Wendi Walker, Nutrition and Transportation Coordinator

Nutrition

Tips for a "Choosy" Eater

"Choosy" eating is common among preschoolers. Your child may eat only certain types of foods. He or she may play at the table and not want to eat. Don't worry. As long as your child has energy and is growing, he or she is most likely eating enough.

How to Cope with a "Choosy" Eater

1. Consider what your child eats over several days. Most children eat more variety throughout the week than in one day.
2. Trust your child's appetite. Don't force him or her to eat everything on the plate. Making a child eat when he or she is not hungry may encourage overeating.
3. Stay positive. Avoid calling your child a "picky eater." Children believe what you say.
4. Offer healthy choices for your child to choose from. For example, "Would you like broccoli or carrots for dinner?"
5. Set reasonable time limits for the start and end of a meal. Remove the plate quietly. What is reasonable depends on your child.

Ways to Encourage Your Child to Try New Foods

1. Offer one new food at a time. Start small. Let your child try small portions of new foods.
2. Be a good role model. Try new foods yourself. Describe the taste, texture, and smell.
3. Offer new foods first. Your child is most hungry at the start of a meal.
4. Be patient, new foods take time. It may take 10 or more tries for a child to accept a new food.
5. Cook and garden together. These activities make new fruits and vegetables fun.

Catalina Torres, Parent Involvement Coordinator

Around Town

ILLINOIS WELCOMING CENTER – AUNT MARTHA'S Health and Wellness - is a comprehensive center for the integration of immigrants and refugees in Illinois. IWC's innovative model eliminates systematic barriers that immigrants may have in approaching services. IWC have connections to: medical services, behavioral health services, health insurance assistance, care coordination, intake assessment, education/workshops, case management, and legal assistance. IWC refers to health specialty services, housing assistance, food assistance, legal assistance, education assistance and employment training. Call for more information (708) 910-4342, or visit 1536 Vincennes Ave., Chicago Heights, IL 60411

SPANISH COALITIN FOR HOUSING (SOUTH) may be able to help you if you are struggling with mortgage payments due to hardships. Call (773) 933-7575 or visit www.SC4Housing.com to see if you qualify/or to attend an information session. Their location is 9010 S. Commercial Ave. Chicago IL 60617

ASTHMA RESOURCES LINE - For questions about asthma or asthma resources, call 1 (833) 327-8462

ACCESS COMMUNITY HEALTH NETWORK offers primary healthcare for the whole family. The Network accepts most insurance carriers, Medicare, Medicaid, sliding scale fees, and patients without the ability to pay will not be denied services. They have several locations in the Cook County area. To review services and locations visit www.achn.net. Call 1 (866) 267-2353 for an appointment

PRAIRIE STATE COLLEGE will offer an information session about the Healthcare Vocational Certificate Courses. In only three months you can get a certification in one of these courses: Clinical Medical Assistant, Dialysis Technician, Health Unit Coordinator, Medical Administrative Assistant, Medical Billing/Coding Specialist, Medical Central Services, and Pharmacy Technician. There is no cost to attend the information session but you need to register by calling (708)709-3750 or email psceducation@prairiestate.edu