

wellness newsletter



August 2013

see the signs



Creative Benefits, Inc.
strategies to insure your success

Most children have no idea how they are supposed to see. So when words look like this, they assume everyone sees the same way they do. Imagine how frustrating that would be.

Children with uncorrected vision or eye health problems can face a variety of barriers. They can suffer academically, socially and athletically.

Vision doesn't just happen. A child's brain learns how to use the eyes and see, just like they learn to walk and talk. If a vision problem goes undiagnosed, the child has to find other ways to compensate.



- Can't see things in a distance
- Squinting
- Trouble learning to read
- Sitting too close to the TV

August is Children's Eye Health and Safety Month.



Here are some signs that your child may have eye problem:

- Constant eye rubbing
- Extreme light sensitivity
- Trouble focusing
- Poor visual tracking
- Eyes don't line up
- Chronic redness or tearing

Before the school year starts, make sure that in addition to the routine physical and immunizations, you have your child's eyes examined.

Source: www.kidshealth.org

happiness happens month

The Constitution only gives people the right to pursue happiness. You have to catch it yourself.

— Benjamin Franklin

medic alert foundation



The MedicAlert Foundation started in 1953. Linda Collins, the 14-year daughter of Dr. Marion Collins, cut her finger and went to the hospital.

Standard protocol was to perform a skin test before giving Linda a Tetanus injection. Within seconds she went into anaphylactic shock. The incident nearly killed her.



Source: www.medicalert.org

Thereafter, her parents would attach a note to her coat or make a paper bracelet describing her allergies. Linda came up with the idea of engraving a silver bracelet with her allergy information.

Today the MedicAlert Foundation continues to provide its services to 2.3 million members in the United States and another 1.7 million members worldwide.



back to school



- Re-Establish School Routines
- Set Up Time & Place for Homework
- Plan Healthy Lunches and Snacks
- Physicals - Vaccines - Eye Exams
- Check Dress Codes
- School supplies
- Wall Calendar
- Clothing Essentials
- Shoes
- Backpack
- Lunch Box
- Alarm Clock
- Keep Your Receipts



Source: www.webmd.com

healthy kids



Sometimes the scale doesn't matter. If your child isn't active enough and doesn't eat well, a healthy weight doesn't always translate to being fit and healthy.

Here are some simple steps that will help you to build healthy habits for your child:

- Make sure they are active at 60 minutes a day. They need to break a sweat!
- Fill half their plates up with fruits and veggies.
- Give them water not sugary drinks.
- Be sure they get plenty of sleep.
- Limit screen time, including computers, phones, TV and video games.
- Remember, they follow your lead. Set a good example.

pizza roll up



Ingredients

- 1 8-inch whole-wheat flour tortilla
- 2 tablespoons prepared pizza sauce
- 12 leaves baby spinach
- 3 tablespoons shredded part-skim mozzarella



Preparation

1. Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top. Microwave on High until the cheese is just melted, about 45 seconds. Carefully roll the tortilla up. Let cool for 10 minutes before slicing into pieces, if desired. Pack the slices in a medium container.

Tips & Notes

- Cover and refrigerate the pizza roll-up for up to 1 day.
- Serve with additional fruit and veggies

Source: www.delish.com

make it fun



Use cookie cutters to make food fun and build your own cracker sandwich!



It can be simple, like this peanut butter and banana wrap!

Finger foods like pretzels and yogurt covered raisins offer easy variety!



Source: www.bettycrocker.com