



May 2024 Issue

WIC Program Newsletter

Office Hours

Tuesday - Thursday:
9:00 am - 3:45 pm
Monday:
7:30 am - 3:45 pm
Friday: 7:30am-3:15pm

Site Location & Dates

Currently Conducting
Remote and In Person
Appointments

New Service Location: 85
Aiken Ave Rensselaer, Ny
Every 2nd Tuesday of the
month from 10 am-2 pm

Breastfeeding Support Group

Please join us for our
virtual breastfeeding
support group!
Every Monday at 10 am
and Wednesday at 10am
and 6 pm.

CEO's WIC Program

2328 Fifth Avenue,
Troy, NY 12180
Phone: 518-272-6159
Fax: 518-205-7624
Website:
www.ceoempowers.org/wic
* This institution is an equal
opportunity provider.



Photo courtesy of: <https://www.nwica.org/>

Building Strong Bones

It's easy to take our bones for granted- they silently support us day in and day out. But when a bone breaks, it's a big deal! Bones, especially in kids, take a while to heal. So, making sure they're strong and healthy from the start is super important for staying healthy all your life.

Why Strong Bones Matter

During childhood and adolescence, kids have a special opportunity to build strong bones. We build almost all of our bone density as kids and teens. By around age 20, most of this bone-building process is complete. As adults, we still replace old bone with new bone, but more slowly. As older adults, bones gradually weaken, making it important to invest in bone health early on.

The Three Key Ingredients for Healthy Bones

1) **Calcium:** This mineral is like a superhero for bones. Calcium helps build healthy bones. Some foods are very high in calcium. Dairy foods like these are the best natural sources of calcium:

- Milk, yogurt and hard cheeses

They are also found in non-dairy products like:

- Calcium fortified soy drinks
- Edamame
- Green leafy vegetables
- Almonds and sesame seeds
- White beans, red beans and chickpeas
- Oranges, figs and prunes

Because calcium is so important, it's often added to foods like juice, bread or cereal.

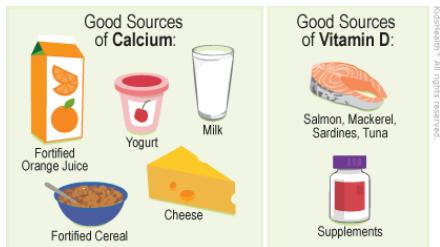
How Parents Can Help: Encourage your kids to eat calcium-rich foods daily. If your child eats dairy, a healthcare provider can tell you how much to serve based on age. Younger kids may need 2-3 servings of low-fat dairy each day, while older kids may need 4 servings.

Sources: 3 Ways to Build Strong Bones. <https://kidshealth.org/en/parents/strong-bones.html>, 22 April 2024.

Sources: Calcium. <https://kidshealth.org/en/parents/calcium.html>, 22 April 2024.

Sources: Why Weight Bearing Matters for Kids. <https://theinspiredtreehouse.com/why-weight-bearing-matters-for-kids/>, 22 April 2024.

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2) Vitamin D: This vitamin helps the body absorb calcium. Vitamin D can come from exposure to sunlight or from foods like:

- Fatty fish
- Eggs
- Mushrooms

Although, most kids don't eat many foods naturally containing Vitamin D, and they're often inside and not exposed to the sun during cold weather.

To help people get enough vitamin D, it's also added to foods like cereals, orange juice, yogurt and milks.

How Parents Can Help: Ensure your child gets enough vitamin D by spending time outdoors and eating vitamin D-rich foods. Although don't forget to protect your child's skin from sun exposure with **sunscreen, clothing and shade** when spending time outdoors.

Be sure to ask your healthcare provider about how much vitamin D your child needs and the best way to get it. They may recommend a vitamin D supplement to meet recommended intake.

3) Exercise: Just like muscles, bones get stronger with use. Activities like walking, running, jumping, and climbing are awesome for building bone strength. These activities are called **weight-bearing activities** because they use the force of our muscles and gravity to put pressure on our bones. The pressure makes the body build up stronger bone.

How Parents Can Help: Engage kids in physical activity throughout the day. For preschoolers, there isn't a well-defined set amount of time, but a reasonable target could be 3 hours each day of light, moderate, and vigorous activities.

Weight-bearing Exercises for Kids

Try **animal walks**, such as walking on hands and feet like a bear, crab walking, etc.

Stretches, push-ups, planks and yoga poses that use different positions to put weight on the upper body to build strength.

Obstacle courses that encourage **crawling and climbing** are a great way to exercise the entire body, including the arms, legs and core.

Hanging from the monkey bars helps build upper-body strength and endurance for your child.

Make it fun, put on their favorite song and get **dancing!**

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