

THE PARENT CONNECTION

A QUARTERLY NEWSLETTER FOR PARENTS AND GRANDPARENTS RAISING CHILDREN

A Message from Your Extension Agent

If you have any questions, please call me at (210) 467-6575. Grace Guerra-Gonzalez

Your Newsletter is Online! Visit our Extension homepage: <http://bexar-tx.tamu.edu/>. Scroll down the left-hand column to "Cooperative Extension Program" then look for "The Parent Connection..." link on the right. And hey, it's in color!

5 Tips for Raising Money

-Smart Kids -

- **Start early talking to kids about saving money-** the trusty piggy bank is a good tool to use to help children learn to save, or you can choose to open a bank account in their names. A good suggestion is to use three separate piggy banks for each child, labeling each one with "GIVE", "SAVE", and "SPEND". When you give them an allowance, have them divide their money into thirds to learn the importance of all three.
- **Get them involved in family shopping** - rather than spend your shopping time saying "no" to everything your kids want to buy, let them get involved in the shopping. It's a good way to learn how much money is required for various everyday items and begin figuring out the importance of spending wisely.
- **Give them a Budget & Control Over Spending** - If you want kids to learn to be smart with money, you must give them some freedom, says Susan Tordella, a parenting coach and the blogger behind "Raising Able." If you give an allowance, "allow them to spend their allowance however they choose," Tordella says. "They can buy school lunches every day and have nothing leftover, or they can buy once a week and save for a family vacation.
- **Don't Bail Them Out-** Every child will make mistakes, but parents must let those mistakes teach children the lessons they need to know. For example, your child was saving for a big purchase but does not have all the money, don't give in and give it to him or her. Instead, make sure they work for it and make them wait until they have saved all of the money for it.
- **Model Good Habits** - Allowances, rules and money management lessons won't be effective if kids don't observe parents making smart decisions about money. Be a good role model. When it comes to financial matters, stick to a budget and show your kids that good spending habits can allow more financial freedom for the future. **Source:** bankrate.com

Mobile Health Apps:

Choosing Wisely - A barky cough, a blotchy rash, a sudden fever - when kids develop symptoms like these, many parents no longer just call their pediatrician for help and advice. Many also look for health information online. And, more parents are checking their smart phones and tablets, which has given rise to health specific apps.

There's a lot to like about these convenient, user-friendly often free tools. You can keep a BMI calculator at your fingertips, download an app that helps you stay with your exercise program, or look up healthy recipes as you grocery shop.

And of course, this kind of access and convenience can really make life easier for parents. Want to know if there are any lice outbreaks in your area? How about an easy way to track daily allergy reports? What are the signs of seasonal allergies? What immunizations do kids need and when? There are apps for that - and a whole lot more!

But there can be downsides, too. It's fairly simple to design and release a health-related app that seems "official" - but did that prescription drugs informational app come from medical experts, a pharmaceutical company, an ad agency, or an ill-informed consumer?

It's important for parents to take note of where this portable health information is coming from. Just as you would visit a website to make sure it's run by reputable health experts, make sure your apps are credible, accurate and up to date.

But most important - no app (or website) is a substitute for a doctor's advice. Any time your child has symptoms of a medical condition or problem, contact your health care provider. And even when your kids are well, it's your doctor who you'll work with to keep them on track for check-ups, immunizations, and growth milestones.

Source: KidsHealth.org

Afraid You Are Feeding Your Child Too Much?

Here is a handy chart that can help you decide how much to feed your child.

DAIRY - total servings a day: 4

Look for reduced-fat, low-fat or skim



- Milk $\frac{1}{2}$ to $\frac{3}{4}$ cup
- Cheese Choose 1
- 2 to 3 dice-sized cheese cubes
 - $\frac{1}{2}$ to 1 slice packaged cheese
- Yogurt $\frac{1}{2}$ cup to $\frac{3}{4}$ cup (4 to 6 oz.)

PROTEIN - total servings a day: 2

Make most meat choices lean or low-fat

Meat, Fish, Poultry or Meat Substitute - 1 oz.

- Tofu or Tempeh $\frac{1}{2}$ cup
- Egg 1 egg
- Beans or Peas 4 tbsp.
(about the size of your child's fist)
- Nuts (includes peanut butter) 2 tbsp.

VEGETABLES - total servings a day: 4 to 8

Serve mostly green or brightly colored veggies.

Limit starchy veggies like potatoes.

- Vegetables 3 to 4 tbsp
(about the size of your child's fist)

- Starchy vegetables 3 to 4 tbsp.
(like white potatoes) (about the size of your child's fist)
- Limit to 1 to 2 servings a day

FRUIT - total servings a day: 2

Raw fruit is the best

- Fruit Choose 1:
- $\frac{1}{2}$ to 1 small raw fruit
 - Canned 4 to 6 tbsp
(about the size of your child's fist)



Opt for fruit packed in water, juice or light syrup instead of heavy syrup.

- Fruit juice 4 to 6 oz. per day



GRAINS - total servings a day: 4

Choose whole-grain options when possible

Bread - Choose one

- 1 slice of bread
- $\frac{1}{2}$ English muffin
- $\frac{1}{2}$ Bagel
- 1/2 to 1 tortilla



- Cooked Cereal $\frac{1}{2}$ cup
- Cold, Dry cereal 1 cup
- Pasta, noodles, rice or grains $\frac{1}{2}$ cup

Source: fit.webmd.com

RECIPE OF THE MONTH

Mini Fruit "Pizza"

WHAT YOU NEED

- 1 Chocolate Chip Cookie
- 1 tablespoon Strawberry Cream Cheese Spread
- 1 tablespoon Light Whipped Topping (in a can)
- 1 large Strawberry half



MAKE IT

TOP Cookie with remaining ingredients.

Source: Kraftfoods.com

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PRAIRIE VIEW A&M UNIVERSITY

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