



March 2024 Issue



The Butterfly Brief

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March is National Nutrition Month

Welcome to March! March is National Nutrition month and Agape Heart2Heart wants Agape families to thrive on the power of food and nutrition.

Whether it's starting the day off right with a healthy breakfast or fueling before a sporting event, the foods you choose can make a real difference.

Read on to find out more about Nutrition and Milestones Matter with Ms. P!

Blessings,

Agape Health & Wellness Team

Smart Food Choices Matter

March is National Nutrition Month and Agape Heart2heart wants you to thrive on the power of food and nutrition!

Whether it's starting the day off right with a healthy breakfast or fueling before a sporting event, the foods you choose for yourself, and your family can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste.

Health Tips:

1. Eat Breakfast. Start your day with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Yes veggies!

2. Make half of your and your child's plates Fruits and Vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals, and dietary fiber to your plate.

3. Watch Portion Sizes. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.

4. Be Active. Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week.

5. Get to Know Food Labels. Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

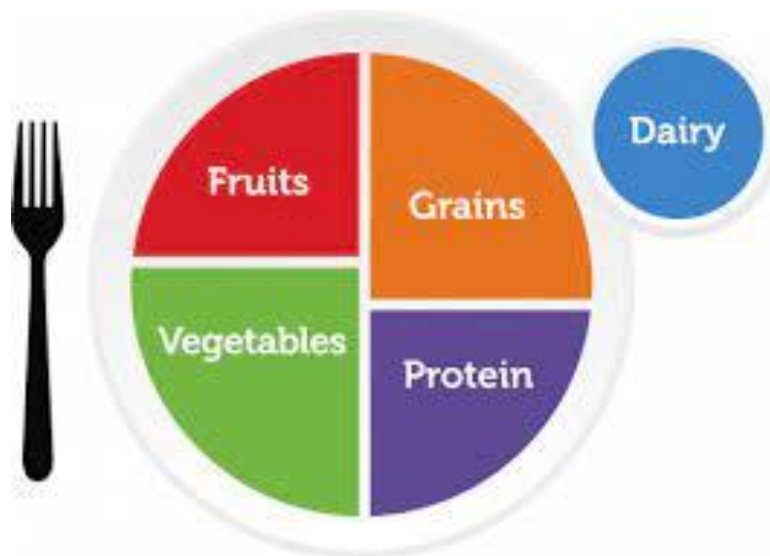
6. Fix Healthy Snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.

7. Consult a Registered Dietician Nutritionist. Whether you want to lose weight, lower your health-risks, or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines. Reduce your chances of getting sick with proper food safety. This includes regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. Drink More Water. Quench your thirst with water instead of drinks with added sugars.

10. And....Make an Effort to Reduce Food Waste. Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days.



Milestones Matter w/ Ms. P




Dear Parent:

Happy March!

We are marching our way through the Milestones and have arrived to staring in the eyes of our 1-year-old or 12-month-old toddler. Gone are the coos and sweet spit bubbles. Bring on the tantrums, the tumbles, the words, and the birthday cake! Keep in mind that every baby develops at her own pace. Please always consult with your pediatrician and your baby's teacher to monitor milestone progression.

Grow with Love,

Ms. P 

12-Month Old Milestones

Social and Emotional Development: At one year, your young toddler will begin to show more signs of social and emotional awareness. Your child may suddenly start to be “clingy” with certain people, often Mom and Dad, and act shy or nervous with strangers as well as cry when Mom and Dad leave. Your toddler should also begin to be delighted by playing simple games like patty cake or peek-a-boo.

Language Development: Your young toddler still won’t know how to say many words—most likely "mama" and "dada" as well as a handful of other words— but he should understand far more and be able to follow simple instructions. He'll also try to imitate Mom and Dad.

Cognitive Development: It’s well known that toddlers at this age can be mischievous—it’s all a part of normal development. You’ll find that your toddler will explore his toys in new ways, throwing them or banging them to figure out how they work. You may also notice that out of sight no longer equals out of mind for your toddler, which unfortunately for Mom and Dad means no more simply hiding an item when you want a toddler to forget about it.

Movement and Physical Development: Some toddlers are walking by 12 months, but not all, so don't worry if your child isn't yet. At one year, most toddlers should be sitting up on their own, pulling up to stand, and cruising (walking with the help of furniture to keep their balance).



