



Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers working with grades K—2

Physical Activity...To Do or Not to Do?

Kids and physical activity- they go together like “peanut butter and jelly.” Or do they? The truth is...that’s just not the case anymore. In fact, a truer combination would be “kids and screens.” According to national statistics, children ages 8-10 spend about 6 hours per day in front of a screen- playing games or watching television. When combined with 7-8 hours in school and 8 hours sleeping, little time is left for anything else. And the sad part is that as children’s time spent in front of screens increases, their health decreases.

According to the Centers for Disease Control, TV viewing is a contributing factor to childhood obesity because it takes away from the time children spend in physical activities. It also leads to increased energy intake through snacking and eating meals in front of the TV and it influences children to make unhealthy food choices through exposure to food advertisements. Try to think of the last time you saw an ad for a carrot or an apple. They really just do not exist.

What can you do as a parent to help your children adopt a healthier lifestyle? A great place to start is to limit your child’s television/screen time to 1-2 hours per day. Encourage your kids to be physically active during the time they just gained by turning off the screens. The options of things to do are endless, so be creative. Organized sports is one option, but so is walking the dog or cleaning their rooms. The important thing is that they get up and move.

The Ohio Afterschool Network has this quote on their website... “Once upon a time, kids used to go home from school and go outside and play.” This does not have to be a fairy tale, but it does take the determination and consistency of a parent’s intervention to make the fairy tale a reality.



Are you looking for an activity that will teach your Cloverbuds about healthy eating? If so, check out the article provided in the Click it, Print it, Do it activity. Use the “Downsizing Food Portions” article at your next meeting and see how many of your kids can get the correct answers.



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EMPOWERMENT THROUGH EDUCATION

<http://www.ohio4h.org/ohio-4-h-cloverbud-connections>

How Clean are those Little Hands?

Bacteria hide all around us, especially on our hands. They are invisible but can multiply and make you sick. When kids play outside, play with their pets, or play with toys they come in contact with bacteria – millions of bacteria. By simply touching their eyes, nose or mouth they can become infected. Good hand washing is the best way to prevent germs from spreading.

☺ Teach your Cloverbuds how to properly wash their hands. Try this activity with your group of Cloverbuds:

- Step 1: Wet hands with warm water.
- Step 2: Add soap.
- Step 3: Lather for 15-20 seconds. Have them sing their ABC's.
- Step 4: Rinse.
- Step 5: Dry with a clean towel, paper towel, or hand dryer.

☺ Next, teach them when to wash their hands.

1. Before helping out in the kitchen.
2. Before eating.
3. After playing with pets or playing outside.
4. After blowing your nose, coughing, or sneezing.
5. After using the bathroom.

If hand washing is not an option because children are outside and away from a source of water, hand sanitizer can be used. Hand sanitizers should not be the first choice because if hands are soiled, the sanitizer will not remove the dirt from hands.

If your Extension Office has a hand washing kit, ask to borrow it. You may also want to show one of the following videos to the children.

Hand Washing Videos:

Hand Hygiene: The Dirt on Germs

Produced by: Eastern Ontario Health - <http://www.youtube.com/watch?v=hD5i3l99mac>

Germie the Germ Gets Washed Away

Produced by: Eastern Ontario Health - <http://www.youtube.com/watch?v=V7LUOFKESHu>

The Hand Washing Song

Produced by: The Puppet Lady 1 - www.youtube.com/watch?v=IrZL4reoEX4



http://www.scrubclub.org/assets/pdf/6steps_poster.pdf
Used by permission from Fight BAC! and the
Partnership for Food Safety Education.

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The Scoop on Healthy Snacking

Eating one or two nutritious snacks a day has several benefits for children. Snacks can give kids the nutrients they may be missing at meals, boost their energy, and keep them from getting hungry (and cranky) between mealtimes. Snacking between meals also helps them become more aware of when they feel full. Healthy snacking is all about timing, serving size and good nutrition.

Timing - Instead of letting children eat whenever they are hungry, schedule snack time at least 1 hour before mealtimes. An afternoon or morning snack will satisfy hunger without spoiling their appetite.

Serving Size - Children between four and eight years old need between 1200 and 1400 calories a day. Since the majority of these calories should come from meals, aim for snacks that are around 100 calories. Examples include:

- * 1/2 cup unsweetened applesauce with 1 graham cracker
- * 1 stalk of celery with ½ tablespoon peanut butter and 10 raisins
- * 3 cups lightly-buttered popcorn
- * 2 slices of turkey breast with 1 slice low-fat cheddar cheese



Nutritious - Choose foods with more vitamins, minerals and fiber and avoid foods that contain high amounts of fat, added sugars or sodium. Fresh fruits and vegetables, whole grains, low-fat dairy and lean proteins are all good options. Check labels on processed foods and go with baked, reduced-fat, unsalted and sugar-free options.

