

# COMMUNITY HEALTH PROGRAM NEWSLETTER

## OUR MISSION

Tsi nén:we wa'kwarihwaientáhkwen

Our Future – Our Responsibility

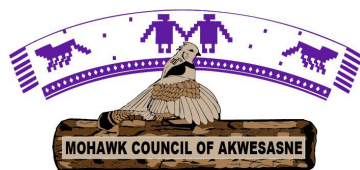
## OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.

.....

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January  
Tsiiothohrhko:wa  
2020



## Contact Us

Kanonhkwa't'sheri:io  
Health Facility

31 Hilltop Drive,  
Akwesasne, Quebec,  
HOM 1A0

Phone: 613.575.2341  
ext. 3220  
Fax: 613.575.1152

Like Us on  
Facebook



## Green Food Bag/Tetewatska:hon

To order a Green Food Bag you can call or go to the Community Health office, located at the Kanonhkwa't'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to  
Order:  
January 3

### January Pick Up Dates

#### Kana:takon

Date: January 21  
Time: 11am – 4pm  
Place: St. Regis  
Recreation

#### Tsi Snaihne

Date: January 21  
Time: 1pm – 5pm  
Place: Tsi Snaihne  
Homemaker's Club

#### Kawehno:ke

Date: January 22  
Time: 11am- 4pm  
Place:  
A'nowara'ko:wa Arena







# Green Food Bag 2020

## Year at a Glance

Deadline to Order	Kanata:kon & Tsi Snaihne Pick Up Day	Kawehno:ke Pick Up Day
Jan 03	Jan 21	Jan 22
Feb 07	Feb 18	Feb 19
Mar 06	Mar 17	Mar 18
Apr 03	Apr 21	Apr 22
May 08	May 19	May 20
June 05	June 16	June 17
July 03	July 14	July 15
Aug 07	Aug 18	Aug 19
Sept 04	Sept 15	Sept 16
Oct 09	Oct 20	Oct 21
Nov 06	Nov 17	Nov 18
Dec 04	Dec 15	Dec 16

Green Food Bags contain an assortment of fruits and vegetables for only \$10.00 per bag.

**All orders must be prepaid.**

Pick up sites are located at:

Kana:takon Recreation Center  
Tsi Snaihne Homemakers  
Anonwara'ko:wa Arena

For more information please call  
613-575-2341 ext. 3220

In the event of a pickup location change, information will be announced on our MCA Community Health Facebook page and CKON Radio.



# Immunization Clinics

The MCA Community Health Program offers immunizations by appointment only.



**Please note:** Vaccines provided through the MCA Community Health Program follow the Ontario Publicly Funded Immunization schedule. This means that some vaccines required for school in NYS or other provinces, may not be covered (free of charge) through our office.

For more information, or if you are wondering about a specific vaccine, please call our office 613-575-2341 ext. 3220



Immunizations are also available at the Kawehno:ke Medical Clinic. Immunizations are available **by appointment only**. To book an appointment, please call the Kawehno:ke Medical Clinic at 613-932-5808



MCA Community Health  
Program  
613-575-2341 ext. 3220





# Influenza (Flu)



*Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.*

## PREVENT THE FLU

**Protect yourself and those around you BY:**

- Getting your flu shot
- Washing your hands often
- Coughing and sneezing into your arm/elbow , not your hand
- Staying home if you are sick



## WASH YOUR HANDS

*Washing your hands correctly (or using an alcohol-based hand rub) is the most effective thing you can do to protect yourself against a number of infectious diseases, such as influenza (the "flu") and the common cold.*



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



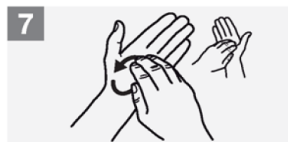
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



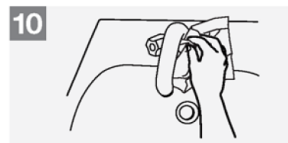
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

### Questions?

Call the MCA  
Community  
Health  
Program at  
(613) 575-  
2341  
Ext. 3220





### **What can I do if my child is sick?**

Do not give OTC medications to babies and children under 6 years old without first talking to your doctor.

