



Alberta Home Visitation
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Message from the Provincial Director

Nutrition for All Makes a Healthy Society

By Lavonne Roloff

An apple a day keeps the doctor away, and other adages such as this, sprang to mind when I was considering the content of this issue on nutrition. March is nutrition month, and there will be campaigns to promote healthy eating for people of all ages, encouraging us to make good food choices. Consider creating some nutrition-focused challenges for your staff—best healthy snack, great menu suggestions or most nutritious potluck dish—to raise awareness in the office. We have some articles for parents related to common nutrition and feeding issues, such as picky eaters and snacking. There is an excellent resource list including links for Alberta Health Services, Dietitians of Canada and others. In addition, there are articles for staff/adults who are supporting families in making decisions about nutrition and being healthy, and are striving for their own work-life balance. We all need to consider eating habits as part of the way we achieve a healthy lifestyle.

When thinking about family and nutrition, you might consider the early childhood concept called **parallel process**. The relationship between the supervisor and staff parallels the relationship between the home visitor/family support worker and the parent/client. Through this process, the parent learns how to relate to their children. Staff can show parents how to be with their children by being that way with the parents.

With respect to nutrition, supervisors can model good eating habits (e.g. eat lunch regularly, share ideas for nutritious meals). Home visitors might bring suggestions to the parent/client regarding the importance of looking after their own health; they can discuss meal planning on a budget and ways to provide healthy meals. Parents can use information on when to introduce solids to their baby, provide nutritious snacks for their child and model good eating habits themselves. When there is a parallel process in place, there is a greater likelihood that the desired outcome will occur. In this case, we want our children to be healthy and capable of making good decisions about how they nourish their bodies. This happens by watching their parents and other significant adults in their lives make good food choices. It also comes about by encouraging children to listen to their bodies and determine what their body needs, as well as having good food choices available for them.

Take this time to examine how you are nourishing your body, caring for yourself and working toward balance in your life. Ultimately, if we take care of ourselves, we will function better in our families and society. ■

Lavonne Roloff is the provincial director of the Alberta Home Visitation Network Association (AHVNA).

Picky Eaters: Source of Frustration or Opportunity for Healthy Problem Solving?

By Christine Ateah

Parents of young children who are “picky” eaters are often concerned that their children may not be eating enough, and mealtimes can become a time of stress and frustration, especially if parents view their children as defiant or misbehaving. Parents are understandably concerned about nutrition, and it can be very frustrating to make a meal only to have your child push their plate away or refuse to try a new food! What’s a parent to do?

The Positive Discipline in Everyday Parenting Program (PDEP, Durrant, 2016) is built on the notion that children’s behaviour reflects their cognitive and physical development, as well as their temperaments. The program helps parents to focus less on the immediate goal (finish your food) and focus more on the long-term goals of establishing a warm and loving parent-child relationship while modelling values of respect and empathy. PDEP approaches conflict as an opportunity to problem-solve with your child.

To apply the PDEP problem-solving framework in the situation of a pre-school child who is reluctant to try new foods, the first step would be to think of all the possible reasons why this child might be refusing to eat. Rather than simply labelling the problem as ‘picky eating,’ the parent would think about the child’s developmental level and temperament. For example, she might be practising her new-found independence and figuring out her likes and dislikes. She might not yet have the vocabulary to explain that she dislikes the texture of the food, or that she isn’t hungry right now. Developmentally, growth slows considerably in early childhood and preschoolers need less food to eat until their next growth spurt. Temperamentally, this child might be fearful of trying new things, might not be hungry at the same time every day or might be sensitive to certain tastes. If a parent understands that what appears to us as ‘picky eating’ reflects young children’s cognitive development and that a child’s temperament can affect her eating patterns, the parent’s response is more likely to be empathic than angry or frustrated.



Once the parent understands why the child is not interested in eating right now, he would think about how to provide warmth (physical and emotional safety) and structure (respectful communication) to find a solution. For example, the parent could consider solutions that respect the child’s need for autonomy (e.g. encourage the child to identify foods she likes or would like to try; set out a range of foods that she can choose from), her temperament (e.g. involve her in preparing food so that she feels more comfortable with it; make healthy snacks available so she can eat when she is hungry) and her physical development (e.g. cut into small pieces in consideration of her small fingers and appetite).