Encourage children to choose more nutritious snacks by modeling healthy eating, giving them a choice or just starting with a taste - it can take several exposures to a new food before a child will like it. Cut or sliced finger foods, fun shapes and individually wrapped snacks are also more appealing. Try following these tips and guidelines for healthier eating when serving snacks to young children.

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Cloverbuds with Food Allergies Welcome!

As the prevalence of children being diagnosed with serious food allergies continues to increase, it is very likely that you will need to better understand allergies and how to keep food-allergic children safe in a club setting. Cloverbuds may not fully understand their allergies, which makes it ever more important that you speak with family members to determine what accommodations need to be made. Whether it be refreshments at the end of a club meeting, the materials that you choose for craft projects, or the location chosen for a club field trip, you will need to carefully consider the allergies that your members may have in each of these activities.

Parents will likely list any special needs that their child may have on their 4-H enrollment form. Be sure to review enrollment forms carefully prior to submitting them to your Extension Office. Speak directly with parents who have listed an item of special need. Clarify any concerns that they may have, ask them to help you understand how this might impact their child's involvement in 4-H, and then what you can do to insure the safety of their child. Allow them to teach you what you need to know.

As you seek out resources, consider visiting the Food Allergy Research and Education (FARE) website at www.foodallergy.com. This website will prove to be a valuable resource in your journey to understand food allergies and insure that you provide a safe and enjoyable experience for all of your Cloverbuds – even those who happen to have food allergies! Additionally, you may contact Lisa McCutcheon (mccutcheon.46@osu.edu / 740.670.5315) in the Licking County Extension Office with questions.

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Campus Connections

Hello again! Great to make this Cloverbud Connection with you!

Parents are vital for 4-H Cloverbud success and a good source for help with the program. Make sure to keep parents of children informed and involved with meetings, events, children's activities, and the goals and philosophy of the 4-H program.

Some strategies to utilize for keeping parents involved might include:

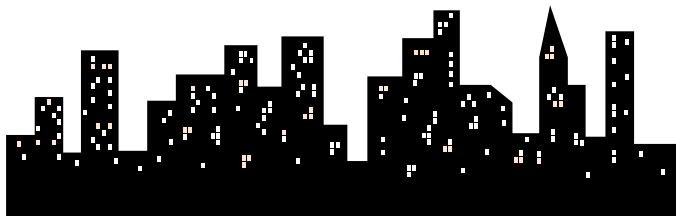
- 1) *An after-meeting popsicle social for parents and children, especially as the weather is getting warmer:* children play together while you update the parents on club events and volunteer opportunities.
- 2) *Parent participation in the 4-H Cloverbud activities:* to help the children learn about future career possibilities, invite parents to share with the 4-H Cloverbud members the ins and outs of their particular jobs (e.g., salesperson, waiter, nurse, homemaker, landscaper, farmer, etc.)
- 3) *First meeting parent involvement:* when starting a new 4-H Cloverbud club, make sure that one parent or guardian of every child attends the first meeting; that is a great time for the 4-H Cloverbud Leader to let parents know that 4-H Cloverbuds is interested in the healthy development of their child; invite them to future meetings and to consider helping out as a 4-H Cloverbud Club Assistant.

So do not forget about involving parents with your role as a 4-H Cloverbud Volunteer Leader. By increasing parental involvement, we are able to provide positive adult role models in a caring, safe environment that promotes skills for life.

Thanks for your commitment to the 4-H Cloverbud program as we enhance the healthy development of children throughout the state!

Scott D. Scheer, Ph.D.

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Snack Time

4-H club snack time is a great opportunity to educate Cloverbuds about serving sizes. Provide a nutritious, packaged snack to teach about serving sizes on Nutrition Facts labels. Here are some snack suggestions: flavored mini rice cakes and apple juice; snack crackers, cubed cheese and water; animal crackers and low-fat milk; or pretzels and mini carrots with fat-free ranch dressing for dip and water.



Before serving, ask the Cloverbuds, "How much food should we eat for our snack? What can we do to find out how much food will satisfy our hunger, but not make us overweight?" Then, discuss the Nutrition Facts labels on packaged foods. The amount we should eat is called a serving. The serving size is near the top of all Nutrition Facts labels. Help the Cloverbuds find the suggested serving size for their snack. Then, help them measure or count the appropriate amount onto their plate and into their cup. While the Cloverbuds are snacking, ask, "How many of you are going to look at serving sizes on foods at home?"

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Cloverbud Connections is published four times annually by OSU Extension in Monroe and Hocking Counties, providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

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