

News Notes to Parents

January 2022

How to Keep Kids Active in Winter

Anna Lorenzi, MPH, encourages families to get at least one hour of physical activity each day. Exercise is essential, no matter the season. It helps kids maintain strong muscles and bones, builds cardiovascular strength, reduces the risk of illness and improves mental health. Don't feel pressured to block off a full hour for exercise. Instead, aim for several 15-20 minute bursts of movement throughout the day – and keep it fun. Remember that most kids enjoy exercise more when it is part of a game. Incorporate movement into games like hide-and-seek or indoor tag and relay races. "That way, they're squatting and jumping and moving under and around things, so they're getting bodyweight exercise through play," Lorenzi adds. To help your kids avoid excessive, couch-bound screen time this winter, look for fun, simple ways to make movement a part of their everyday routines.

Indoor winter activities

Play video games that incorporate movement. Just Dance or Wii bowling – or games that get participants up and moving.

Incorporate dance parties throughout the day.

Put on a favorite song and dance!

Do a clean-up sprint. Encourage kids to declutter as many rooms as they can in 10 minutes.

Hold a scavenger hunt. Get kids moving throughout the house on a race to find items on search lists.



Outdoor winter activities

Take family bike rides or walks. Make sure you dress for the weather.

Make a nature collage. Collect interesting rocks, leaves and twigs in your yard.

Have backyard relay races.

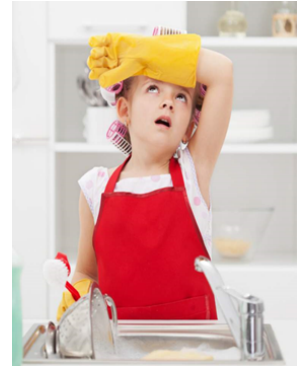
Enjoy the snow. Build a snowman or snow fort, and go sledding. Use spray bottles to "paint" the snow with food coloring and water.



11 ways to teach young kids the value of cleaning up - and get them to do it willingly!

Kids who start doing chores early are more likely to have relationship, academic and career success.

1. Toddlers may not be able to clean, but they can still help
2. Banish the concept of cleaning as punishment
3. Communicate why cleaning is important on a strictly hygienic level
4. Give them options
5. Keep it small and realistic (this is helpful for adults, too!)
6. Make it a family affair
7. Use a timer to "race" your kids in clean ups
8. Have your child factor clean up time into play dates
9. Implement 'Grandma's Rule'
10. Make allowance dependent on housework
11. Inspire your kids to declutter by letting them pick a charity



Read full article at: <https://nbcnews.to/3dEfoye>

Gluten-Free Chicken Nuggets

Before you
begin:
Wash your
hands

Ingredients:

- 1/4 cup brown rice flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Tablespoon vegetable oil
- 1 Tablespoon butter
- 1 pound chicken tenders, cut into 1 inch pieces

Instructions:

- Mix the flour with the salt & pepper in a shallow dish.
- Heat the oil and butter in a large skillet over medium-high heat.
- Dredge the chicken in the flour, shaking off the excess, and place each piece in the skillet.
- Cook the nuggets for 4 to 5 minutes, until the chicken is cooked through.
- Serve with your favorite dipping sauce.



source: eatright.org

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