Dear parent or caregiver,

By now, you may have received the third edition of the Community-wide Children’s Health Assessment & Planning Survey (CCHAPS) in your mailbox. You may have completed this survey in 2008 or 2012—or maybe even both years. We hope you will share your parenting knowledge and experience with us again. You can complete the survey in paper form, online or by phone. Your participation helps us understand the needs and experiences of children and families across the six counties we serve. The information will be collected and then shared with the community in the fall of 2015.

We hope the school year started smoothly for you. Fueling your children with healthy foods, encouraging physical exercise beyond their physical education class and making sure they get enough sleep are all important for a body (and brain) to function well.

Other important things that you can do with children include opening the channels of communication to discuss their day, school, friends and their concerns. Reading together can lead to increased opportunities to talk about issues and understand what your child may be experiencing. It also increases a child’s vocabulary and expands their world.

Please make sure to get your flu shots as recommended. Let’s make this fall season a healthy one by resting, playing and eating well!

Best wishes,

Larry Tubb
Executive Director
The Center for Children’s Health

Jackie Meeks
Director of Community Health Research
The Center for Children’s Health

Our Promise
Knowing that every child’s life is sacred, it is the Promise of Cook Children’s to improve the health of every child in our region through the prevention and treatment of illness, disease and injury.

To subscribe to this newsletter electronically, please send an email to thecenter@cookchildrens.org with the subject line “Subscribe to Health links.”
Fall is here!

In this issue, we’d like to focus on some key items that can improve the overall health in your household and also share some of the information you provided through the 2012 CCHAPS.

There are things you can do to help you and your children function better, feel better and improve overall wellness. Getting the right amount of sleep is a good start. Make sleep a priority by setting a schedule for bedtime. According to guidelines from the National Center for Chronic Disease Prevention and Health Promotion, newborns need 16-18 hours of sleep a day. Toddlers need about 12 hours of sleep a day. School-aged children need at least 10 hours a day, although teens may need a little less. Be a good role model and make sure you get 7-8 hours of sleep. Making sleep a priority may mean limiting TV time and making sure children are not over scheduled.

On the 2012 survey, we asked:

**How many hours of sleep did your child get yesterday?**

We also need to eat well and get plenty of fluids. Make sure everyone in the household drinks enough water. Sometimes we think we are hungry or craving food when what our body really needs is a glass of water. It’s also important to eat a balance of fruits and vegetables. Eating a rainbow of colors gives you a variety of minerals and vitamins. Be aware that fruit juice is no substitute for the real thing. It’s often too high in sugar. In addition, be careful of canned fruit in heavy syrup. If fresh fruit and vegetables spoil too quickly, try frozen varieties instead, which can be more affordable.

The Center for Children’s Health promotes the 5-2-1-0 program:

- 5 - Eat five fruits and vegetables a day.
- 2 - Two hours or less of screen time on the TV, computer or phone.
- 1 - One hour or more of physical activity.
- 0 - No sugary drinks, more low-fat milk and water.

On the 2012 survey, we asked parents about their child’s nutritional habits.

**How many servings of vegetables & fruit did your child eat yesterday?**
Parents – Pull this section out and share it with your kids.

Kids, this section just for you!

Let’s make this a healthy fall and holiday season. Here are some suggestions for some small changes you can make that will give you big results! Pick one in each category to start with.

**Sleep**

- Go to bed an hour earlier than you usually do—unless you are already getting the recommended hours of sleep.
- Remove distractions that might keep you awake like too much light, pets, eating late or having a TV/computer in the bedroom.
- Take a short nap during the day if you need one.

**Nutrition**

- Eat five fruits or vegetables every day. Try frozen fruit on pancakes or in smoothies. Frozen vegetables are great steamed or in soups.
- Cut back on fried foods. Anything fried is less healthy and higher in fat.
- Drink more water. Limit sugary drinks like fruit punch or soft drinks.

**Reading**

- Spend time reading together each evening. If you have several children, ask the older ones to help read to the younger ones for part of the time. Allow the younger ones to listen while you read to the older ones.
- Take a field trip to the library regularly so that the family can get new books.
- Listen to books on tape or sing together in the car.

YOU COULD WIN A PRIZE!

Complete the two activities in this insert and mail it to the address below to be entered to win a cool prize:

Cook Children’s
The Center for Children’s Health
801 7th Ave.
Fort Worth, TX 76104
Fun With Fruits and Veggies!

Identify the pictures below to complete the crossword puzzle.

