

Fall 2021

# Healthy Carroll Families



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**The Partnership**  
for a Healthier Carroll County





Welcome to Healthy Carroll Families for Fall 2021.

Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family- based approach to healthy living. We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from our website,

**HealthyCarroll.org.**

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families. We look forward to hearing from you.

ThePartnership  
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# STAY ACTIVE WITH YOUR FAMILY THIS FALL

Fall and cooler weather doesn't mean the end to an active family life. Keep yourself and your kids moving and enjoy the beauty fall brings at the same time. Carroll County is rich in opportunities to get outside and be active with your family.

## VISIT A CORN MAZE

Corn mazes are an easy way to log several miles with your family. Your family will love working together to find their way out. Chasing your kids in and out of the maze will get your feet moving. Use your problem-solving skills to find the finish line together. There are several mazes located right here in Carroll County to enjoy.

[CornFusion Corn Maze](#) – Manchester, MD

[Ruppert's / Doran's Chance Farm, Inc.](#) – Marriottsville, MD

[Carroll County Agriculture Center Corn Maze](#) – Westminster, MD

[Local Homestead Products](#) – New Windsor, MD



## WALKS AND BIKE RIDES

Enjoy the beauty of fall in your neighborhood by taking regular walks or bike rides with your family. Take a leisurely walk after dinner around the block or visit a walking trails in our community. Join our [Walk Carroll](#) walking clubs to walk on a regular basis and meet new people.

### WALKING TRAILS

[Westminster Community Pond](#) – Westminster, MD

[Wakefield Valley Park](#) – Westminster, MD

[Leister Park](#) – Hampstead, MD

[Sandymount Park](#) - Finksburg, MD

[Freedom Park](#) – Sykesville, MD



**BIKE TRAILS** - [Carroll County Bike Map](#)



## PUMPKIN AND APPLE PICKING

Pumpkin patches and apple orchards are full of fall splendor. Whether you're lifting giant pumpkins or climbing apple trees, you'll be getting exercise. Bring the whole family and gather healthy fall foods or walk the fields to choose the best candidate for your family jack-o-lantern.

### PICK YOUR OWN

[Baughers Orchards & Farm Market](#) - Westminster, MD

[Ruppert's / Doran's Chance Farm, Inc.](#) – Marriottsville, MD

[Local Homestead Products](#) – New Windsor, MD



## HIKING IN FALL

Bring your whole family and enjoy the fall foliage together by taking a hike. Challenge your kids to search for different plants or animals along the way. It's a great time to get some exercise and enjoy a nature scavenger hunt. Carroll County has plenty [hiking trails](#) to enjoy.

There is still time to complete the **Carroll County Park Trails Passport**.

Take a walk at each of the 12 Carroll County park trails listed, answer the question and check your box off at each site. Mail your completed passport to The Partnership by [October 31st, 2021](#) for a chance to win a combined prize of a Fitbit and a 2022 Piney Run Park season pass.

Click the link for the [Carroll County Park Trails Passport](#)



# Fall Back into a Routine

This year seems a little different going into the fall. We're going "back" to school after COVID, after summer, some are still working from home, and after all that's happening in everyone's lives, what is this supposed to look like? What is normal and how does it manifest itself in our everyday lives? Normal is different for every person. No two people are going to experience the same experience alike. When one person may feel anxious another may feel relieved, and both are okay feelings to have.

So, where do you start? You cannot go from zero to sixty in an instance. You will need to take your time, see what works for you and your family. Start with something easy AND controllable and move from there. Maybe starting with small things like a scheduled bedtime, or an evening walk together, or maybe to increase your water intake, things that are easy and controllable.

It's also VERY okay for you to go easy on yourself and your children. The pandemic was a collective trauma, and the long-term impact is still unknown. We do know that rates of anxiety and depression have been higher in children and teens as their usual structure, guidance, and coping mechanisms have been upended. There are some measures you can take to do what's needed to help children cope.