Note:

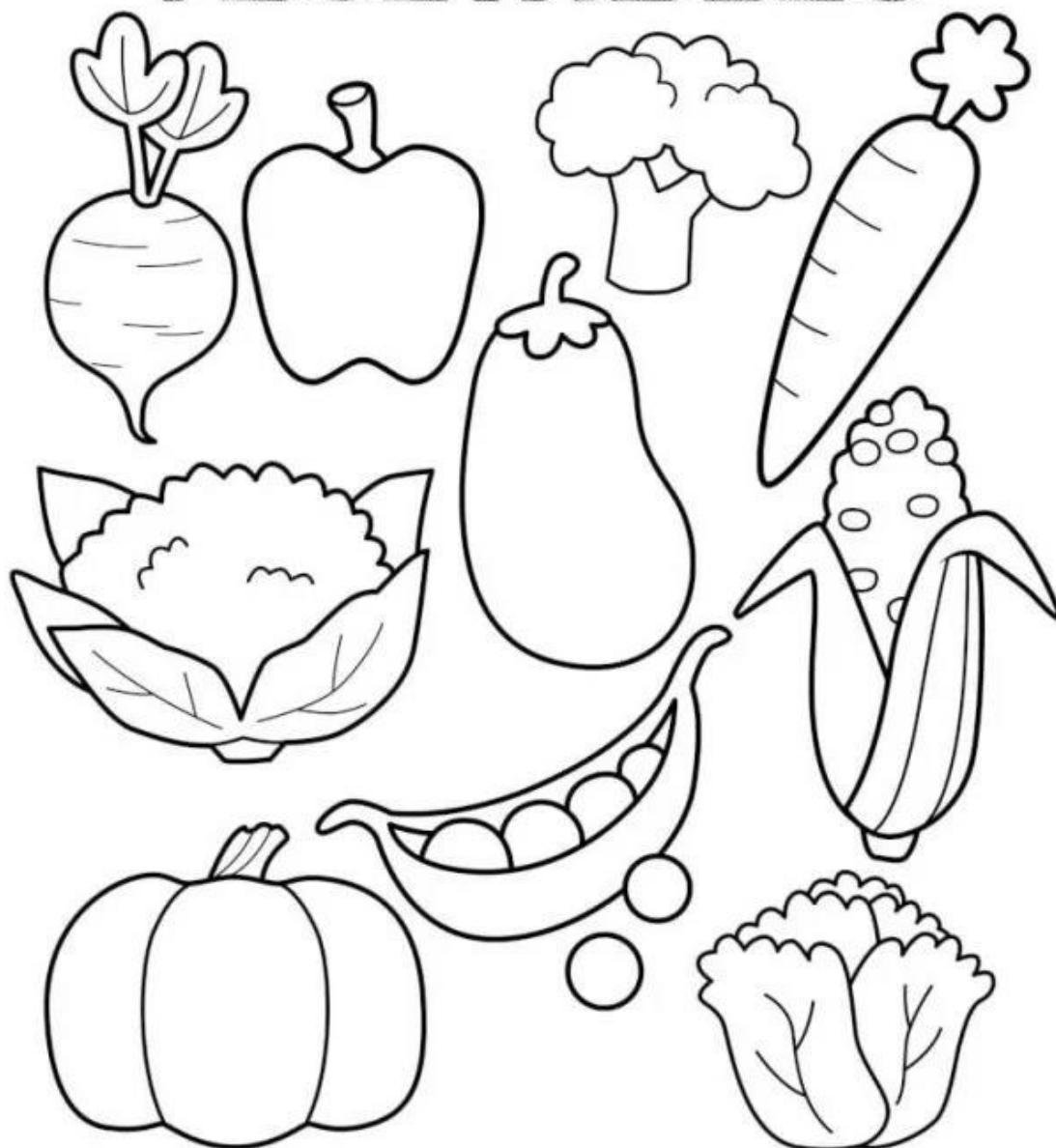
Developmental milestones generally fall into four categories:

- **Physical** (movement and the use of large and small muscle groups; gross motor and fine motor skills, respectively)
- **Social and emotional** (how a child identifies and responds to their own and others' feelings)
- **Cognitive** (a child's ability to learn new skills and understand increasingly abstract concepts)
- **Communication** (language acquisition, verbal skills, and the ability to understand language)

We have categorized the 12-Month Milestones in these categories for easy reference. (Source: Verywellfamily.com)

Coloring Activity Page

VEGETABLES



KEEP YOU HEALTHY!

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