

Start your morning right!

Breakfast is an important meal of the day.

Eating first thing in the morning helps your child to be more alert during the school day.

In fact, kids who eat breakfast are more likely to do well in school and have healthier weights.

Here are some easy and quick breakfast ideas:

- Whole wheat toast with peanut butter and a banana.
- Oatmeal topped with walnuts and strawberries.
- Mixed cereal – mix several high fibre cereals and add some fruit.

- Poached egg(s) and cheese with a slice of whole wheat toast.
- Smoothie made with fruit, yogurt and milk.
- Whole grain English muffin with an apple and glass of milk.

If you run out of time in the morning encourage your children to take breakfast on the go. Try to find a breakfast that works best for your family and start everyone's day off right.

For more information and breakfast ideas please visit www.albertahealthservices.ca

This month's featured recipe...

Basic French Toast

4 eggs, lightly beaten
2/3 (125 mL) cup low fat milk
8 slices firm whole wheat bread
4-5 tsp (20-25 mL) margarine

Directions:

1. Combine eggs and milk in a pie plate; beat with a fork until well blended.
2. Dip bread slices into the mix to coat each side.
3. Melt 1 tsp (5 mL) butter or margarine in a frying pan over medium heat. Brown each side of bread until it is cooked through. Serve immediately or freeze for later use.

To reheat frozen French toast slices:

Put in the toaster *or*
Microwave on high for 30 to 45 seconds *or*
Place in the oven at 400°F for 10 minutes



Watch, discuss, reinforce

Teaching your children to be 'media wise'

By watching advertisements with your child, and engaging in meaningful discussion, you can help your child to recognize important strategies that will teach them to be media wise.

Use these discussion starters as an opportunity to reinforce your family values and show children how to think critically about what they see, hear and read.

Remind them that, in the end, they have the ability to make their own choices.

Following the viewing of an ad that shows beautiful people having fun, ask:

- What did you like best about that ad?
- What did you notice about all of the people?
- Do you think that is the way most people look?
- Do you think that the ad is really showing you



Teaching your children how to be media wise helps them understand the plethora of messages they receive from advertisers and other programming on television.

what it would be like to use their product? Why or why not?

- Why do you think advertisers use beautiful people in their ads?

For more information about this topic, visit www.longlivekids.com.

Seal out tooth decay!

Sealants help to prevent cavities on the chewing surfaces of your child's back teeth. They are made of a clear or tooth-coloured plastic material.

They don't require any drilling or freezing and cost much less than a filling. Ask your dentist or hygienist about sealants.

