

Families

Matters!



The Health Risks of Soda Pop

Kids are heavy consumers of soft drinks and are guzzling soda pop at unprecedented rates. Carbonated soda pop provides more added sugar in a typical 2-year-old toddler's diet than cookies, candies and ice cream combined.

Advise for Parents:

Don't bring pop into the house. If it's not a choice, it won't be an issue.

Set aside special occasions when a soda pop is OK, like at a baseball game or a party, but not as a daily routine.

Never serve pop with meals.

When ordering in restaurants, allow only milk or juice as the beverage.

Model the behavior you want your child to develop. You can't expect your child to want milk if you're drinking pop.

Make sure kids get at least 3 servings from the milk group each day.

Limit kids' 100% fruit juice to 4 to 6 oz per day.



What happens if you drink a lot of soda at a young age?

Obesity

Tooth decay

Caffeine dependence

Weakened bones

Diana McPeck

Family Center Health Manager



Five Ideas for TV-Free Family Fun...

Want to spend more time away from the television and together as a family? Here are five fun ideas for family activities that don't involve the television!!!!!!

1. Read books together: On a TV-free night, pull out a big stack of books and let your kids pick the stories that will be read that night. You could even go down to the library after dinner for story time, or meet up at a friend's house and read stories together in your pajamas.
2. Put on a Play: Try acting out one of your favorite stories together, such as Cinderella or Sleeping Beauty. Many kids have a natural talent as actors and actresses, and they love to dress up in costume too.
3. Go Outside: A nice walk around your neighborhood is a great way to spend the evening.
4. Sing and Dance: Put on your favorite music. Use wooden spoons, pots and pans and a few dried beans in an empty water bottle for instruments.
5. Bake Cookies: Baking with your kids is fun, as well as a great opportunity to see the magic of fractions at work as you measure ingredients. The best part is gathering together to eat warm cookies with milk before heading to bed.. Parenting Resources by Michelle Carchrae

Fremont County Family Center
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SCHEDULE OF REGULAR EVENTS

(Please call the Family Center 269-1523 for more information)

Baby playgroup

10:00-11:00 a.m. Tues. & Thurs

Baby playgroup meets two times a week and space is limited to 8 babies per group.

Toddler/Preschool playgroup

10:00-11:00 a.m. Mon, Tue, & Thurs.

Toddler/Preschool playgroup meets 3 times a week with capacity for up to 8 children at each session.

Car Seat Check - 1st, 3rd & 4th Thursday
2-4PM

Infant Loss Support Group

6:30-8:00 p.m. 4th Wednesday

GED - 12:00-3:00 p.m. Monday & Tuesday

Looking for childcare?

Licensed Childcare Referrals 296-6118

WELCOME
New EHS Home Visitors

Barbara Goetz
&
Marletta McAnally



The Wind



No matter if there's rain or sun
The wind can come to have
some fun
It sometimes changes to a
breeze
Or blows so hard it makes you
sneeze
It blows my kite and swirls
around
And makes the leaves come
tumbling down
It spreads the seed of all the
flowers
And huffs and puffs for hours
and hours
Name unknown

CHP+ is low-cost health insurance for Colorado children and pregnant women, Starpoint's FCFC is now an application assistance site so call us if you have any questions!
719-269-1523

Family Reading Time
Reading to your child can be such a rewarding time for all members of the family. Set up a few minutes each night to read with your child. The Canon City and Florence Public Libraries encourage this family ritual, and have many activities for you and your child (ren) to share together. Contact the libraries for dates and times of scheduled activities.
Canon City: 269-9020
Florence: 784-4649



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