



Healthy Kids Monthly

(Created for CAA's by CAA's)

Laws of Lifetime Personal Growth

As children we grew year after year, sometimes in spurts, sometimes unnoticeably, but our bodies were always growing. The growth of a leader can be similar. I would like to share a few growth principles to guide you in your leadership growth.

Law #1 - Always Make Your Future Bigger Than Your Past.

"The past is useful because it is rich with experiences that are worth thinking about in new ways-and all of these valuable experiences can become material for creating an even bigger future."

Law #2 - Always Make Your Contribution Bigger Than Your Reward.

"The way to guarantee that rewards will continually increase is to not think too much about them. Instead, continue making an even greater contribution."

Law #3 Always Make Your Performance Greater Than Your Applause.

"The greatest performers in all fields are those who always strive to get better. Continually work to surpass everything you've done so far, and your performance will always be greater than your applause."

Law #4 - Always Make Your Gratitude Greater Than Your Success.

"Recognize that every success comes through the assistance of many other people - and they are continually grateful for this support."

-Sullivan & Nomura



Nutrition & Exercise

Tips for Toddlers and Preschoolers



Make fruits and vegetables a priority. Nutritionists recommend that toddlers eat five or more servings of fruits and vegetables every day. Aim to include at least one with every meal, including snack time.

Keep portion sizes small. Toddlers don't require many calories, so it's important to serve age-appropriate servings. The general rule of thumb is one tablespoon of each food for each year of age.

Stick to a regular meal schedule. Toddlers as young as 1 year old should eat three meals and just two snacks daily, three to four hours apart.

Offer a variety of foods. Offer healthy food choices. Children may need to be exposed to a new food more than once before accepting it.



Issue 5

Healthy Kids Special Points for August 2008:

- ☺ 20 - New Enrollments
- ☺ Nora Baca with Family Health Care Network and Sarah Clements with Health Net submitted the most Healthy Kids applications in August!!!



Healthy Kids Coverage

Who can apply?

- ◆ Parents
- ◆ Legal guardians
- ◆ Step parents
- ◆ Foster parents
- ◆ Caretaker Relatives

Insurance Plans Contact Info.

Health Net—1-888-231-9473
 Delta Dental—1-877-580-1042
 VSP—1-800-877-7195



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