



He is SO CUTE

BUT is he healthy?

Of course, he is cute, adorable, and precious. However, is this a safe practice? Most likely, no. But this is an all too common occurrence in many houses. It may be climbing into the refrigerator, or crying for candy in the grocery store. Children will reach out, cry, and test the patience of Mom or Dad. Sugar-heavy treats can cause problems from obesity to dental decay. Once introduced to candy, soft drinks, or processed foods, children will choose, even demand these items over healthier choices.

Parents, caregivers, and teachers must share the responsibility of guiding children toward healthier choices. In a study by Joanne Galst of Farleigh Dickenson University, children were found to make healthier choices after being introduced to healthier foods and with **reinforcement from an adult involved in the introduction**. Contento, Basch, and Zybert studied a group of mothers who repeatedly chose high sugar and high fat foods and beverages for their children thinking that a chubby baby is a healthy child. Childhood obesity is now a serious threat for our nation's children as documented by the CDC.

Healthy choices do not start with the child, but with the parents and caregivers. A child will love an apple or grapes instead of candy and soda when offered at an early age. Go on, try it.

Can you spot the serious problem in the fridge?

After 2 years of age, all children should be drinking low-fat milk. "Regular" milk is filled with FAT and SUGAR and results in **less calcium** for the developing child.

References

<http://www.cdc.gov/HealthyYouth/obesity/facts.htm>

<http://www.jstor.org/pss/1129492>

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