When mealtimes become a battle zone, young children can start to connect eating with stress rather than learning to enjoy food and family time. Of course it is possible that some children may have an issue that should be checked by a

health care practitioner, but most of the time children figure out what foods they like to eat just in time for their growth spurts, and nutrition worries subside over time. Children want to enjoy time with their parents and parents want their children to be happy and healthy. Taking the time to understand how your child thinks and feels in moments of conflict will lead to a more empathetic approach to guiding them with warmth and structure.

To learn more about the PDEP program and its approach, and to download the parent book at no cost, please check the website:

<http://www.positivedisciplineeveryday.com/>

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What to Do When You Have a Snack-Obsessed Child

By Sarah Remmer

Is “Mommy, can I have a snack?” something you hear several times a day, most days? If it is, you’re not alone. Kids’ appetites tend to be all over the place—they often don’t finish their meals, can be selective with their food choices and may prefer “snack foods” over typical meal foods.

It’s also a lot easier to say, “Sure, you can have a snack” rather than “No, you cannot have a snack” which often results in a “hangry” meltdown.

With some patience and perseverance, you can definitely tame your snack-loving child and create a more manageable feeding structure. Here’s how:

Create more structure around meal and snack times

According to [Ellyn Satter’s division of responsibility of feeding](#), parents are responsible for the *what, when and where* of feeding, and children are responsible for *if and how much* they will eat. Therefore, it’s important that you establish some consistent structure around meal and snack times so that your child learns that eating isn’t a free-for-all, but rather, something that happens at intervals of about two to four hours apart every day (depending on age and growth spurt).

Babies and toddlers grow at a more rapid rate and have smaller stomachs, and therefore, require more frequent eating opportunities. By preschool age, a child’s growth slows a bit and stomach size increases.

At mealtimes, when my son tells me he is “done,” I reply, “Ok, that’s fine. As long as you’re listening to your tummy.” I then remind him that the

kitchen will be closed afterwards for a few hours until the next eating time.

Once your child knows that he will be given eating opportunities at regular intervals according to when you decide (not when he decides), he will be less inclined to ask all day long, and more inclined to fill his tummy a bit more at mealtimes. Creating structure around meal and snack times helps kids to learn self-regulation when it comes to their hunger and fullness.

You want to give your child the opportunity to become hungry—to know what that feels like—and then respond to it by eating until he’s comfortably full. This is self-regulation. Grazing throughout the day won’t give him that opportunity. It also creates a power struggle between parent and child when it comes to feeding, and this can disrupt daily activities and schedules.

Switch it up

Typical snack foods tend to be sweet or neutral in taste, and higher in carbohydrates, which appeal universally to young children (e.g. sweetened yogurt, crackers, fruit/veggie pouches, cereal, granola bars or fresh fruit).

These are all foods that can healthfully make their way into a snack rotation, but it’s important that kids are not eating less of their meals, “holding out” for their assured yummy snack they’ll be offered later. When kids know that yogurt and granola are their bedtime snacks every night, they will most likely hold out for that when dinner is less than appealing. They know, after all, that they can fill their tummy with yogurt before bed, so, dinner foods aren’t essential in their minds.

To break this habit, switch it up. Offer a snack at bedtime, only if there are more than two hours between dinner and bedtime. Inform your child that after dinner, the kitchen is closed until breakfast the next day. That way, she isn’t blindsided an hour later when she asks for a snack. An exception to this might be when your child is going through a growth spurt, and needs more food than she otherwise would.

For bedtime snacks, make sure to switch up what you offer so that you have five or six snack

options that you rotate through. This way, your child’s favourites aren’t always offered, and, she won’t “hold out” as strongly. You can give your child structured choice by asking, “Would you like to have warm milk with a bit of honey, or cottage cheese with banana?” Ultimately you are in charge of what’s being offered, and it’s not always the same thing. If your child refuses either option, calmly reply by saying, “Those are your two choices for snack tonight; you may choose one if you’d like, but there are no other options tonight.” The same goes for day-time snacks. Try to include one food that you know appeals to your child, but pair it with a food that she hasn’t tried in a while or has previously rejected.

Snack time should be fun and enjoyable, but it shouldn’t take over the day. In fact, if it happens too often, it could create or exacerbate picky eating tendencies. It’s important that snack foods are nutrient dense most of the time. They should include a source of protein, which will keep your child fuller and more satisfied until meal time rolls around again.

It’s also important to remember that everyone is different when it comes to eating, including kids. One four-year-old might be quite satisfied with three meals and only one snack, whereas another might need a snack in between each meal.

