

**Ages 3-5:**

- Take children to museums, theaters, and other cultural events or activities to expose them to new things.
- Follow children's lead in which activities interest them.

**Ages 6-11:**

- Allow children to have one or two regular out-of-home activities that are led by caring adults.
- Teach children to balance their time so they gradually learn how to avoid getting too busy or too bored.
- Volunteer in programs and activities for children, such as sports, clubs, religious activities, music, or others.

**Ages 12-15:**

- Have a regular family night to do something fun together, and encourage others to do the same.
- Help young people to look for positive, stimulating activities that match their talents, interests, and abilities

**Ages 16-18:**

- Encourage teenagers to be involved in at least one activity that may continue into their adult years.
- Help teenagers think about how the time they spend on different activities helps or hinders them in reaching their goals.
- Volunteer in programs or activities for older teenagers. Take time to get to know the young people involved.

From *Pass It On! 150 Tip Sheets for Asset Builder, Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 800-888-7828; [www.search-institute.org](http://www.search-institute.org)*

### Do you eat meals together with your children?

The benefits could be much greater than you might imagine! According to a 2000 White House report in conjunction with the White House Conference on Teenagers: "Raising Responsible a Resourceful Youth", indicates that youth who do eat dinner regularly with their parents were:

- less likely to smoke
  - less likely to report having been in a serious fight
  - less likely to have had sex
  - half as likely to have attempted suicide
  - have higher grade point averages
  - more likely to intend to go to college
  - less likely to have ever been suspended from school
- compared with youth who do not eat dinner regularly with their parents.

## WIC Offices

### Changes in the WIC Offices

Just to let you know what is going on in the WIC offices in District 4.

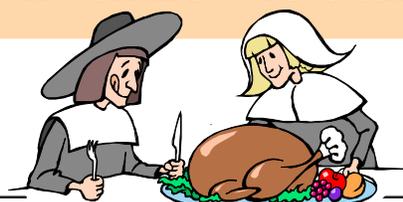
The Boise office still has a waiting list for children over the age of 1. We are currently not giving appointments to families who are applying if their child is over 1. We will take the application and add the child to the waiting list, then contact the parent when an appointment comes available. If a client misses a scheduled appointment or cancels within 2-hours, they will also be added to the waiting list.

Mountain Home has a new look. There has been an extensive remodel going on in the Mountain Home Health Department and it looks great. Health Department staff offices also have a new look. There are new restrooms, new meeting rooms and a new lobby.

The Cascade WIC clinic has been closed. All clients in Valley County will now be served in the McCall office located at 703 North 1<sup>st</sup> Street. If your next appointment needs to be changed because of this relocation, please call Vickie as soon as possible at 634-7194.

If you would like to know more about any of these changes, please contact your local WIC clinic.

Happy Holidays from the entire WIC staff!



## Physical Activity & Play - All It Takes Is 30 Minutes to Feel Better



Many people experience stress, anxiety and/or depression during the holidays. **30 minutes a day** of physical activity and play can help improve one's mood and increase feelings of well-being. Shorter periods of physical activity count. The 30 minutes do not need to happen all at one time: it can be two 15-minute sessions or 3 – 10 minute activity breaks. Try looking for simple ways to add activity to your day:

- Climb stairs when shopping instead of taking an elevator or escalator.
- Dance to a song - enjoy some holiday music!
- Go for a walk - go caroling or look at holiday decorations. If it is too cold to walk outside, try walking somewhere indoors like the mall.
- Drive to a place where you can go sledding or play in the snow.
- Exercise while watching a festive holiday show on television
- Participate in an activity or class at your local YMCA.

## WIC Recipe

### Peanut Butter Chews

- ¾ cup peanut butter
- ¾ cup dry milk
- 1/3 cup honey
- 1-cup oatmeal or ready-to-eat oatmeal
- ¼ cup raisins
- 1-teaspoon vanilla

Mix together all ingredients and form into balls. If desired, balls may be rolled in wheat germ, coconut or nuts.

Optional: Melt chocolate chips and dip balls into it.

From University of Idaho, Expanded Food and Nutrition Education Program.