

National ECELC Newsletter

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Lets Move!* Child Care goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team



May is the Month of Celebrations!

Written by: Adaobi Nwoka, MPH

Reviewed by: Kevin Cataldo, MS

Tips for Using the Food Label

May is a month full of celebrations like graduations, cookouts, Mother's Day dinners and so on. If you plan to cook meals during this season, learning how to read and understand food labels can help you make healthier choices for you and your guests. Here are some tips from the American Heart Association for making the most of the information on the Nutrition Facts label.

Step 1: Check servings and calories. Look at the serving size and how many servings you are actually eating. Look also at the calories on the label and compare them with the nutrients they offer.

Step 2: Know your fats

Look for foods low in saturated and *trans* fats, and cholesterol, to help reduce the risk of heart disease. Fat should be in the range of 20% to 35% of the calories you eat.

Step 3: Reduce sodium (salt); increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. To meet the daily potassium recommendation of at least 4,700 milligrams, consume fruits and vegetables, and fat-free and low-fat milk products that are sources of potassium including: sweet potatoes, beet greens, white potatoes, white beans, plain yogurt, prune juice, and bananas. These counteract some of sodium's effects on blood pressure.

Step 4: Eat less sugar. Foods with added sugars may provide calories, but few essential nutrients. So, look for foods and beverages low in added sugars. Read the ingredient list, and make sure added sugars are not one of the first few ingredients. Names for added sugars (caloric sweeteners) include sucrose, glucose and high fructose corn syrup.

Resources for Providers



Celebrate Screen-Free Week!

On May 1-7, children, families—whole schools and communities—will rediscover the joys of life beyond the screen. Plan to unplug from digital entertainment and spend all that free time playing, daydreaming, creating, exploring and connecting with family and friends! One great way to unplug is reading books! Screen Free Week is also Children's Book Week! See more details >>>> <http://www.screenfree.org/>

Resources:

[American Heart Association](#)

[Health.gov](#)

[Everyday Health](#)

Questions?

Please contact your State/Local Project Coordinator or ECELC at Nemours
ecelc@nemours.org

Allergy Tips for Outdoor Play

We all know the saying “April showers bring May flowers”. Although we all love flowers, the seasonal allergies can really make outdoor play unbearable for both you and your child. As a result, you may be reluctant to let him or her play outside. Here are some steps you can take to help keep your children's allergies under control and outsmart common allergens.



Allergy tip #1 Detect allergy triggers. An important part of managing allergies is identifying and avoiding allergens — the substances that cause an allergic reaction. By identifying which seasons will be problematic, you can take steps to avoid these allergens and start allergy medicines just prior to the season, so the reactions your child does experience are less severe.

Allergy tip #2 Mark your calendar. Pollen seasons are usually anticipated around this time of the year. So if you know that you're allergic to grass, weeds, or other outdoor allergens, find out when the season starts in your area. Once you know, you can prepare.

Allergy tip #3 Check the weather. Information about your local pollen level is available on the [Internet](#) or in your local paper. If pollen counts are supposed to be particularly high on a given day, try indoor activities. Pollen counts tend to be highest in the mornings or during dry, hot and windy days. In general, if your kids suffer from seasonal allergies try to plan outdoor activities for later in the afternoon or after a heavy rain, when pollen counts drop.

Allergy tip #4 Change your child's clothes. During pollen season, your child's clothing and hair could be covered with pollen. Have your children change their clothes and take a shower after being outdoors. This can help remove allergens from skin and hair. Wearing sunglasses can also help protect children's eyes and reduce uncomfortable symptoms, like redness or itching.

Allergy tip #5 Be prepared. Being prepared for an allergy attack can help parents relax and allow their kids to venture out for some fresh air. Talk to your child's allergist about what to do if he or she experiences an allergy attack. Some children may benefit from taking medication before heading outside to prevent allergy symptoms. Others may need to keep a fast-acting treatment with them.



Nemours is currently funded by the Centers for Disease Control and Prevention (CDC) under a five-year Cooperative Agreement (1U58DP004102-01) to support states/localities in launching early care and education learning collaboratives focused on childhood obesity prevention. The views expressed in written materials or publications, or by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