Establish a feeding structure that works for you and your child, with flexibility to accommodate changing appetites and growth spurts, but enough structure to teach your child how true hunger and fullness feel. This will encourage having a child who is more adventurous with new foods, and will discourage snacking free-for-all.

*Original article published on Sarah Remmer’s blog: <http://www.sarahremmer.com/what-to-do-when-you-have-a-snack-obsessed-child/>

Sarah Remmer, RD, is a pediatric registered dietitian who owns and operates Sarah Remmer Nutrition Consulting, a nutrition consulting and communications company based in Calgary, Alberta. Her website and blog (<http://www.sarahremmer.com>), contain practical tips and advice for parents and families on feeding and nutrition, as well as easy, nutritious recipes and recipe videos. [Follow Sarah on Facebook](#) for free advice, tips and family-friendly recipes.



Creating Stress-Free Mealtimes: The Feeding Relationship

By Jennifer House

Feeding struggles are common between parents and children of all ages. It is understandable that as a parent, you are concerned if your kid refuses to eat multiple meals in a row, or never wants to try a new food. So you enforce a “three-bite rule,” don’t offer dessert if dinner wasn’t consumed and bring out said refused dinner for bedtime snack. And how’d that work out? Not only does your child now seem to be eating less than ever, but there are tears. Fights. Tantrums on the part of both the parent and the child. And then you read that rules such as these can negatively affect your child’s eating practices for life, possibly leading to not only an even pickier

eater, but an unhealthy relationship with food. Potentially, this can result in disordered eating or weight issues as an adult.

Okay. So you stopped the struggle and fights. Maybe you decided to go to the other end of the spectrum: you prepare one of the three items you know your child will eat for dinner every single night, and if they want a snack they can have it whenever. Now that your child has the pick of foods he wants to eat, he seems to be eating more. But he certainly is not branching out to try new foods!

So what’s the ‘middle ground’ that actually works? Social worker and registered dietitian Ellyn Satter created the “division of responsibility.” It’s an excellent model for creating boundaries for feeding, while trusting that your child knows her appetite best and letting her choose how much to eat. If you are able to follow this concept (which looks easy, but can be difficult in practice), not only will you be less likely to have a picky eater, but also you will be raising a child who has a healthy relationship with food.



Here's how it works:

Parent's feeding responsibilities include when and where the child eats and what is offered to eat.

- **WHEN:** By one year, most children should be offered three regular meals in addition to a few snacks daily. The snacks should not be constant nibbles throughout the day, but at scheduled times, or your child will not build up an appetite for the next meal.
- **WHERE:** All family members, including babies and toddlers, will benefit from eating at the table with the family. It is dangerous for your little one to be eating while running around, and the family meal creates a child that is happier and does better in life. Studies show adolescents who have regular family meals are less likely to do drugs or drink alcohol, and they eat more healthfully and do better in school.
- **WHAT:** You are responsible for the foods that your child is offered to eat. The "ideal" meal includes a good balance of foods and food groups. This is the role that often the child will attempt to take over, creating a parent who becomes a short-order cook.

Child's feeding responsibilities include How much and if they eat!

- **HOW MUCH:** Allow your children (no matter their age) to take the lead role in eating. Their appetites can vary greatly from day to day. If you are able to relax about how much your child eats, you do not set up power struggles with eating. This is the hardest thing for many parents to 'let go' of. I assure you, it's not your job to simply get your child to eat their broccoli. It's your job to help them grow up with a healthy relationship with food.
- **IF:** Especially with babies, toddlers and preschoolers, it's a very common choice for children to eat nothing at all. Trust that your child is doing what his/her body is requesting. While kids do a good job of listening to their appetites, adults do not – and we want them to keep this skill as long as possible! ■

Jennifer House is a registered dietitian and nutritionist in Calgary, and owner of First Step Nutrition. Jennifer works with parents to help nourish their growing family with confidence. Find out more at www.firststepnutrition.com.

Coaching for Self-Care

By Janet Bennet-Brown and Beth Broad

Introduction

The following are the four coaching principles from Essential Impacts and when to use them:

Engage – The coachee is ready to explore.

Enlighten – The coachee sees the whole picture.

Empower – The coachee feels stuck, and then moves forward.

Excel – The coachee takes action.

The following is an example of a coaching conversation that might occur in the workplace. After reviewing the following conversation, do you agree that the suggested coaching tool or strategy, and the words that follow are in agreement? Is there something you might do differently?