When your child is sick, you want them to feel better. Many parents turn to over-the-counter (OTC) cough and cold medicines for help. There is no proof that these medications work. In fact, some of the side effects can make your child feel even worse. The only exceptions are drugs used to treat fever (such as ibuprofen and acetaminophen).

However, medication is not always needed to reduce a child's temperature. Talk to your doctor if your baby (under 6 months) has a fever.

There is also a risk of giving your child too much medication. For example, giving acetaminophen for a fever on top of a cough syrup that already contains acetaminophen may result in an overdose of acetaminophen. Never use more than one product at the same time unless advised by your doctor.

### **When should I call my doctor?**

If your child shows any of the following signs:

#### **Fever and is less than 6 months old.**

Fever for more than 72 hours.

Coughing that won't go away (lasts more than a week) or is severe and causes choking or vomiting.

Earache.

Excessive sleepiness.

Won't stop crying or is very irritable all the time.

Rapid or difficulty breathing.

Diarrhea and is younger than 6 months old.

Bloody or black stools.

Vomiting for more than 4-6 hours.

Dehydration (dry sticky mouth, no tears, no urine or fewer than 4 wet diapers in 24 hours in infants and fewer than 3 wet diapers in 24 hours in older children).

Source: Caring for Kids, [www.cps.ca](http://www.cps.ca)



# Screen time and young children

Adapted from an article from Canadian Paediatric Society 2017. [www.cps.ca](http://www.cps.ca)

Children under 5 years are exposed to more screens than ever before, including TVs, computers gaming consoles, smartphones and tablets. When thinking about how much time your child spends with screens, be sure to include all these different devices. Also include time spent viewing at home and in other places, like child care.



***The recommendations below are aimed at typically developing children. If your child has special needs, ask your family doctor or pediatrician for advice.***

## **Why should I limit my child's screen time?**

Very often, screen time is a lost opportunity for your child to learn in real time: from interacting, playing outdoors, creating or enjoying social 'downtime' with family. Too much screen time also increases your child's risk of becoming:

- Overweight
- Sleep-deprived
- Less school-ready
- Inattentive, aggressive and less able to self-soothe

## **How do I choose the right apps, videos or programs?**

Whenever possible, make screen time an activity you and your child do together. Watch with your child and talk about what you're seeing. To ensure quality content:

- Choose educational, age-appropriate and interactive programs and apps. Educational apps have a clear learning goal and encourage participation.
- Try out apps before your child uses them.
- Make sure your child watches programs you're familiar with
- Avoid commercial and adult or 'entertainment' programming.
- Use a media rating system to guide your viewing choices.

## **What is the right amount of screen time for my child?**

Young children learn best from face-to-face interactions with caring adults it's best to keep their screen time to a minimum:

- For children <2 years of age: screen time is not recommended
- For children 2-5 years of age: limit routine or regular screen time to less than 1 hours per day.

## **How can I get screen time limits at home?**

Setting limits when children are young is easier than cutting back when they're older. As a family, agree on basic screen time rules that everyone understands and shares. Consider developing a family media plan to guide when, how and where screens can—can't!—be used.

Here are some tips:

- Be a good role model with your own screen use—on all devices
- Turn off devices for mealtimes, reading with your child or doing things together as a family
- Turn off screens when no one is using them, especially background TV
- Avoid using screens for at least 1 hour before bedtime and keep all screens out of your child's bedroom. They interfere with sleep.
- Choose healthy activities, like reading, outdoor play and crafts, over screen time.

# **Healthy pregnancy = Healthy Generations**

*Are you expecting?*

## *Healthy Tips for a Healthy Pregnancy*

- Keep your body strong.  
Exercise and stay active
- Have a good mind.  
Think positively
- Rest when needed
- Early and regular  
prenatal visit
- Food is medicine.  
Healthy choices will help  
your baby grow strong.
- Support an alcohol, commercial tobacco and illicit substances FREE pregnancy.



**MCA Community Health Program**  
**(613) 575-2341 Ext. 3220**







## CARING FOR THE NEWBORN UMBILICAL CORD

After a couple days your baby's cord will have started to dry and it should fall off within 1 to 3 weeks.

Remember to keep it clean and dry!

Water is all you need to clean it.

Do not pull on the stump, even when it starts to come off. It will fall off on its own. You can prevent your baby's diaper from rubbing the area by folding it over.

Contact your doctor if:

- your baby has a fever of 38.0° C or higher
- the umbilical area appears red and swollen,
- oozes yellow pus,
- produces a foul-smelling discharge,
- or bleeds significantly (a small amount of bleeding is normal and you may find a few spots of blood on the undershirt or sleeper).

<https://www.caringforkids.cps.ca/handouts/your-babys-skin%20>

For more info: <https://www.healthlinkbc.ca/health-topics/tp22060spec>

# Safe Sleep

Smart Steps To Safer Bedsharing

Meet all seven and you can *sleep sweet*



No super-soft mattress, no extra pillows, no toys,  
no heavy covers

Clear of strings and cords

Pack the cracks: use rolled towels or baby blankets

Cover the baby, not the head

## A Rhyme for Sleep Time



Sing to "Row, Row, Row Your Boat"

No *smoke* *sober* mom

Baby at your *breast*.

*Healthy* baby on his *back*.

Keep him *lightly* dressed.

Not too *soft* a bed.

Watch the *cords* and *gaps*.

Keep the *covers* off his head

For your nights and naps.

Sweet Sleep

available at  
[store.llli.org](http://store.llli.org)



la leche league  
international | [llli.org](http://llli.org)



## Keep Tobacco Sacred - Traditional Tobacco Use

For thousands of years, natural tobacco has been an integral part of Aboriginal culture in many parts of Canada. Used in ritual, ceremony, and prayer, tobacco was considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great respect.

We should also be very careful not to confuse traditional tobacco and its sacred uses with commercial tobacco and the addiction epidemic we see today. When tobacco is used in a non-traditional manner, like smoking cigarettes or chewing tobacco/snuff, it causes lung diseases, lung cancer, heart disease, cancers of the upper respiratory tract, and pregnancy risks.

Everybody has something to gain from quitting commercial tobacco – and the benefits begin almost immediately.

### The benefits of quitting commercial tobacco

Time after quitting	Benefits
20 minutes	Your pulse and blood pressure return to normal.
8 hours	Your body's oxygen levels return to normal.
12 hours	Carbon monoxide is cleared from your blood and your lungs start to clear out mucus.
2 days	Your senses of taste and smell begin to return and will continue improving over the next few days.
3 – 5 days	Your withdrawal symptoms should be getting better now. The nicotine is cleaned from your body!
2 weeks – 3 months	Your circulation improves and your lungs start performing better.
1 – 9 months	Coughing and shortness of breath decrease.
1 year	Your risk of heart disease drops to half that of a continuing smoker.
5 years	Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer drops to that of a non-smoker. Stroke risk can fall to that of a non-smoker 2-5 years after quitting.
10 years	Your risk of dying from lung cancer is about half that of a person who is still smoking.
15 years	Your risk of heart disease is the same as a non-smoker.

Plus, there's smelling better, looking better, feeling better and being richer! You'll also be an amazing role model and leader to your family and community.

First Nations Health Authority (2020). *Respecting Tobacco*. Retrieved from

<https://www.nottingham.ac.uk/studyingeffectively/writing/referencing/websites/index.aspx>

## **Diabetic Retinopathy...What is it?**

Diabetic retinopathy occurs when elevated sugar (glucose) levels in your blood cause the blood vessels in the eye to swell and leak in the retina. New blood vessels may also grow causing further damage.

Many people who have diabetes have some form of diabetic retinopathy.

There are four stages of diabetic retinopathy, ranging from mild to severe. In the first three stages, your sight loss may not be noticeable or detected.

### **Stage 1: Mild nonproliferative retinopathy**

At this stage, tiny blood vessels swell in the retina. Some early leakage may take place.

### **Stage 2: Moderate nonproliferative retinopathy**

Some of the blood vessels that feed the retina become blocked. Leaky blood vessels are more likely.

### **Stage 3: Severe nonproliferative retinopathy**

More blood vessels are being blocked and other areas of the retina are not being nourished as a result. Signals are sent to the body to grow new blood vessels.

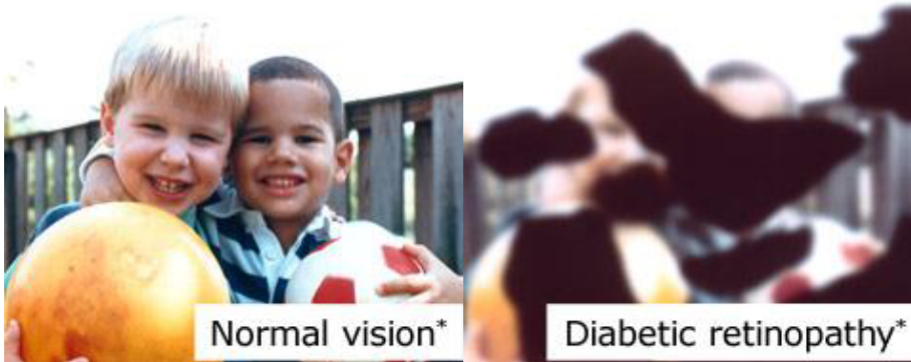
### **Stage 4: Proliferative retinopathy**

This is when sight loss can occur quickly. At this advanced stage, new abnormal blood vessels grow ("proliferate") along the retina and the clear, vitreous gel inside the eye. These begin to replace old blood vessels that feed the retina. The abnormal vessels have thin fragile walls that leak easily, causing blurred vision, severe sight loss or blindness.

The advanced stages of diabetic retinopathy can also increase your vulnerability to developing other eye conditions such as detached retina, which requires surgery, or glaucoma.

## Diabetic Retinopathy...What is it?

### How does diabetic retinopathy affect your sight?



### Diabetic retinopathy symptoms

If you have any of these diabetic retinopathy symptoms, see your eye doctor immediately:

- Dark spots in your visual field
- Blurred, distorted or double vision
- Large “floaters” – specks in the form of dots, circles, lines or cobwebs that move across your field of vision. They are most noticeable when looking at a white wall or clear sky. (These may or may not be signs of diabetic retinopathy, *but* should be checked.)

### Diagnosis and treatment

If you have any risk factors or are experiencing any of the common symptoms for diabetic retinopathy, see an eye doctor right away. Eye doctors can check your eyes and determine if you are at risk for diabetic retinopathy using any one of six diagnostic tests: visual acuity test, dilated eye exam, tonometry, optical coherence tomography, fundus photography and fluorescein angiogram.

Sight loss from diabetic retinopathy can't be restored, but with early detection, treatment is often very successful and can prevent your sight from getting worse.

Please have eyes checked every year with your eye doctor. If you have any question about diabetic retinopathy or other diabetes concerns, please don't hesitate to contact the community health diabetes program and speak with an educator at (613) 575-2341.



# Physical Activity

If you're living with diabetes—especially type 2 diabetes—regular physical activity is one of the most important things you can do to lower your blood sugar. Increased physical activity can work just as effectively as some medications, with fewer side effects.

If you're at risk of developing type 2 diabetes, regular exercise can help delay or even prevent diabetes from developing.

Strive to complete at least **150 minutes of moderate-to vigorous-intensity aerobic exercise each week** (e.g. 30 minutes, five days a week) and **resistance exercises** (like lifting weights) **two to three times a week**.

## Physical activity

Physical activity is any form of movement that causes your body to burn calories. This can be walking, gardening, cleaning and many other activities you already do. Daily physical activity is important. Low physical fitness is as strong a risk factor for dying as smoking is.

Avoid long periods of sitting by getting up every 20 to 30 minutes to stand or move around. Adding more physical activity to your day is one of the most important things you can do to help manage your diabetes and improve your health.

## Benefits of physical activity

Regular physical activity, along with eating healthy and controlling your weight, can reduce your risk of developing diabetes complications such as heart disease and stroke.

Regular physical activity also helps:

- prevent sugar from building up in your blood
- lower your blood pressure (since your muscles use sugar for energy)
- reduce your risk of developing type 2 diabetes

## Before you get started

Before starting a new exercise routine, be prepared:

- If you've been inactive for a while, talk to your doctor before starting any exercise program that's more difficult than brisk walking
- If you live with type 1 diabetes, speak to your doctor reducing the risk of low blood sugar during and after exercise
- Wear comfortable, proper-fitting shoes, and your MedicAlert® bracelet or necklace
- Carry a fast-acting carbohydrate with you in case you need to treat low blood sugar (hypoglycemia), e.g. glucose tablets or Life Savers®

# Physical Activity

- If you take insulin or medications that increase the release of insulin, monitor your blood sugar before, during and many hours after your activity to see how it affects your blood sugar levels
- If you are short of breath or have chest pain, speak to your doctor

## Types of physical activity

Both aerobic and resistance exercise are important for people living with diabetes.

