



# Stan & Fran's Health Hints



December 2010



## HEALTHY HOLIDAY EATS!

'Tis the season for holiday parties and get togethers. This year start healthier traditions by preparing nutritious, kid friendly, finger foods for your next party.

Seasonal Appetizer Tray: arrange mini pizzas on English muffins, devilled eggs (top with a slice of red or green pepper), quesadilla triangles, mini pita sandwiches and tortilla rollups on a festive tray.



Holiday Vegetable Platter: create a colorful platter featuring red, green and white vegetables, such as cut radishes, broccoli, cauliflower, tomatoes. Serve with your favourite veggie dip or try hummus or guacamole.

Festive Fruit Plate: prepare a plate of your child's favourite fruit, such as cut up apples, oranges, pears and melon. Drizzle with melted, dark chocolate or serve with flavoured yogurt as a dip. Enjoy!



For more great ideas see "Lunches to Go": [http://www.bced.gov.bc.ca/health/lunches\\_to\\_go.pdf](http://www.bced.gov.bc.ca/health/lunches_to_go.pdf)



### Buying Winter Sports Equipment?

Children are constantly growing, so remember when you buy new sports or recreation equipment, you might also need to buy a new helmet or other protective gear.



### Kids and Divorce

Divorce is a stressful and confusing time for children. They may be sad, anxious, or angry. As parents, we need to make the changes as easy and as painless as possible for them.

- ~ Stay involved in their lives
- ~ Clear up misunderstandings
- ~ Keep familiar routines in both homes
- ~ Take care of yourself
- ~ Help them express their feelings
- ~ Let them know your love for them hasn't changed
- ~ Try to agree on matters related to them

Kid-friendly websites! Excellent resources for children and parents:

[www.kidsbc.ca](http://www.kidsbc.ca) and [www.familieschange.ca](http://www.familieschange.ca)

Video for parents: How to Divorce and Not Wreck the Kids  
[www.cbc.ca/documentaries/doczone/2009/howtodivorce](http://www.cbc.ca/documentaries/doczone/2009/howtodivorce)