Engage

A staff member came to me recently expressing her concerns around her work/life balance. She asked if we could spend a few minutes together to discuss this.

Early in the conversation, *I ask the coachee to identify her areas of concern.* After a few moments of reflection, her answer is: I feel imbalanced, have poor time management skills and poor concentration, am not sleeping well and feel fatigued.

I aim to narrow the coachee's focus.

I ask which particular struggle she would like to focus on today. I continue by asking her what outcome she would like to achieve at the end of the day's coaching session.

Enlighten

She identifies the general feeling of having poor work/life balance as the struggle to focus on. At the end of today's session, she would like to have a clearer understanding of what's happening for her.

Using an *exploration question*, I ask, is this feeling of imbalance a fact or an assumption on your part? She responds with it's mostly just a feeling I have.

I further explore a *what if question*, by asking her if other colleagues have expressed any concerns around her job performance and what she thinks their response would be if we asked them? She responds by saying, I will feel relieved that this is

not all in my imagination, but maybe something that I need to work on. If this is an issue, then what's next? She replies she would have to do some problem solving regarding the cause of her work and life not being balanced.

I continued by *responding to verify understanding.* And I further explore her feelings of "imbalance" by *mirroring her feelings.* I hear you say it's uncomfortable not having a sense of being balanced. That seems to have been previously very important to you. I further investigate by asking what needs to happen to bring balance back into your life. She sighs and says that her self-care has been neglected.

Empower

I ask, what do you think you need to do get balance back into your life? *I use the coaching question, "What's holding you back?"*

She responds, I'd like to set up some boundaries around my hours of work. This will give me the time to take care of myself. I then ask, how will you know when balance is returning to your life?

I have discovered that moving the coachee forward can be accomplished by building on previous successes. She laughs and says, when I sign up for that yoga class that I've been promising myself. I used to love the stress relief that it gave me. That will certainly help me feel more balanced. There is almost an immediate change in her physical demeanour and I share this happy observation.

Excel

I begin to *summarize our coaching conversation.* You've identified that self-care is an important component that has been missing in your life. *This felt like the right place to review the action plan.* You are planning to get back on track by attending a yoga class. That will be your starting point. How do you think you will feel after getting back into yoga? She replies, that I am taking time to care for myself.

How will other people know that work/life balance has returned for you?

My job performance will improve, and I will feel much happier.

Now I champion the coachee. The coaching conversation ends with congratulating her on being able to identify the barriers to self-care and find solutions that work best for her to achieve a work/life balance. ■

Janet Bennett-Brown, supervisor, Family Support program and Beth Broad, supervisor, Healthy Families program, with the Children's Cottage Society in Calgary.



ON-THE-ROAD FOOD DEMONS

By Kathy Archer

Three evil enemies can prevent you from eating healthy on the road if you let them:

- Gas station convenience stores
- Donuts and muffins on the boardroom table
- Hotel vending machines

If you've tried will power to eat healthfully while traveling, stop wasting your time. It takes more than just stubbornness. Nutritious eating while away from the office calls for a plan.

Traveling took its toll on me

For a period, I was traveling to the city almost monthly for meetings. I'd hop in the vehicle the day before for the six-hour drive. The following morning, I'd arrive at the meeting, and along with my colleagues, I would snatch one of the "healthy muffins" to start my day.

Mid-afternoon, I'd munch on the cookies. I was fatigued as much as hungry by then. The sugar rush gave me short-term alertness as the day dragged on.

By day's end, my defenses were completely down, and I'd grab a chocolate bar from the convenient vending machine. On the drive home, licorice and a can of Coke were my weapons of choice to fight driving fatigue.

On-the-road eating, coupled with unending pressures of leadership, resulted in a steady increase in my weight. I noticed it each time I went to buy new dress pants and found they needed to be a size bigger.

I'd finally had it

One day I had enough and decided to do something about it. Research, a lot of determination and focusing my will power helped me to turn things around. As I changed my overall eating habits and kept up with an alternative system of eating, I lost over 30 pounds and found my self-esteem.

I felt good

One of my proudest moments was walking into a restaurant with a few months between seeing some of my colleagues. A peer stared at me exclaiming, "Where did you go? Only half of you came!" I can still see the pantsuit I had on in a much smaller size than I was used to. I'd felt good before I walked into the restaurant, but I felt elated after. I knew my hard work was paying off!