### Aerobic exercise

Aerobic exercise is continuous movement (such as walking, bicycling or jogging) that raises your heart rate and breathing. Benefits of aerobic exercise include:

- improved fitness, health and body composition
- reduced complications of diabetes such as lowered risk of heart disease
- improved diabetes, including blood sugar, blood fats, and blood pressure

Aim for 150 minutes of aerobic exercise per week. You may have to start slowly, with as little as five to 10 minutes of exercise per day, gradually building up to your goal.

### Interval aerobic training

Interval training involves short periods of vigorous aerobic exercise, such as running or cycling, alternating with short recovery periods at low-to-moderate intensity or rest from 30 seconds to 3 minutes each.

Interval training is an effective way to increase your fitness level if you have type 2 diabetes, or to lower your risk of low blood sugar if you have type 1 diabetes.

### Resistance exercise


Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands or your own body weight to build muscle and strength. Benefits of resistance exercise include:

- maintaining or increasing lean muscle
- burning calories at rest throughout the day
- weight control and diabetes management (especially as we age)

Aim to do resistance exercises 2 to 3 times per week. If you're beginning resistance exercise for the first time, you should get some instruction from a qualified exercise specialist, a diabetes educator or exercise resource (such as a video or brochure).

The key is to start slowly and build your way up.

# January 2020 MCA Community Health Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>MCA COMMUNITY HEALTH PROGRAM</b> 813-575-2341 EXT. 3220</p>		1 NEW YEAR'S DAY	2	3
6	7	8	7	8
<p>13 Sit and Be Fit@Tsiion 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snye Rec</p> <p>Yoga 6-7 pm @ Snye Recreation</p>	<p>14 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snye Recreation</p>	<p>15 Core Strength 5-6 pm @Snye Rec</p>	<p>16 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @Snye Rec</p>	<p>17 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p>
<p>20 Sit and Be Fit@Tsiion 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snye Rec</p> <p>Yoga 6-7 pm @ Snye Recreation</p>	<p>21 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snye Recreation</p>	<p>22 Core Strength 5-6 pm @Snye Rec</p>	<p>23 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @Snye Rec</p>	<p>24 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p>
<p>27 Sit and Be Fit@Tsiion 930am</p> <p>Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Cardio Blast 5-6 pm @ Snye Rec</p> <p>Yoga 6-7 pm @ Snye Recreation</p>	<p>28 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p> <p>Dumbbell Strength 5-6 pm @ Snye Recreation</p>	<p>29 Core Strength 5-6 pm @Snye Rec</p>	<p>30 Balanced Body 10– 10:30 am @ Tri District elders</p> <p>Circuit Training 5-6pm @Snye Rec</p>	<p>31 Walk Strong 10– 10:45am @Tri District Elder Fitness–</p>



## Facts about Handling and Storage of Heating Fuel



Oil from a leaking tank can go underground and pollute groundwater, seriously damage the property and put people's health and the environment at risk.

Oil spills and leaks can occur because of corrosion, overfilling, improper tank location, and improper installation and maintenance.

We need to protect our sources of drinking water from contamination – such as leaked oil – for our own health and that of our environment.

### **Following actions should be taken to protect the drinking water from home heating oil spills and leaks:**

- If a homeowner had a new tank installed as of January 2, 2012, make sure it is double walled or bottomed.
- The heating oil tank system should be inspected every year by a Technical Standards and Safety Authority (TSSA) licensed oil burner technician.
- All inspections and repairs should be completed by contractors registered by the TSSA.
- If you are a landowner, operator or user where fuel handling equipment is installed you should report and take immediate corrective action in the event of an oil spill or leak.
- Underground fuel oil storage tanks not in use for two years should be removed from the ground.
- Residential fuel tanks located in your basement or outside your home no longer in use should be emptied of all contents and the fill and vent pipe are removed.

