



# Wellness NutrItion Fun FaCts

August 2011

**WABA • World Breastfeeding Week**  
**1-7 August 2011**

## Talk to me!

### Breastfeeding Is a 3D Experience

World Breastfeeding Week is celebrated every year from August 1 to 7 in more than 120 countries to encourage breastfeeding and improve the health of babies around the world.

This year's theme recognizes the importance of communication in supporting and encouraging mothers throughout their breastfeeding experience and giving them the information they need to be successful.

When we look at breastfeeding support, we tend to see it in two dimensions: time (from pre-pregnancy to weaning) and place (the home, community, health care system, etc). But neither has much impact without a THIRD dimension - communication!



To learn more about the World Alliance for Breastfeeding Action (WABA), go to:

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

Email: [wbw@waba.org.my](mailto:wbw@waba.org.my)

### Tips to Maintain a Healthy Smile

- Brush your teeth twice a day
- Floss every day
- Avoid soda
- Eat healthy foods
- Visit your dentist every 6 months
- Drink fluoridated water



South Dakota Department of Health WIC Program

## How to Keep Your Kids Active

It can sometimes be difficult to keep your kids active. Here are some tips to help them stay active and things to remember when planning activities for them.

1. **Choose the right activities for your child's age**—If you choose activities that aren't suited for their age, the child may get frustrated and/or bored.
2. **Give your child plenty of opportunities to be active**—Your kids need you to provide times and places to keep them physically active.
3. **Keep the focus on fun**— Your kids will not do something that they don't enjoy.

### Age-Based Activities

**Preschoolers:** Kids this age need activities that help them to develop their motor skills. Activities that are good for kids this age are: kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a bike, freeze dancing, or running obstacle courses.



**School age:** Since kids going to school are spending more time sitting, they will have more energy to burn! Activities that are good for kids this age are: traditional sports (baseball, basketball, etc), biking, hiking, and any other outdoor activity!

**REMEMBER:** Set a good example for your kids by staying active and keeping physical activity a part of your family's daily schedule!

## **COOK'S CORNER:**

### Fruit Smoothie

3 cups ice  
1/2 cup 100% fruit juice  
1 cup cut-up fruit or berries  
1/2 cup yogurt

1/2 cup milk  
1 banana



1. Put all ingredients in a blender and blend until smooth.
2. Pour and serve.
3. Change the fruit and yogurt flavors to whatever you have available or want to try!!