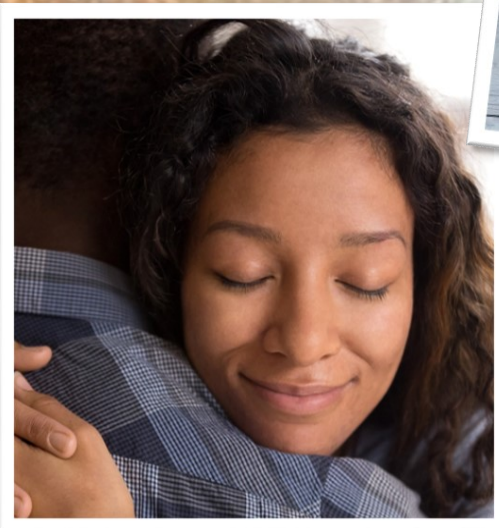
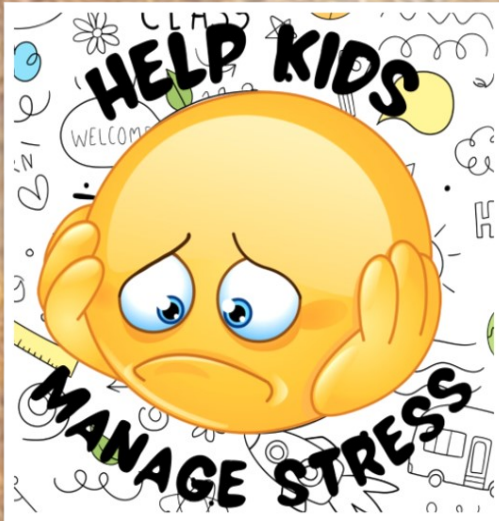


Fall 2022

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County

Welcome to Healthy Carroll Families for Fall 2022. 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
@healthycarroll.org
410-871-7645

10 TIPS ON BACKPACK SAFETY & ERGONOMICS



1. Choose a backpack with wide padded shoulder straps.



2. Wear both shoulder straps to prevent shoulder alignment issues.



3. Never overpack! Backpack should never weigh more than 15% of your body weight.



4. Always lift your backpack by squatting down and using your legs to lift, not your back.



5. Look for backpacks with a waist and chest belt to better distribute heavy loads.



6. Position the backpack below your shoulders and above your hips.



7. A backpack with multiple compartments can better distribute the load.



8. Encourage your child to remove their backpack when waiting in line or standing for a long time.



9. Every few weeks, clean out your backpack for unused items that may be weighing you down.



10. Look for backpacks that stand upright when placed on the ground.

Source: Ergonomic Trends— ergonomictrends.com / Original Illustrations by Kate Lite



GOING BACK TO SCHOOL IS EXCITING FOR SOME, BUT FOR OTHERS IT MAY CAUSE STRESS AND ANXIETY.



25+ COPING SKILLS ACTIVITIES TO
HELP KIDS MANAGE STRESS



Fun Box Lunches

Looking for something different for your kids' school lunches. Think about bento box type lunches. These lunches, that include a few smaller portions of different fruits, vegetables, grains and protein foods, give your child's lunch more variety and allow them to participate in picking what they like. You can prep the different foods to be offered and allow your child to pack their own lunch the night before. The sectioned lunch boxes are available but not required. You can use small storage containers or sandwich bags.

Some ideas to include are:

- Grapes, strawberries, or blueberries
- Turkey or ham pinwheels
- Cucumber and cream cheese rolls
- Cheese crackers (goldfish)
- Cheese cubes
- Mini pepper slices
- Celery with cream cheese or peanut butter* with raisins
- Broccoli, carrots, snap peas
- Chicken or tuna salad with crackers
- Yogurt, granola and berries
- Homemade Uncrustables
- Veggie-loaded pizza rollups



EXERCISE IS KING. NUTRITION IS QUEEN.
PUT THEM TOGETHER AND YOU'VE GOT A KINGDOM.

JACK LALANNE

*Be aware of your child's school policy for peanuts, peanut butter and other foods that cause severe allergic reactions.

DAILY EMOTIONS CHECK-IN

P Pause and breathe for a moment.



A Ask yourself how you feel.



S Say the emotion words out loud or write them on paper.



T Think about your feelings. Sit with them and let them be.



A Ask yourself what you need. Say or list what could help you move forward.



We have big feelings and it's important to address them as we see them. Especially on school mornings. Getting ready in the morning can cause stress and anxiety, or excitement. But sometimes there's sadness. Sadness can be a mom putting their child on the bus for the first time, we're ready to see our children fly, but it's hard to let them go. You're likely accustomed to being with your child for most of their day. You have been the staple in their life since birth and now, it's time to start letting go. But don't worry. Your child will be equally as excited to bound off the bus and run into your arms as you'll be to greet them. Then there's pride. Your tears on the first day of school will likely be a combination of sadness at realizing your child is growing up mixed with pride over this same fact. Excitement can be masked as other emotions, but most children love to experience new things. Though your child will most likely be extremely excited to share the details of their first day, don't be surprised if they feel a little overwhelmed. School is a monumental time in your child's life but it's also a big change for you. Be prepared to experience a wide range of emotions from pride and excitement to worry and sadness. This is normal, as are all the feelings your child will go through. But in the end, school is where your child will begin to discover who they are and who they're meant to be. And that's a pretty exciting concept.

Adapted from *That First Day of School Is Full of Big Feelings for You & Your Kid* by April Sutphen, 2018.

HOW TO ENSURE A SAFE HALLOWEEN FOR EVERYONE

Consider decorating pumpkins with markers, glitter glue or paint instead of carving them.



