

Empowering & Nurturing Our Children

While empowering our children, we must impress the importance of self-control, consent, empathy, respect, and compassion - for all people. We must raise children to respect all life. We cannot pick and choose which people/things deserve better treatment than others, it must be understood and children must be involved in learning and living that all life is a gift, we are all connected and equally deserving to be treated with compassion.

We cannot end child abuse without also impacting other very serious issues - violence against women, racism, gender-equality, discrimination against those with disabilities, the poor, bullying, all forms of crime, war, etc. When we see any living creature, we must acknowledge it's value and that it must be protected, not judged, ridiculed, or violated.

Read books to your children about respect, use examples in daily life, stories in the news etc.. to involve your children on a frequent basis how important it is to treat people with care and have compassion for not just the physical safety of others, but also their emotions.

We can teach, even toddlers, to pay attention to the feelings of others. When they take a toy from another child, hit or purposely scare, how does that person look? Do they look sad? Happy? We don't want to do things to other people that will hurt them or make them sad, and people should not do things to us that cause us pain or make us sad, either. As much as we need to protect our children from being abused, we must also protect them from becoming abusive - and it starts with empathy.

Being a good person isn't just about not hurting others, it's about helping others. We have a moral obligation to help others and to teach our children to help others.

Excerpts taken from <http://www.themamabeareffect.org/empowering-our-children.html>





Aetna Better Health of West Virginia: Prevention Really is the Best Medicine

Your child doesn't need to feel sick to see the doctor. In fact, the best time to go is before there is a health issue. Your doctor wants to make sure your child is healthy and doing well. It is best for your child to get a yearly checkup from their doctor.

Teens need to get yearly checkups too! Bodies change a lot during teen and the early adult years of life. It's important for them to have a yearly checkup so their doctor can track this progress. The doctor will talk about school, friends, changes to their body, eating right, exercising, sleeping, shots, and tips for the teen to stay safe.

Even better: Well child visits are completely covered by your insurance.

During your child's checkup the doctor will:

- Do a complete physical exam
- Check your child's growth and development
- Check your child's vision, hearing, and teeth
- Make sure shots are up-to-date
- Fill out Sport Physical forms for school sports
- Order lab work (if necessary)
- Answer any questions you or your child may have



Checkup Schedule:

- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- Yearly from age 3-21



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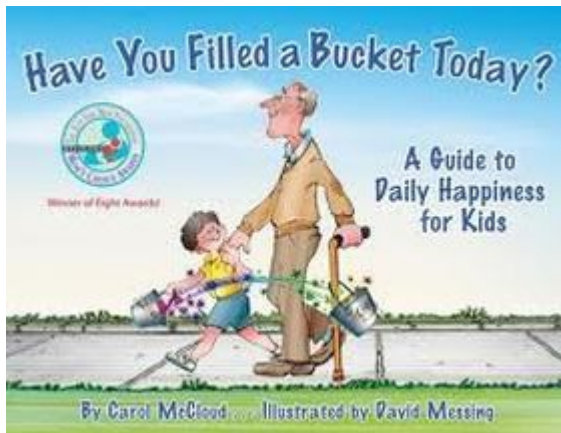


**WORKING TOGETHER WE CAN
END POVERTY FOREVER.**

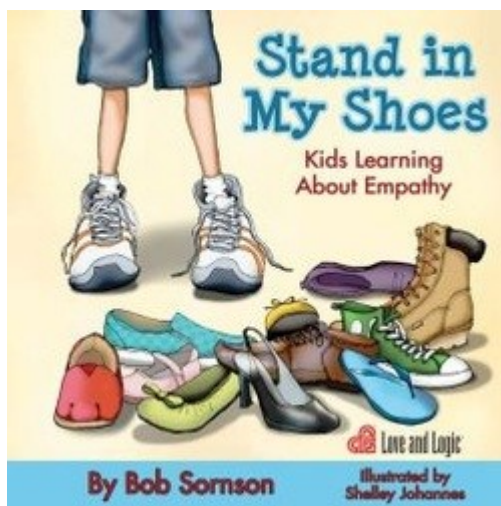


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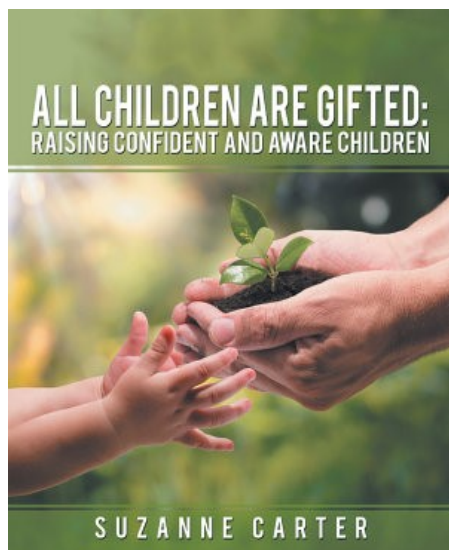
BOOKS TO READ TO YOUR CHILDREN



Through simple prose and vivid illustrations, this heartwarming book encourages positive behavior as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well being of others and ourselves. Winner of fifteen awards.



When Emily asks her big sister what the word empathy means, Emily has no idea that knowing the answer will change how she looks at people. But does it really matter to others if Emily notices how they're feeling? *Stand in My Shoes* shows kids how easy it is to develop empathy toward those around them. Empathy is the ability to notice what other people feel. Empathy leads to the social skills and personal relationships which make our lives rich and beautiful, and it is something we can help our children learn. This book teaches young children the value of noticing how other people feel. We're hoping that many parents read it along with their children.



This book has been written for parents, soon-to-be parents, teachers, and caregivers who look into the eyes of a child and see infinite possibilities of good. The main principles of this book are:

- People and all of creation are innately good
- The resources of this goodness are directly available to everyone

A Healthy Child is a Happy Child!



The kinds of food your preschooler eats and drinks are important for his or her health. Fruits, vegetables, grains, protein foods, and dairy provide the nutrients that their bodies need. Keep an eye on the amount of added sugars, sodium, and saturated (solid) fat.

Fruits – Let your preschooler enjoy a variety of whole or bite-sized fruits such as apples, sliced bananas, and mandarin orange pieces. Serve 100% fruit juice in small amounts and less often.

Vegetables – Prepare red, orange, and dark-green vegetables like tomatoes, sweet potatoes and broccoli as part of your child's meals and snacks.

Grains – Make at least half their grains whole grains by offering 100% whole-grain cereals, breads, and pasta.

Protein Foods – Choose a variety of protein foods such as seafood, beans, and small portions of meat or poultry.

Dairy – Give them low-fat milk, yogurt, and cheese to provide much needed calcium.

- **Encourage water instead of fruit juice or sugary drinks** – Too much 100% juice or sugar-sweetened beverages, such as soda, juice drinks, or sport drinks, can add more calories than your child needs.

Here are 10 tips for getting children to eat healthy food and form wise nutritional habits

1. **Avoid placing restrictions on food-** Instead of banning foods, talk about all the healthy, nutritional options there are -- encouraging your family to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy, while avoiding heavily processed, low-quality junk foods.
2. **Keep healthy food at hand-**Children will eat what's available. Keep fruit in a bowl on the counter.
3. **Don't label foods as "good" or "bad"-** Instead, tie foods to the things your child cares about, such as sports or doing well in school. Let your child know that eating a healthy breakfast can help them keep focus in class or lean protein such as turkey and calcium in dairy products give them strength for sports.
4. **Praise healthy choices-**Give your children a proud smile and praise when they choose healthy foods such as fruits, vegetables, whole grains, or low-fat dairy.
5. **Don't nag about unhealthy choices-**When children choose fatty, fried, unhealthy foods, redirect them by suggesting a healthier option.
6. **Never use food as a reward.**
7. **Sit down to family dinners at night.**
8. **Prepare plates in the kitchen-**You can put the right portion of each item on everyone's dinner plate.
9. **Give the kids some control-**Ask your children to take three bites of all the foods on their plate and give each one a grade, such as A, B, C, D, or F. When healthy foods -- especially certain vegetables -- get high marks, serve them more often.
10. **Consult your pediatrician-**Always talk with your child's doctor before putting your child on a weight loss diet, trying to help your child gain weight, or making any significant