

# healthy NEWS4U

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## In this Issue For Parents:

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- To get reliable and timely information, check out your local newspaper to get the news about these and other issues that matter to you.

## Help Your Student Develop a Healthy Self-Esteem

Middle school is an important time for your student's development of self-esteem. It's about how much they feel valued, loved, accepted and thought of by others — and how much they value, love and accept themselves. And it plays a role in almost everything they do.

### How You Can Help Your Student's Self-Esteem

Try these tips with your student.

- 1 Think about what you say.** Students can be sensitive to words. Remember to give honest praise not only for a job well done, but also for effort. For example, if your child doesn't make the team, try saying, "Well, you didn't make the team, but I'm really proud of the effort you put into it." Reward effort and completion instead of outcome.
- 2 Lead by example.** If you're exceedingly harsh on yourself, pessimistic, or unrealistic about your abilities, your student may eventually pick up those habits.

- 3 Be supportive.** Your support can boost your child's self-esteem. Tell your student you're proud of him or her. Give praise frequently and honestly, without overdoing it — they can tell whether something comes from the heart.

- 4 Create a safe and nurturing home.** Students who don't feel safe or are abused at home will suffer immensely from low self-esteem. A student who is exposed to parents who fight and argue repeatedly may become depressed and withdrawn.

- 5 Help students get involved.** Activities that encourage cooperation rather than competition are especially helpful in fostering self-esteem. For example, mentoring programs in which an older student helps a younger one learn to read can do wonders for both kids.

Source: <http://kidshealth.org/>

### Students with high self-esteem:

- Find it easier to make friends
- Perform better in school
- Tend to have better relationships with peers and adults
- Feel happier
- Find it easier to deal with mistakes, disappointments and failures
- Are more likely to stick with something until they succeed



## Keeping Sports Safe

Getting involved with sports is a great way to keep students active. But if they end up on the bench because of an injury, it could put them on the sidelines for an extended period of time.

**Use these tips, to help your student avoid injuries.**

- 1. Warm up and cool down.** Before game time, get your student to start with some moderate walking or stretching to get warmed up. The same goes for after the game. Walking slowly for a couple of minutes helps them cool down and lower the heart rate safely.

- 2. Require protective gear.** Protective gear, such as helmets, protective pads, and eye protection can help prevent major injuries. It's also important to make sure your student is wearing the appropriate shoes and clothing for the sport.



- 3. Follow the rules.** Many of the rules of the game are there for your student's safety. Make sure he or she understands the rules so no one gets hurt.

- 4. Call a time out.** If your student has an injury, you may need to step in so they take the rest their body needs to heal. Playing with an injury could make it worse and extend their recovery time. Help them be patient and take the time they need.

Source: <http://kidshealth.org/>

# Food Portion Control

Good nutrition is the key to being healthy. Knowing the right portion size is just as important, but sometimes it's difficult to figure out what a serving size actually looks like. Here's a quick guide to help you and your student avoid portion distortion.

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deck of cards		3 oz. poultry or fish	golf ball		2 Tbsp. peanut butter	4 stacked dice		1 1/2 oz. cheese	computer mouse		small baked potato
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tennis ball		serving of fruits or vegetables	compact disk		small pancake or waffle	one cupped palm		1/2 cup cooked rice or pasta			



## Video Games and Fitness: Can they work together?

Constant advertisements and advancements in technology have made video games a favorite pastime of youth today. To keep your student's video games in balance with his or her health and wellness, consider these tidbits:

- **Limit video games to two hours a day or less.** Some studies show that some video games can increase hand-eye coordination, but be sure to check the parental rating on games, some games are violent and not suitable for all age groups.
- **Invest in games that require them to move.** There are many popular games available that get players off the couch and on their feet. Dance and fitness-related games are fun and they get your student moving and burning calories at the same time.
- **Keep video game consoles in family areas.** By keeping video games in your home's shared living area, you can monitor the games your students play and the time they spend every day.

This program is brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation. We are proud to offer *Healthy Newz 4U* as a resource to help increase knowledge about health and wellness.



Find additional information online at [www.HealthyNewz4U.com](http://www.HealthyNewz4U.com).

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