



BREAKFAST POWER



Studies show that children who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities, which helps in maintaining a healthy body weight.

Children will often skip breakfast, which makes them feel tired, restless, and irritable.

Breakfast gives the body the refueling it needs for the day ahead after going without food for 8 to 12 hours during sleep.

What they eat in the morning is important too. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may enhance their attention span, concentration, and memory — which they need to learn in school.

AT HOME ACTIVITY



This healthy twist on pancakes provides a good source of

fiber and will give your child the boost he or she needs in the morning.

Go Bananas! Pancakes

Ingredients:

- 2 large eggs
- 1 cup fat free milk
- ½ cup low-fat buttermilk
- ¼ cup sugar
- 3 tablespoons canola oil
- 2 bananas, mashed
- 1 cup whole-wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- nonstick cooking spray

Directions

1. Preheat oven to 300 degrees Fahrenheit.
2. Mix all ingredients together in a bowl and spread out onto a nonstick baking sheet.
3. Bake for 20 to 30 minutes until the mixture is lightly toasted, shaking the pan occasionally.
4. Remove from the oven and let cool.
5. Place in a large bowl to serve. Store leftovers in zip-close bags.

Source: Allina Health
www.allinahealth.org/recipes

DE-STRESS FOR YOUR BEST

There is a lot of pressure these days on children, parents and others to “do and be their best.” Yet many of the things we do to try to accomplish this or help others accomplish it actually work against us. Stress in particular is a huge barrier to thriving. Make sure to take time today to be good to yourself, such as relaxing in a quiet reading space or taking a soothing bath, so you can be the best you can be.