Never leave lit candles unattended inside pumpkins. Consider using flameless candles.

Always walk with a group and never trick-or-treat alone.



Masks can limit vision, choose face paint instead.



Have everyone in the group carry a lit flashlight and wear visible clothing.



Ensure your walkway is clear and well lit, and your pets are safely locked away.



Make sure your children know to walk on the sidewalks and only cross streets at designated corners.



Inspect the candy your child collects for open packages or expired items.



Attach reflective patches to dark colored costumes and clothing to ensure you can be seen by cars.



Put a name tag with your child's contact information on the inside of their costumes and ensure they know where the tag is located.

Only trick-or-treat in your neighborhood or familiar areas, and at houses with porch lights on.



When driving, ensure you slow down, watch for children and be aware that some people may be hard to see.

Source: Tutor Doctor - [0a73276d79a00bdab0b294171209fcf6.jpg](https://www.pinning.com/pinimg.com) (564x846) (pinimg.com)

5 GREAT Fall Fitness Tips

EAT SMART



Adopt a healthy diet that includes nutrient-dense foods from all food groups.

TAKE A WALK

30 minutes of walking is great for your heart - and your waist line.



LEARN A NEW SPORT OR HOBBY

Learn to play pickleball or take golf lessons. Explore a new hobby such as archery, rock-climbing, paintball - the sky is the limit.



STICK WITH IT

Most folks quit a new activity within 30 days. Be an exception, not a statistic.

TACKLE SOME YARD WORK

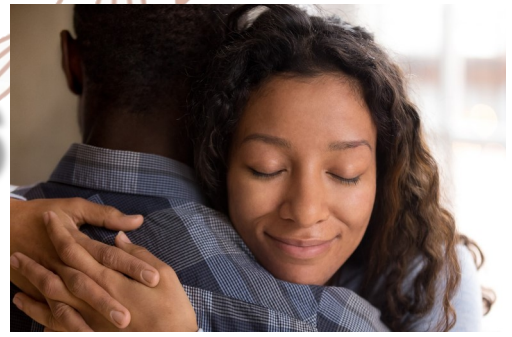
Raking leaves is a great calorie burner.



The Power of Thanks

It is easy to get caught up in life's hustle and forget all of the blessings bestowed upon one's life. As Thanksgiving approaches, it can be a good time to pause and recognize all of the wonderful things in your life.

Living a life of *thankfulness* and *gratitude* can improve your life in the following ways...



- **Enhanced Health** – Grateful people tend to take better care of themselves and are thankful for the health they have been given. Knowing you are in better health can make it easier to sleep at night, reducing stress.
- **Increased Self-Control** – When a challenging situation occurs, being able to stop and think of something you're grateful for can enhance your ability to make a wiser decision.
- **Improved Happiness** – Grateful people are happier. Individuals who are grateful tend to be happier because they experience less volatile emotions. When we shift our mind to gratefulness, happiness follows spreading positivity and smiles.
- **Deeper and Enhanced Relationships** – Gratitude has the power to deepen your social bonds and connections with others. It can enhance your ability to form and nurture relationships, as well as, your appreciation for others which creates improved relationships along the way. When you're more grateful and generous to the people who you care most about, your relationships improve and deepen.
- **Greater Satisfaction** – Grateful people are more satisfied with their lives because they focus more on the blessings they have instead of the things that they lack. Simply saying thank you can bring a sense of satisfaction.
- **Motivation** – When you say "thank you" to someone, they feel that you appreciate what they did for you. Saying "thank you" is a powerful motivator for others to keep helping you again and to pay it forward as well.
- **Creating an Impact** – When you support and encourage others it creates a positive effect all around. It is important to continue practicing gratefulness so that one can focus more on opportunities than the failures. Gratitude is an emotion that's worth cultivating as it will make your life better, in doing so your relationships will thrive, and you will shine from the inside out as your life becomes richer, not with money, but with things that money can't buy.

Source: <https://fmidr.com/gratitude/>

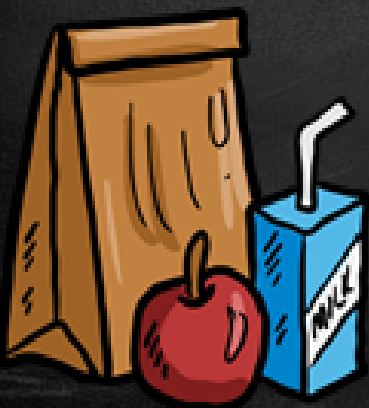
HOMEMADE UNCRUSTABLES

INGREDIENTS:

4 slices soft sandwich bread

2 tbsp nut butter

2 tbsp jam



Lay two pieces of bread on a cutting board. Spread the peanut on both sides of the bread. Add the jam to one piece of bread. Place one piece of bread on top of the other. Gently press down on the sandwich. I find this helps bind the bread and spread out the crust, causing less breakage. Using a crustables cutter or a sandwich cutter press down with the outer sandwich cutter and remove the leftover crust. Then gently press down on the inner sealer or with a fork, to seal the bread together. Go slow with this part so you don't break the bread.

Flavor Combos:

- Nut Butter and Jam
- Turkey and Cheese
- Nut Butter and Honey
- Cream Cheese and Jam
- Hummus and Avocado
- Nut Butter, Banana, Honey and Chia Seeds
- Apple Butter and Ricotta
- Nutella and Strawberries
- Avocado and Grated Hard-Boiled Egg

A Walk in the Park Halloween

October 18th – 2:00 p.m.

Leister Park

4134 Black Rock Road, Hampstead, MD 21074

Park Walk / Story Stroll

Fun Games

**Costumes
Encouraged**