Keeping a close eye on the mental health and social-emotional wellbeing of children will allow you to provide the emotional support needed. Being around people again and having a more structured schedule may increase anxiety, especially for children worried about getting sick. Being able to anticipate them can make it easier to develop ways to help children cope with any anxieties that may arise. Practicing reframing negative thoughts as more positive ones can be helpful to do in advance.

Everyone reacts to stress differently, but some common factors may indicate a child in your care is struggling. Some signals may include sudden or unexplained physical pain; excessive worry, sadness, or fear; and an inability to concentrate or constant distraction. If you notice any of these reactions, there are many resources; you can reach out to your child's school, or you can find behavioral health resources at [healthycarroll.org/behavioral-health-directory/](https://www.healthycarroll.org/behavioral-health-directory/).

Source: [https://www.sosillinois.org/tips-for-a-smoother-back-to-school-transition/?gclid=Cj0KCQjwpreJBhDvARIsAF1\\_BU3GKEcNM6Vr7a6ajL4gJAiOZ6AntUhPTPQGa-nl5aoBBJFqgVE6BkEaAvD3EALw\\_wcB](https://www.sosillinois.org/tips-for-a-smoother-back-to-school-transition/?gclid=Cj0KCQjwpreJBhDvARIsAF1_BU3GKEcNM6Vr7a6ajL4gJAiOZ6AntUhPTPQGa-nl5aoBBJFqgVE6BkEaAvD3EALw_wcB)



## Be Our Guest We're On Our Way

October 18, 2021

6:30 p.m. Community Presentation:

Tailored for community members, educators,  
students & parents



**Guest Speaker**

Kevin Hines  
Brain Health Advocate  
& Storyteller

**Carroll Community College - Scott Center**

Mandatory Masking

1601 Washington Road, Westminster, MD 21157

Registration required - [Click Here](https://www.healthycarroll.org) to register or visit [HealthyCarroll.org](https://www.healthycarroll.org)





## HELP YOUR CHILD ADJUST TO WEARING A FACE MASK

### 1. Explain to your child why face masks are important

Start by educating your child on why wearing a face mask is important to help prevent the spread of COVID-19. Use age-appropriate language to talk to your child about coronavirus.

### 2. Normalize face masks through play

Give your child a mask for their favorite stuffed animal, sew a matching mask for a doll or draw masks on characters in coloring books.

### 3. Provide fun and colorful mask options

Have your child help choose a design, so they feel a part of the process.

### 4. Ensure your child's mask fits correctly and comfortably

Making sure your child's mask fits correctly and comfortably will help prevent them from fidgeting with it. A face mask should fit over your child's nose and mouth and be secured under their chin.

### 5. Enlist your child's help

Designate your child as the family "mask monitor." When leaving the house, have them check that everyone has their mask available.

### 6. Practice wearing a mask

Whenever you introduce something new into your child's environment, it can help to practice and slowly get them comfortable with the change. Before bringing your child out in public in a mask, practice putting on the mask and wearing it for short periods around your home.

### 7. Model healthy behavior: Wear your own mask!

"They will notice how you talk about face masks and how you react when wearing one – and they will follow your lead."



text4healthytots

## Sign Up for Text4HealthyTots

Are you a parent of a preschooler? Sign up for Text4HealthyTots and the University of Maryland Extension will send you about 2 messages a week with ways to try fruits and vegetables and be active together.

[www.text4healthytots.com](http://www.text4healthytots.com)

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EXTENSION



## INSECTS ON A LOG



Servings: 4

Ingredients:

- 4 celery stalks, washed
- 1/2 cup creamy peanut butter or sunflower seed butter
- 2 Tablespoons raisins
- 2 Tablespoons apricot bits or 6 dried apricots sliced into mini "worm-like" pieces

Directions:

Cut each celery stalk in half to make eight pieces.

Spread the peanut butter in each piece of celery. These are your "logs." On top of the peanut butter, sprinkle the raisins ("baby ants") and apricots ("worms" or "larvae") straight from their measuring spoon. Serve two Insect-Infested Logs on each plate.

Source: <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart>