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PARENT HEALTH BULLETIN

OCTOBER 2009

WALLY CAT UPDATE

Hello Wild Cubs and Wild Cat Parents,

As always, I would like to thank all of the Wild Cat and Wild Cub parents who allow their children to keep sending me emails.

In September kids from across the state sent in poems describing what summer meant to them. The winner of the Wally Cat Summer Poetry Contest is Kendall W. of Martin County. Kendall got the most votes.

See **WALLY CAT UPDATE** on the back →



THIS MONTH'S TOPIC: HEART HEALTH

How do you raise a heart-healthy child?

Inactive children will likely become inactive adults. The habits children develop now can last a lifetime. Make sure physical activity is a part of each day for your child. Regular physical activity helps your child live longer and decreases the chance of developing heart disease. The American Heart Association recommends that all children age two and older participate in a moderately intense physical activity each day for at least 30 minutes.

- Family game night can include a game of baseball, tossing around a football, walking the dog, shooting hoops, or going for a family walk.
- Make it a family affair! Don't just tell them to go outside and play, join in on the fun. Go outside and play with the children.

Continued on the back →

Children age two and older should get at least 30 minutes of activity per day.



CONTINUED FROM PAGE 1

- Team sports can be stressful for some children. Build their confidence by practicing with them. Keep it fun.
- Your child's physical activity might include swimming, dancing, bike riding, skateboarding, skating, or yoga.
- You should make time in your schedule for activity daily.
- Find positive ways to encourage your child. Offer fun physical activity choices as a reward.
- Make dinnertime, family time. Allow children to help prepare the meal. Use this time to teach children how to make healthy food choices, use fresh ingredients, and how to use healthy preparation techniques such as baking or roasting.
- Keep in mind that inactive children will likely become inactive adults.
- The habits children develop while they are young, both good and bad, can last a lifetime.
- Practice making healthy food choices and becoming physically active. It is a lot easier to convince a child to do something if you are doing it yourself.
- Restrict the amount of time your child is allowed to play video games, watch TV, or sit in front of a computer. These activities encourage a sedentary lifestyle and make it easy to engage in unhealthy snacking which over time can lead to obesity and heart disease.

Don't just send your child out to play. Get out there and play with them!

CONTINUED: WALLY CAT UPDATE

*Summer to me means that I am carefree
Free to learn, free to explore,
free to ride my bike some more
Summer means baseball games
and hot dogs in the park,
Even after it gets dark.
Summer to me means sitting
in my favorite chair,
Playing video games
while my friends stare
Summer sometimes makes me sigh...
because before you know it,
You have to say goodbye*



— Kendall W.

Thanks again Kendall for a job well done!!!

I am so proud of all of my smart and talented Wild Cat and Wild Cub friends. Parents if you have any suggestions or comments for Wally Cat, please feel free to email me Wally.Cat@uky.edu.

Wally Cat 

SOURCES:

- <http://www.americanheart.org/presenter.jhtml?identifier=3046118>
- <http://www.americanheart.org/presenter.jhtml?identifier=3033902>
- <http://www.americanheart.org/presenter.jhtml?identifier=3033904>

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