For more information, please contact MCA Department of Environment at 613-936-1548 or the MCA Community Health Program.

# Are You A Short-Order Cook?

## The Truth About Making Separate Meals For Your Kids

### HERE'S WHY BEING A SHORT-ORDER COOK MIGHT PERPETUATE PICKY EATING HABITS

Getting dinner on the table every night can be a struggle, and it's compounded when you make separate meals to please picky palates. There are some things you can do to ensure everyone enjoys the same meal. But first, let's look at why offering separate meals for your kids isn't such a good idea:



### **It prioritizes and legitimizes “kid food”:**

If you always offer a second meal of “kid food” (like boxed mac ‘n’ cheese or chicken fingers) while you eat “adult food” (like chicken breast, salad and broccoli), your child will receive the message that certain foods are meant for them, but others are not. Not the best precedent! Plus “kid food” tends to be less nutritious – it’s often salty, sweet, void of veggies, and made with refined flour. Ironical, considering that these foods are geared towards little humans whose nutrient needs are high, and are going through the important phase of growth and development! Your goal should be to serve one nutritious and varied meal that everyone can enjoy.



### **It allows children to control meals:**

It's your job to decide which healthy foods to serve, where to eat and when to eat. The child then decides how much (or whether) to eat based on what's provided. So, let's say you make a meal that your child rejects, and you prepare them a second meal instead – one that they choose—essentially, you have now put them in control of deciding what's for dinner! That's flipped your roles around, which can lead to mealtime power struggles and picky eating tendencies.



### **You cut off their exposure to a variety of foods:**

If you offer only a few foods – and repeat those favourites every day – you are skipping your role of exposing kids to a variety of foods to expand their palates. You probably want your children to enjoy restaurant foods, eat at friend's house, travel, and not fear “new” food. That won't happen unless you teach them about a broad range of foods at a young age!

The bottom line is that making a separate meal for your kids tells them that if they don't like something, they'll be offered an alternative. But hey, we all know life doesn't work that way, so it's not a good lesson to teach!

# Here are some things you can try instead.

These tips will help keep the peace and make everyone happy – including you!



## Serve family style

Kids want to be in control. And that's totally cool – and normal. But instead of letting them have control by picking their own dinner (which is completely different than the one you cooked), let them control the food they put on their plate based on what's served. Instead of making them a plate of food and putting it in front of them, serve meals. That means you bring separate foods to the table and let everyone serve themselves which foods (and what amount) they choose.



## Compromise

Make sure there is something on the table that everyone likes. So, if it is chicken shawarma night and you know your little one isn't a fan, it's fine to have an alternative protein option on the table that still fits with the meal – maybe some Greek yogurt or chickpeas. This does not mean you have prepared them a special meal, because everyone at the table can enjoy those alternatives too! It just means you are being considerate and offering something for everyone. Another good tip – serve sauces on the side instead of mixed into foods.



## Eat as a family

Family meals are important (even once a day). Be a role model and eat with your children – don't just “feed them.” When they see you eating a wide variety of foods, there's a greater chance they will try those foods too!



## Create structure

Get your kids used to a pattern. Aim to eat meals and snacks at the same time every day. This sets parameters and provides much-needed structure, but also gives your kids some control. Balance. Sigh of relief.



## Relax

Sometimes you'll offer a variety of foods and your child will only want to eat one of them (yup, probably pasta). You can offer them other foods, but if they don't want any, that's okay! It's just one meal. They will eat 21 meals (and about 15 snacks) this week, and variety will add up over time.

Adapted from: Sarah Remmer, RD.

<https://www.sarahremmer.com/are-you-a-short-order-cook-the-truth-about-making-separate-meals-for-your-kids/?fbclid=IwAR17OYivhqrGwFQX66XjxQyMknBQpitGDM8a78ANBtK5tktd61qZDkVV6is#sthash.tmU0l0i3.dpbs>



# Akoserà:ke Nikahá:wi

## Winter Time



lo'keraté:nion



lo'kerèn:en



Satennanókhwa



Anón:warore



A'niá:na:wen



Ohwèn:kara



Tehontshihkwa'eks



Tenshátonhwente



Taionto'tsinehtsherón:ten