

Congregations & Early Childhood

From the Early Childhood Faith Initiative, a collaboration between Durham's Partnership for Children & End Poverty Durham

Eighth Edition

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SECTION 1: FAITH COORDINATOR NEWS

RSVP today for the March 22, 2011 training from 11:30 am - 1 pm at Duke Memorial UMC on "Turn No into Yes: Positive Communications with Young Children" at winniewmorgan@juno.com. It's free and also offers networking with colleagues.

Save The Date - May 10 for our last session on autistic children. Share the dates with faith educators, congregation volunteers, & children/family ministers.

We have raised about \$8000 towards our \$25,000 challenge grant. Please consider a donation from your congregational budget. For questions, contact Ted Whiteside at ted@dpfc.net or 919-403-6960 or send donations to Attn: Durham's Partnership for Children, 1201 S. Briggs Ave, Suite 210, Durham, NC 27703 with a note on the check: Child Poverty Faith Initiative.

Contact Winnie Morgan for questions or to speak to your congregation at winniewmorgan@juno.com.

SECTION 2: RESOURCES & MATERIALS

March is National Nutrition Month with the theme, "Eat Right with Color". Brighten up the choices of snacks in every season by adding COLOR from fruits and vegetables. Teach color, texture, and shapes using fruits & vegetables.

A great Web site that includes information for babies, toddlers, preschoolers, school age children and teens is: <http://www.eatright.org/kids/>. Another site that is helpful is: www.healthychildren.org backed by 60,000 pediatricians. Share with your parents! *Contact me for a variety of cooking with kids for resources such as the The A-Z No-Cook Cookbook.*

Don't forget to use the handout: **Faith in our Future: Congregations and Children Birth to Five** (<http://dpfc.net/EarlyChildhoodFaithInitiative.aspx>). Available in both English and Spanish from the Web site for download or in hard copy upon request.

SECTION 3: QUOTES

Anything that impacts children, impacts us. *Jimmie Hawkins, Covenant Presbyterian Church*

Our food should be our medicine and our medicine should be our food. *Hippocrates*

Those who think they have no time for healthy eating will sooner or later have to find time for illness.
Edward Stanley

SECTION 4: SHARING IDEAS: Nutrition & Early Childhood

A few facts on childhood obesity:

- Rates of childhood obesity are increasing, increases from about 8% to almost 20% of obesity in children ages 2-4 from 2000-2008 (NC-NPASS Data)
- 19% of North Carolina children and youth (ages 1-17) consume three or more sugar sweetened beverages on a typical day.
- Children less than 3 years old who are overweight are no more likely to be overweight in adulthood than are children who are not overweight, but 3-year-olds who are overweight are likely to be overweight in adulthood.

Some resources you might find helpful:

The web site www.preventobesity.net is a new tool sponsored by the Robert Wood Johnson Foundation to help build the movement to reverse childhood obesity and connect leaders in the movement with each other. This free tool includes an interactive map to connect with others working on similar issues, a widget to customize the map for an organization's website, strategies and services to reach people on their cell phone and more.

The Alliance for a Healthier Generation Healthcare Initiative: This initiative was developed to address childhood obesity by focusing on prevention and assessment by primary caregivers.
<http://www.healthiergeneration.org/healthcareprofessionals.aspx?id=294>

Secure current mini-posters (MY PYRAMID for Preschoolers & ENJOY MOVING: Be Physically Active Every Day) at <http://www.mypyramid.gov/>

Looking for healthy snacks or active activities? Check these two Web sites:

[Eat Well Play Hard in Child Care Settings](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1

[Recipes for Kids](http://www.nccc.org/Nutrition/recipe.kid.html) <http://www.nccc.org/Nutrition/recipe.kid.html>

Local Outreach Ideas:

- According to Joe Moran, Crop Walk Regional Director, North Carolina tied with Louisiana for first place in 2011 in having the largest percentage of children under age 5 who are hungry: one in four. Participate with your children in the CROP Walk on March 27th.
- Ask your children to donate nutritious snacks for Backpack Buddies, back packs filled with nutritious food to children in need for weekends and holiday breaks. For more details, contact Durham Food Shuttle, 294-6421.

ADDITIONAL INFORMATION

www.dpfc.net/EarlyChildhoodFaithInitiative.aspx; www.endpovertydurham.org/;
[Sign-up for e-news from Durham's Partnership for Children and join us on facebook!](#)

To unsubscribe or for more information, contact Winnie Morgan at winniewmorgan@juno.com.

We would appreciate your feedback on this newsletter and ideas to be shared with others on birth to five and their parents in congregations. Please forward this newsletter to appropriate persons on your staff or submit their e-mail.