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C4P News

Childhood Obesity

Center for Parenting Update

Center for Parenting Website:

The Center for Parenting is working diligently to provide Tennessee parent educators with a searchable tip sheet database. The database will be available later this year on our website at http://www.center4parenting.org

Featured Books

Books for Parents and Educators:

•**Child of Mine: Feed with Love and Good Sense** by Ellyn Satter, MS, RD, CICSW, BCD
Provides feeding information from pregnancy through toddlerhood.

•**Meals Without Squeals: Child Care Feeding Guide & Cookbook** by Christine Berman MPH RD and Jacki Fromer
Child-tested, age specific answers about making tasty and nutritional food for children.

Books for Children:

•**I Will Never Not Ever Eat a Tomato** by Lauren Child
A witty book about an older sibling helping his younger sister eat and like her vegetables, even tomatoes.

•**Cool as a Cucumber** by Sally Smallwood
Going beyond naming foods, this is an interactive book that shows texture, taste and appearance of fruits and vegetables.

Tool for Parent Educators

The USDA has a great resource for children ages 6-11. Children can get to *Planet Power* by tracking their daily food and exercise activity. This resource can be found at http://mypyramid.gov/kids/

C4P Trivia Question

According to the Center for Disease Control's Division of Nutrition, Physical Activity and Obesity. How much exercise is recommended for children and adolescents?

a. 30 minutes daily
b. 15 minutes daily
c. 60 minutes daily
d. 45 minutes daily

The first person to send the correct answer to center4parenting@utk.edu will receive a $5 Starbucks gift card!

The answer to last edition's trivia question:
(B) According to The Guinness Book of World Records the youngest naturally conceiving mother is Lina Medina of Paurange, Peru who gave birth at the age of 5 years, 7 months and 21 days in 1939. The oldest naturally conceiving mother is Dawn Brooke of Guernsey who gave birth at the age of 59 in 1997.

Featured Fan

The **Healthy Eating & Activity La** research laboratory under the dire University of Tennessee at Knoxv research on factors, predominantl regulation and energy balance. Th improve behavioral obesity prever children and adults. In addition to important objective of HEAL is to undergraduate and graduate, und research.

HEAL supports the following reco parents preventing childhood obes

- Respect your child's appetite: ch bottle or meal.
- Limit the amount of high-calorie
- Do not provide food for comfort
- Limit the amount of television vie
- Establish regular family activities other outdoor activities.

Source: The American Academy of Family Ph

For more information, contact the Laboratory (HEAL) at (865) 974-0

Keeping Yo

Data from the National Center for He that more than 1 in 5 children and a overweight.

During the past three decades, th increased with each age classificatio

- The greatest increase has been a nearly quintupled (from 4% to 19
- Among youths ages 12-19, the ov 17%).
- The rate for children ages 2-5 incr
- In Tennessee, 41% of all students overweight. (Source: 2006 Tenne Annual Report)
- Tennessee has the 5th highest rat and the 4th highest rate of overwe percent in the nation, according t Health (TFAH).

National Health and Nutrition Exami 2006 reported that from, 1980 to 20 children has increased for :

- 2 – 5 years old from 5.0% to 12.4
- 6 – 11 years old from 6.5% to 17.
- 12– 19 years old from 5.0% to 17.

If you have a personal success story, organization, program, or book that you would like t upcoming Center for Parenting newsletter please e-mail us at center4parenting@utk.edu.

Meetings and Trainings

Prevent Child Abuse Tennessee will be holding several one-day workshops on Shaken Baby Syndro May 22nd, 2009 in Central Tennessee. See http://www.pcat.org/Trainings.html or contact Tracey Hawk more information.

New York State Child Abuse Prevention Conference: Transformation 2009 will be held May 27th, 2 http://www.preventchildabuseny.org/conf09/index.shtml for more information.

Positive Parenting is Key to Preventing Child Maltreatment, a webinar, will be held Wednesday, Ap 4:30pm. For more information or to register for the webinar, go to https://www2.gotomeeting.com/regist

To remove your name from our mailing list, please visit http://listserv.utk.edu/cgi-bin/wa?SU
Questions or comments? E-mail us at center4parenting@utk.edu or call 865-9