



# Helping Hands for Families



## What kind of SCREEN TIME is healthy for young children?

Young children need interactions with real people and 3D objects to learn language and keep up with healthy development. However, parents do not need to completely avoid screen time. Interacting with your toddler around screens is the way to go!

Dr. Heather Kirkorian, UW-Madison Human Development and Family Studies, shares the following recommendations:

- **Watch and play together.** Toddlers learn from interacting with adults. Rather than handing your toddler the tablet or your smartphone, sit down with your child and talk about the game, ask questions about what you see on the screen, dance to a song together, and take turns.
- **Connect to the real world.** "Screens are just one piece of your child's education," explains Kirkorian, "Extend concepts that were introduced on a screen to everyday life. For example, if you saw a short video about the zoo, take your child to the zoo or play zoo with her stuffed animals. Maybe your child traced the alphabet using a tablet; now point out letters on street signs or in books. This helps kids connect what they see on screens to real life."
- **Use carefully.** Background television (TV that is on all day) is the most harmful type of screen time for children and should be avoided because it distracts kids from learning through play, observation, and conversation. "Turn off screens when not in use, keep them out of bedrooms, and consider watching adult television shows when kids are asleep," says Kirkorian.
- **Content matters.** Not all media content is created equally. Young children do not benefit from fast or flashy shows or apps. Toddlers learn best from video or app content that reflects their own kinds of experiences, clear story lines that they can easily understand, and slow-paced interactions so they have time to process what is happening.



Don't forget to consider adults' screen use, too. "Kids are more likely to act out when parents are distracted," says Kirkorian. "Model healthy behavior with your phone or other screens. Have some screen-free zones or times, like mealtime, when you focus on each other rather than a screen."

For tips on parenting young children, visit UW-Extension's [Parenting the Preschooler](http://fyi.uwex.edu/parentingthepreschooler) website <http://fyi.uwex.edu/parentingthepreschooler> or contact Sue Allen, Marquette County Family Living Educator, [susan.allen@ces.uwex.edu](mailto:susan.allen@ces.uwex.edu) or 608-297-3139.

Marquette County  
Family Connections  
Coalition

Volume 10—Issue 2  
Spring 2015

Marquette County Health  
Department  
608-297-3135

Marquette Early Learning  
Center & Head Start  
608-296-2141 x 2114

Marquette County  
UW-Extension  
608-297-3141

Family Health WIC  
1-920-787-5514

Marquette County  
Human Services  
608-297-3124

Childcaring, Inc.  
1-800-628-8534

Marquette County  
Economic Support  
608-297-3124

WorkSmart Employment  
& Training Services  
608-355-4806

Westfield School District  
Family/School Liaison  
& Guidance Program  
608-296-2141

Montello School District  
608-297-7617

**SAVE THE DATE!**  
**Saturday May 9th**  
**10am-2pm**  
**MARQUETTE COUNTY**  
**FAMILY**  
**ADVENTURE DAY!**  
**Montello High School**

## Yogurt Popsicles

If you have a blender, you can make yogurt popsicles!

16 ounces (2 cups) plain yogurt  
16 ounce package of frozen fruit  
(peaches, strawberries, etc.), **thawed**  
2 Tablespoons unflavored gelatin (it  
is near the Jello at your store)  
Paper cups  
Plastic spoons or popsicle sticks



Drain liquid from a 16-ounce package of defrosted frozen fruit. Put the fruit in a saucepan. Add a tablespoon of unflavored gelatin. Heat slowly, stirring until the gelatin dissolves. Place this in a blender with 16 ounces of plain yogurt (2 cups). Blend together. Pour into paper cups. Insert plastic spoons as handles. Cover with foil to keep handles in place and freeze.

Recipe from UW-Extension; Parenting the Second and Third Years: Months 31-32.

## B.I.T.E. into a Healthy Lifestyle



National Nutrition Month is a nutrition education campaign sponsored by the American Dietetic Association. Healthy eating and routine exercise are needed all year round, and sometimes a friendly reminder is needed. Be kind to your body with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices.

Well-nourished and active children and teens grow, develop, and learn better.

As a parent, grandparent or adult caregiver, you can help to raise healthy eaters during these critical years by doing your best to incorporate the following:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods
- Provide calm, pleasant meal times where adults and children can talk together
- Allow children to use their internal signals to decide how much and what to eat
- Explore a variety of flavors and foods from different cultures and cuisines
- Share an appreciation for healthful food, lovingly prepared and shared with others
- Make simple food safety, like washing hands, part of every eating occasion
- Teach basic skills for making positive food choices away from home

The theme is "Bite into a Healthy Lifestyle," focusing on taking one "bite" at a time into new territory and allowing it to become a new habit before taking the next "bite."

**B**=Balance. Balancing your plate by filling it with more vegetables and fruits.

**I**=Invest. A healthy lifestyle is an investment you make in yourself and your family every day.

**T**=Transform. Take your food quality to the next level by opting for local produce and organic, if you can.

**E**=Enjoy. Find ways to make being healthy fun and enjoyable!



# Head Start

## Pre-School

### Taking Applications

### for Children Ages 3-4

### in Marquette County

### for the 2015-2016

### Program Year.

Marquette County Head Start Center:  
Includes Montello, Packwaukee,  
Westfield, Oxford, Endeavor, and  
Neshkoro areas.

**No cost for families who qualify.**

Call **today** to schedule an  
appointment to complete an  
application. **Space is limited.**

**Also Enrolling for**  
**Early Head Start Program**

Serving pregnant moms and children ages 0-3.

(608) 296-2141  
Ext. 2217



<http://www.facebook.com/>

CAPServicesEarlyChildhoodDevelopment

[www.capservices.org](http://www.capservices.org)