a meal or snack that has some fat in it to help it absorb into your body.



Vitamin D Content of Selected Foods

Food	International Units (IU) per serving
Cod liver oil, 1 tablespoon	1,360
Trout (rainbow), farmed, cooked, 3 ounces	645
Salmon (sockeye), cooked, 3 ounces	570
Mushrooms, white, raw, sliced, exposed to UV light, ½ cup	366
Milk, 2% milkfat, vitamin D fortified, 1 cup	120
Soy, almond, and oat milks, vitamin D fortified, various brands, 1 cup	100-144
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 1 serving	80
Sardines (Atlantic), canned in oil, drained, 2 sardines	46
Egg, 1 large, scrambled (vitamin D is in the yolk)	44
Liver, beef, braised, 3 ounces	42

Am I getting enough vitamin D?

You should try to get most of your vitamins and nutrients from your normal diet. Supplementing with recommended doses of vitamin D is safe for most individuals. As with all vitamins too much or too little can be harmful so please check with your doctor if you have any concerns about your vitamin D intake.

Should I have my vitamin D level tested?

In healthy growing children there is usually no reason for most people to get a vitamin D test. People who might need testing include those who:

- Have osteoporosis or other bone-health problems
- Have conditions that affect fat absorption, like celiac disease
- Take medications that interfere with vitamin D activity