Across
1. S T _ _ W B _ _ _ Y 🍉
2. L _ T _ U _ E 🍉
3. A _ _ L _ 🍎
4. P _ N _ A _ _ L E 🍎
5. C _C_M_B__ _ 🍓
6. S _ _ N_ _ H 🍎
7. T _ _ A T _ 🍎
8. P_A_H 🍎
9. C _ _ R_T 🍎
10. O_I _ N 🍎
11. O_A_G_E 🍎

Down
1. L_M_N 🍇
2. P _ _ P _ IN 🍎
3. W_T_ _ M _ L_ N 🍓
4. G_A_P_S 🍓
5. P_T_ _ O 🍓
6. M _ _ G_ 🍓
7. C _ _ N 🍓
8. B _ _ N_ _ 🍓

Name: __________________________ Age: ____________________________
Address: _________________________
It is very important for you to get a good night's rest!

Circle the things below that can keep you awake at night.
Tomato soup recipe

Here’s a healthy soup that’s quick and easy. For a creamy tomato soup without high fat, add almond, rice or soy milk.

Ingredients

- 1/4 cup olive oil
- 3 garlic cloves, diced
- 2 onions, medium diced
- 1 carrot, medium diced
- 1 lb ripe tomatoes, chopped
- 2 stalks celery, medium diced
- 1 head fennel, sliced
- 1 tbsp honey
- 1 tbsp balsamic vinegar
- 2 cups low sodium tomato juice
- 2 cups vegetable stock, gluten-free if needed
- 1/2 cup almond, rice or soy milk, optional
- Fresh basil leaves, for garnish

Nutrition facts*

Calories: 126
Fat: 7 g
Saturated fat: 2 g
Cholesterol: 0
Sodium: 188 mg
Carbohydrates: 15 g
Fiber: 2 g
Protein: 2 g

* Nutritional information is based on ingredients listed and serving size; any additions or substitutions to ingredients may alter the recipe’s nutritional content

Preparation

1. In a large pot, heat oil over high heat until hot. Add garlic, onions, carrot, tomatoes, celery and fennel. Stir to combine and sauté for 2 to 3 minutes or until vegetables have softened.
2. Add honey, balsamic vinegar, tomato juice and vegetable stock and cook 10 minutes.
3. Transfer to a blender and purée until smooth, or leave ingredients in pot and purée with an immersion blender.
4. For a creamy tomato soup, drizzle in almond milk, rice milk or soy milk while puréeing the soup.
5. Garnish with basil. Serve hot.

Yield: 8 servings

Nut allergy: If you have an allergy to nuts or nut products, read the packaging, labels, warnings and directions for all ingredients in this recipe to determine whether the non-nut ingredients in this recipe were manufactured in a plant that processes nut products. We recommend that you do not solely rely on our information. For additional information about a product, please contact the manufacturer.

For more healthy eating ideas, visit cookchildrens.org/checkup and look for the link to our Checkup kitchen.
Continued...Fall is here

Reading to your children is very important. It's never too early to begin reading to a child. With babies, use solid board books or picture books and sing or play peek-a-boo with them. With toddler and elementary-aged children, make reading a fun part of your bedtime ritual. When kids are older, trade off reading to each other or read the same book as your children so that you can discuss it together, or go to the movie version after reading the book. Not only does it let them know you consider reading to be an important skill, it also:

- Provides bonding time for a stronger relationship.
- Increases vocabulary and reading skills for improved academic abilities.
- Promotes logical thinking and concentration.
- Opens up a whole new world.

On the 2012 survey, we asked:

**How many minutes did someone in your household read to your child yesterday?**

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My mother snuggled me close most nights and we enjoyed reading aloud at bedtime. When I was young she read to me, and as I got older we alternated the role of reader. Reading together is a way for parents to give attention, show love and encourage curiosity for life. Books are also a great way to teach life’s lessons.

Below are books I enjoy and have read with my family and friends. There are so many more, but I hope you give these a try.

“Two Hands to Love You” by Diane Adams
“The Chronicles of Narnia” (There’s more than The Lion, the Witch, and the Wardrobe!) by C. S. Lewis
“Poems to Learn by Heart” by Caroline Kennedy
“The Day the Crayons Quit” by Drew Daywalt
“James and the Giant Peach” by Roald Dahl
“Cloudy with a Chance of Meatballs” by Judi Barrett

Happy fall,

Jackie Meeks
Director of Community Health Research, The Center for Children’s Health