The way I looked was only a small part of it

The change in how I felt was a marvelous piece. Instead of feeling bloated and uncomfortable after lunch, I felt engaged in conversations. Rather than being sleepy on the drive home, I strategically made rest stops, had healthy snacks planned along the way and found the trips more enjoyable. Here's how I did it.

Switch up your on-the-road eating style with these three steps:

1. Use containers
2. Be prepared
3. Be kind to yourself

1. Use containers

I didn't carry a lunch kit to work; I lugged a shopping bag! I affectionately dubbed myself the bag lady, hitting it head-on with humor before others could weigh in with their remarks.

2. Be prepared

On my travels, I took coffee in one thermos and hot water for tea in a second one. This preparation prevented the need for fast food stops. Gecky I know, but it worked!

Morning snack

Yogurt is a high protein option. If you are concerned with money, buy a large tub and dish it into a small travel container. Other high protein snacks are cottage cheese, salmon, peanut butter or boiled eggs.

Lunch time

The easiest choice I found to take along was salad with a protein. A can of tuna is a splendid option and my personal favourite. Salads don't require a microwave to prepare, a bonus when traveling. Check out salads-in-a-jar (goo.gl/BtWEKY) for a unique way to pack your salad.

Afternoon snack

I make a trail mix of almonds, walnuts, sesame seeds, dark chocolate chips and dried fruit. Warning, though, you only need a tiny bit of this treat, as it is high in calories.

An alternative is rice cakes with peanut butter and a dash of honey. Make a sandwich out of the rice cakes, so everything doesn't get sticky.

Shop ahead

Have the food you need on hand. Do it ahead of time so everything is ready to go. If you have to hit the grocery store on the way home to stock up, the chances are slim that you will stick to your original plan.

Prepare foods in bulk amounts where you can. I make a sizable container of my trail mix, and package it into smaller containers so I can grab them when needed. Some salads can be done a couple of days in advance.

Hint: Always have something extra kicking around for when you forget, run out of time or simply are hungry; for example, a container of nuts or a healthy granola bar.

Plan when and where to eat

Know the drill: what time, where and what you are going to eat. I used to plan bathroom stops on the road, as well as my eating times. Know what will happen. Don't wait until it's too late.

Delaying eating leaves us unable to resist urges, like the bag of chips at the till when you fuel up.

Plan how you will cope

Figure out the language you need to say to others and in your head. Someone is going to ask you to go for lunch. If you have planned to eat your packed lunch, what will you say? “No thanks, I’m really into this great thriller I’m reading and want to get 10 minutes in over lunch.”

Set your boundaries

Be clear on what you are saying to yourself. I will eat out on Tuesday, and this is what I will allow myself to eat. When those other delicious things show up on the menu, what will you say to yourself?

3. Be kind to yourself

It is hard to be different than the rest of the crew at a meeting. When the gang is munching on the cookies and ordering the fattening specials, it’s easy to feel like you are getting the short end of the stick. Don’t beat yourself up. Talk to yourself in a loving and kind way.

- I am good to my body.
- I can do this; I believe in me.
- I am taking care of me and will feel better for it in the long run.

Allow yourself the occasional treat

Some trips are special, and the chocolate mouse is a well-deserved delight. The trick is to be in control and decide when you will forego the plan. Know in the morning that you will allow yourself dessert at lunch. Don’t decide when it’s coming around at 12:45...oh just this once won’t hurt.

Practise self-compassion

When you fall, and you will, give yourself a hug, get back up and try again. Eating healthfully is worth it, but I won’t lie to you and say it’s easy. It’s not. When you commit to changing your eating routine, remember to make a plan. Be prepared. Be kind. When you take the time to plan what to eat, when and how you will deal with on-the-road demons, you are more likely to be successful. ■

Kathy Archer is a [leadership coach](#) for women who want to strengthen their leadership and find balance in life. She mentors women as they rediscover their purpose, passion and persistence for life while dealing with office politics, jerk bosses and challenges of family life. Kathy gives her clients the hope and inspiration they need, along with a kick in the pants, to make positive changes in their lives. Discover more in her book [Mastering Confidence: Discover Your Leadership Potential by Awakening Your Inner Guidance System](#). Her website is [www.silverrivercoaching.com](#).

