



Build Children Up with Words!

Positive words give
children confidence
and help them grow.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy
Weights at Columbus Public Health

For information about these materials
visit www.publichealth.columbus.gov



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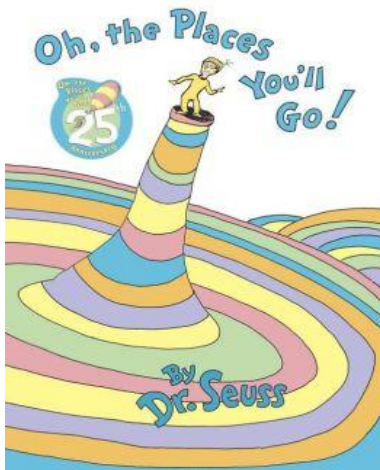
COLUMBUS
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HEALTHY FAMILIES: BOOK OF THE MONTH



Build Children Up with Words ★★★★★★★★★★★★★★★★★★



Title

Oh, the Places You'll Go!

Author

Dr. Seuss

Summary

Dr. Seuss's wonderfully wise graduation speech is the perfect send-off for children starting out in the world, be they nursery school, high school, or college grads! From soaring to high heights and seeing great sights to being left in a lurch on a prickly-ly perch, Dr. Seuss addresses life's ups and downs with his trademark humorous verses and pictures, while encouraging readers to find the success that lies within.

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnatiilibrary.org/>. This book is also available in stores and online.



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Self Esteem

A child begins to develop positive and negative feelings about his/her body by the age of five. Therefore, it is important that adults focus on using encouraging words related to a child's actions and capabilities rather than appearance or body image.

Recommendations

It is important to remember that as a parent, you are the most influential role model in your child's life. Your behaviors and self-image can greatly impact your child in developing self-esteem and a healthy body image. Use positive praise words and phrases as rewards for your child to encourage desired healthy lifestyle habits.

What You Can Do

Parents can create a positive home environment with these tips:

1. Model healthy behaviors and praise your child when he/she engages in healthy activities.
2. Encourage your child to have a positive self-image by focusing on behaviors and abilities rather than weight/appearance.
3. Use positive praise words and phrases to highlight a child's behavior, capabilities, and personal characteristics (ex: "I saw the way that you shared with your friend "or "You did a great job coloring that picture!").

For more information on Build Children Up With Words:

1. The Center for Parenting Education—
<http://centerforparentingeducation.org/library-of-articles/focus-parents/encouraging-positive-attitude-creating-positive-environment/>
2. Positive Parents—
<http://www.positive-parents.org/2012/03/building-positive-self-concept.html>

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



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All About Me Collage

A collage is a form of art where various pictures are arranged and glued to paper. In this activity, children make a collage that represents the things they like. Ask your children, “What makes you, you?” Let them tell you through art. Follow the simple directions below to make an All About Me Collage:

Materials needed: Any sturdy paper, magazines, scissors, glue, and markers or crayons.

- Give each child a piece of paper.
- Have each child write his/her name in the middle of the paper.
- Have the children go through magazines and cut out pictures that represent them, such as a favorite color, food, style, sports, music, what they want to be when they grow up and other things they like.
- When they have all their pictures cut out, have them glue them to the paper around their name. They can also draw pictures if they would like. Make sure that the children are gluing their pictures so they almost overlap leaving not blank spots on their paper.
- Have each child explain their collage to the family.

(Source: <http://www.kidsplayandcreate.com/all-about-me-collage-for-kids-self-esteem-character-building-activity-for-kids/>)

A Hug a Day

When you pick up your child, give them a hug and tell them how glad you are to see them. Engage children in conversation by asking them questions about what they did that day. Use the car ride home to put away all digital devices and listen to what your child has to share with you. Praise them for good things they did that day (e.g. finished an assignment, learned something new, etc.). Be attentive and ask follow up questions about things they tell you. Make it part of your daily routine.



grilled vegetable kabobs

Ingredients

2 medium zucchini
2 medium yellow squash
2 red or green bell peppers, seeded
2 medium red onions
16 cherry tomatoes
8 ounces fresh mushrooms
2 medium ears sweet corn
nonstick vegetable oil spray

Sauce

1/2 cup balsamic vinegar
2 tablespoons mustard
3 cloves garlic, minced
1/4 teaspoon thyme
8 6-inch wooden or metal skewers (optional)



1. Rinse all the vegetables.
2. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
3. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
4. Mix the vinegar, mustard, garlic, and thyme for the sauce.
5. Toss vegetables in the sauce and thread vegetables into skewers.*
6. Before starting the grill, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
7. Grill 20 minutes or until tender.

You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.

**If you use wooden skewers, soak them in water for 30 minutes before using.*

Yield 8 servings, **Serving Size** 1 kabob, **Calories** 73, **Total Fat** 1g, **Saturated Fat** 0g, **Cholesterol** 0mg, **Sodium** 107mg, **Total Fiber** 4g, **Protein** 4g, **Carbohydrates** 4g, **Potassium** 515mg



National Heart, Lung,
and Blood Institute

Amazing Fruit Salad

Ingredients

- 2 cups washed and torn lettuce leaves (such as romaine, red leaf, or butter lettuce)
- 1 cup drained, canned pineapple chunks* (save 3 tablespoons of juice for the yogurt mixture)
- 1 cup sliced strawberries
- 3 kiwifruit, peeled and sliced
- ½ cup lowfat, fruit-flavored yogurt
- 3 tablespoons pineapple juice
- 2 teaspoons lemon juice

**canned fruit packed in 100% juice*

Preparation

1. Place torn lettuce leaves into a large salad bowl.
2. Add pineapple chunks, strawberries, and kiwifruit.
3. In a small bowl, stir together yogurt, pineapple juice, and lemon juice.
4. Drizzle yogurt mixture over salad. Serve.

Makes 4 servings. One serving equals 1¼ cups.

Preparation time: 15 minutes

Fun Fact: This salad is packed with nutrients. Romaine, red leaf, and butter lettuce are great salad ingredients. Kiwifruit and strawberries both have lots of vitamin C.



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5 WAYS YOU CAN HELP YOUR CHILDREN FEEL GOOD ABOUT THEMSELVES:

1. Give hugs.
2. Ask your child about their day.
3. Spend one-on-one time with each of your children...even if it's only a minute.
4. Allow your child to serve themselves food. It helps them become independent.
5. Say positive things about yourself and others in front of your children.

USE WORDS OF ENCOURAGEMENT THAT PROMOTE POSITIVE BEHAVIOR, EXAMPLES:

1. "I am happy you tried everything on your plate."
2. "Wow, you are really fast!"
3. "I like the way you say please and thank you."



By 5 years of age, children already have good or bad feelings about their bodies.