

NEW!

Don't miss out on these FREE classes in Edinburg & La Feria!

EDINBURG, TX
Endowment Center
107 N. Sunflower

Zumba

8:00 a.m. - 9:00 a.m.
Monday, Tuesday,
Wednesday, Thursday,
Friday

Zumba

6:00 p.m. - 7:00 p.m.
Tuesday, Thursday,
Friday

LA FERIA, TX
Veterans Memorial Park Sports
Complex
904 Pancho Maples Dr.

Walking Club

6:30 p.m. - 7:30 p.m.
Monday, Wednesday,
Thursday

Exercise Class

7:30 p.m. - 8:30 p.m.
Monday, Wednesday,
Thursday

FREE CLASSES!



LA FERIA, TX
Sunflower Estates Community Room
404 Lion's Villa Ave.
Mondays | 10 a.m. | 6 weeks

Classes start: 7/30/2018 | Classes end: 9/03/2018

Classes meet once a week for 1 ½ hours to cook, discuss, and learn together. Everyone leaves each class with recipes and groceries to practice new cooking skills.

For more information, visit: <http://rgvsaludyvida.org/>

YOUR HEALTH MATTERS!

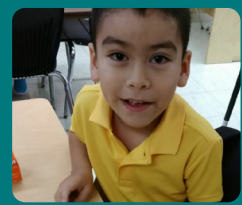


HEALTHY CHILDREN



This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-ED).

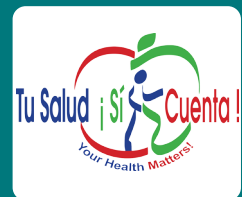
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Developing Healthy Habits: Newborn – 3 year olds

HEALTHY EATING

Newborn – 1 year old: Breastfeed. The more you can the better.
9 months old – 1 year old: Healthy to be chunky.
2 – 3 years old: Not healthy to be chunky. Children should begin to stretch out and become thinner as they lose the baby weight when given solid healthy foods such as fruits, vegetables, fish and lean meats.

BE ACTIVE
 It's best to have them playing outside, using their creativity.

Limit the time they spend watching TV or on phones and **no screen time at all for children younger than 2 years old.**

Remember, breastfeeding is always the best start for your baby.



STAY POSITIVE
 Reward your child for good behavior and ignore negative behavior. Give children space to explore and make mistakes. **Show them and tell them you love them.**

Don't be afraid to ask for help! Your pediatrician and parenting classes can offer a lot of support.

Source: Dolly Lucio Sevier, MD

Graphics: Vecteezy



ESLI CEBALLOS

“As a mother of a six year old, it’s important that my son eat fruits and vegetables. It can sometimes be hard, but I explain to him that he needs to eat healthy if he wants to do well in sports.”



“I use sports heroes that my son admires to inspire him to make healthy choices, and tell him that if he wants to be a good soccer player, he needs to eat things that are good for him. This has helped him be more open to eating different and healthier foods.”

HEALTHY RECIPE: CANTALOUPE ICE POPSICLES

Source: The Happy Kitchen | La Cocina Alegre



INGREDIENTS:

- 1 lime
- 1 small cantaloupe*
- 1/3 cup honey
- 1 teaspoon fresh mint leaves, finely chopped

Popsicle molds and sticks**

PREPARATION:

- 1) Cut the cantaloupe in half, remove the seeds and peel.
- 2) Puree the flesh in a food processor or blender together with the honey.
- 3) Add the finely chopped mint leaves.
- 4) Squeeze the lime and add its juice to taste.
- 5) Pour the mixture into the popsicle molds and leave in the freezer for 1 hour until they begin to set.
- 6) Place a popsicle stick in the middle of each popsicle and put back in the freezer until completely frozen.

* You can also make this with other fruits, like watermelon.

** To make your own popsicle molds, use small paper cups with wooden popsicle sticks.



MYTH: “Not all women can produce enough milk.”

This can be caused by introducing formula too early. Wait until the baby is 1 month old before introducing formula, but breast is always best!

MYTH: “I need to be on a special diet.”

Foods, such as broccoli, spicy foods, etc. don't affect your baby. Generally, mothers can eat what they normally would with no harm to the baby. Of course, a healthy diet with lots of fruits and vegetables is best for mama!



MYTH: “I can't drink alcohol or beer.”

In moderation, but don't pump and dump your milk, just wait 2-3 hours after drinking before breastfeeding. If the alcohol is in your blood, then it is in your milk.

If you need breastfeeding support, contact:

Texas Breastfeeding Support Hotline: 1-800-514-6667
Infant and Family Nutrition Agency: (956) 561-6455

Myths about Breastfeeding



MYTH: “My milk comes out spoiled.”

Human milk always comes out fresh and cannot spoil in your breast.

MYTH: “I can overfeed my baby.”

Babies eat at different times and will let you know when they are hungry. Your body and your baby's body know when it's time to eat. It is more likely to overfeed your baby with formula. Breast fed babies may nurse more often at first than formula fed babies but it is perfectly healthy.

MYTH: “My breasts will sag.”

Breastfeeding does not cause your breasts to sag. With pregnancy, your nipple changes whether you breastfeed or not and your breasts will go back to normal.



All pregnancies are different. Be sure to speak with your doctor about the best plan for you and your baby.