Resources

Nutrition Education Resources

ALBERTA HEALTH SERVICES

Eating well where you live, work, learn and play - www.healthyeatingstartshere.ca

Healthy eating for young children: nutrition tips

- www.albertahealthservices.ca/nutrition/Page8945.aspx

Healthy eating nutrition education: print materials and education resources

- www.albertahealthservices.ca/nutrition/Page11115.aspx

Infant nutrition and feeding - www.albertahealthservices.ca/nutrition/Page11115.aspx

Raising Our Healthy Kids (ROHK): tip sheets, videos and FAQs - ROHK - 70 videos on relevant topics

- www.raisingourhealthykids.com/www.albertahealthservices.ca/nutrition/Page8945.aspx

ALBERTA MILK

Nutrition education resources online

- <https://albertamilk.com/resources/nutrition-education-resource-catalogue>

ALBERTA NUTRITION BLOGGERS – registered dietitians who specialize in nutrition for young children

Sarah Remmer, RD – sarahremmer.com

Jennifer House, RD – firststepnutrition.com

BABY CENTER

What to feed your preschoolers - www.babycenter.ca/a1022115/what-to-feed-your-preschooler

CARING FOR KIDS

Picky eaters - http://www.caringforkids.cps.ca/handouts/when_your_child_is_a_picky_eater

DIETITIANS OF CANADA

Feeding infants and toddlers

- www.dietitians.ca/Your-Health/Nutrition-A-Z/Infants/Feeding-Infants-and-Toddlers.aspx

Growth charts for children: Is my child growing well?

- www.dietitians.ca/Downloads/Factsheets/DC_ChildGrowParentsE.aspx

Multivitamins

- www.dietitians.ca/Your-Health/Nutrition-A-Z/Supplements/Choose-a-Multivitamin.aspx

Here are twelve recipes DC featured in the nutrition month campaign

- <http://www.dietitians.ca/Your-Health/Nutrition-Month/Recipe-Ideas.aspx>

ELLYN SATTER

American nutrition expert on feeding infants and young children; mission statement is “helping adults and children be joyful and confident with eating.”

- www.ellynsatterinstitute.org/

HEALTH CANADA

Infant and toddler feeding

- <https://www.canada.ca/en/health-canada/services/infant-care/infant-nutrition.html>

Infant feeding - www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/index-eng.php

connections

Coming up

The next issue of *Connections* will focus on connecting (with your child, staff, etc.). If you would like to submit an article or resource for this topic, please contact the AHVNA office by June 23, 2017.

Hearing from you

Connections is published two times per year by the Alberta Home Visitation Network Association. We welcome comments, questions and feedback on this newsletter. Please direct any comments to Lavonne Roloff, AHVNA provincial director, by phone at 780.429.4787 or by email to info@ahvna.org.

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Alberta Home Visitation
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If you would like additional copies of the publication, check the AHVNA website at www.ahvna.org under Resources/Publications/Newsletters/Vol. 12, Issue 1

Resources Continued

Infant formula and supplements

- www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/formula-safety_innocuite-nourrisons-eng.php

AMERICAN ACADEMY OF PEDIATRICS

Preschool nutrition and fitness - www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Feeding-and-Nutrition-Your-4-to-5-Year-Old.aspx -

Adult Nutrition and Healthy Eating

ALBERTA HEALTH SERVICES

Healthy eating at work - www.albertahealthservices.ca/nutrition/Page6348.aspx

Healthy eating in the community - www.albertahealthservices.ca/nutrition/Page10982.aspx

Healthy parents healthy children: guide to pregnancy and parenting

- www.healthyparentshealthychildren.ca/

Nutrition guidelines for adults

- www.health.alberta.ca/documents/Nutrition-Guidelines-AB-Adults.pdf

ALBERTA MILK

Nutrition education resources online

- <https://albertamilk.com/resources/nutrition-education-resource-catalogue>

CANADIAN PAEDIATRIC SOCIETY

Breast feeding - www.caringforkids.cps.ca/handouts/breastfeeding

DIETITIANS OF CANADA

Plan, shop and cook healthfully

- [www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy-\(1\).aspx](http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy-(1).aspx)

Use eaTracker to review food and activity choices, analyze recipes, plan meals, set goals and track progress - www.eatracker.ca/

EAT RIGHT ONTARIO

Healthy eating menu planner for adults

- <http://menuplanner.eatrightontario.ca/MenuPlanner/en/TellUsAboutYourself.aspx>

HEALTH CANADA

Eating Well with Canada's Food Guide

- www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php