



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

warrenchd.com

Duane Stansbury, R.S., M.P.H.
Health Commissioner

WCHD Prenatal Clinic

Are you expecting? The WCHD's Prenatal Clinic could be a great option for you and your unborn child.

We accepted uninsured patients on a sliding scale fee, which is based on your household income.

We accepted Ohio Medicaid, Care Source, Molina, Paramount, and Buckeye. We also accept private insurance as well.

For more information, please call the prenatal Clinic at 513-695-1262 and make an appointment today.



BACK TO SCHOOL MEAL TIPS

It's that time of year again! Rushing from home to school to practice can be a lot. Sometimes it seems like there is not enough time in the day.

As you drop your kids off you realize you forgot to feed them breakfast. Making sure your kids start the day off right with a healthy breakfast is so important. Our brains function on 90% glucose. When we sleep, we burn calories and carbohydrates. We need fuel when we wake up so we can conquer the day!

Several studies suggest that eating breakfast may help children perform better in school by improving memory, alertness, concentration, problem-solving ability, test scores, attendance, and mood. By skipping breakfast, we narrow our

opportunity to take in vital nutrients. Those who eat breakfast tend to have diets rich in fiber, calcium, zinc, iron, and vitamins A and C.

Kids and teens that eat breakfast are less likely to be overweight. Those that eat breakfast tend to have healthier cholesterol levels, stronger bones, better digestion, and improved metabolism. The key to a healthy breakfast and really all meals is to pair a high-fiber carbohydrate, such as oatmeal or whole-grained bread, with high-protein items such as milk/yogurt or eggs.

Make sure to pack a healthy lunch as well. This will ensure that the kids have the energy and brain power to get through the rest of the day.



Be sure to encourage water consumption, especially over soda or juices. Try and limit sweets and choose healthy options at least 80% of the time. Try to ensure your child is eating the healthy foods you packed before eating the sweets.

Maybe save the sweets for an at home treat after school.

If you are not sure how to put all this together go to www.myplate.gov for help.

Packing lunches can be fun and healthy. It is also a great way to spend some time with the kids every day.

If you have additional questions, please contact Bri Higgins, our Dietician, at 513-695-1477.

GROWING UP DIGITAL

In a world where children are "growing up digital," its important to help them learn healthy concepts of digital use and citizenship. Here are a few tips from the American Academy of Pediatrics (AAP) to help families manage .

- Make your own family media use plan: media should work for you and your family



- Set limits: set reasonable limits for your family
- Be a good role model: teach and model kindness and good manners online
- Value face-to-face communication: engage in back-and-forth "talk time" with your family
- Don't use technology as an emotional pacifier:

media can help in keeping kids calm and quiet, but not the only way to calm down

- Warn the kids about the dangers: once content is shared it can not be removed or deleted
- Kids will be Kids: they will make mistakes, be there to help them

