

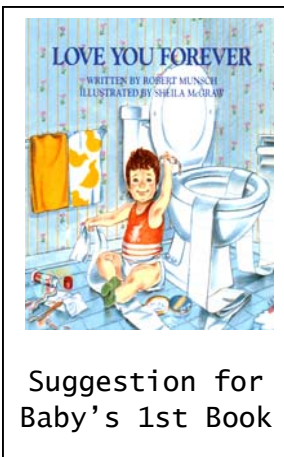
# PARENTING STEPS

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## Parent Tips for Reading

- Children will enjoy reading if parents lead by example.
- Take your child to the library to browse as often as possible.
- Talk about reading often and discuss favorite books and authors.



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## READING :

A wise New Year's resolution for parents is to talk more to their young children by reading aloud to them.

Researchers have found that the more parents talk during a child's first three years of life, the more the child's vocabulary and IQ improve. The children also become more prepared for school. Additionally, the more parents speak encouraging words, the better the children become. Books can be a means of talking to your children.

Committing to and developing the habit of reading every day can go a long way in helping your child be more successful in life.

Children benefit when parents take them in their arms, cuddle them and talk to them through the magic of books. Reading aloud strengthens parent-child bonds.

Books are a natural way to expose children to new words and positive conversation. They guide children to more complex thinking, and they help children discover new thoughts and ideas.

Children who have lots of books read to them are more likely to develop an enhanced vocabulary and IQ by the time they enter school.

Reading is a purposeful way parents can increase their child's exposure to words. A simple way to incorporate daily reading is by reading a book each night at the youngster's bedtime.

Reading a short book also is a great way to help a child "wind-down" and prepare to sleep. Let this become a daily routine for you and your baby.

Daily reading is one way parents can really help their children have a great future.



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# HEALTHY SNACK

## Delicious Banana Shake\*



Start your day  
with a potassium  
Boost with this  
fast, delicious  
smoothie.

### Recipe

2 bananas, sliced  
2 cups skim milk  
2 cups vanilla yogurt  
1/2 cup pineapple juice  
1 tablespoon honey

Process all ingredients in a  
blender  
until smooth. Serve immedi-  
ately.

Makes 4 Servings

### Per Serving

Calories 207  
Protein 11g  
Fat 1g  
Fiber 1g  
Sodium 145mg  
Potassium 622mg

\* not suitable for children under 1 year of age  
because of the honey.

## ACTIVITY IDEA—"Hula Hooping"

### Is Hula Hooping an exercise?

Yes, hula hooping is an exercise and it dates back to the ancient Egyptian and Greek civilization. According to study conducted by the American Council on Exercise, hula hooping would burn around 200 calories in a day if you work out for half an hour.

Hula Hooping has been classified as an aerobic exercise that would increase the flexibility and strength of one's body. It is considered as a low-intensity workout for most people. One of the fun and creative ways to lose weight is by hula hooping.

### Health Benefits of Hula Hooping

One of the health benefits of hula hooping is, it helps lose weight and increases the fitness level of the body.

Hula hooping helps increase the flow of blood to the brain. Hula hooping exercises are more reviving than a short nap. Regular hula hooping helps increase the energy level of the body.

Hula hooping exercises strengthens the waist, hips and the knees. This is another important health benefit of hula hooping.

The coordination of the body movement and breathing strengthens the torso muscles and enhances the flexibility of the spine. Hula hooping exercises promote the integral functions of our vital organs.

To tone the muscles of the arms roll the hula-hoop around your arm in circular motion. Hula hooping burns the unwanted fat in the midriff and tightens the stomach.

Hula hooping is a fun activity for children and adults. The idea of this exercise is to keep the hoop moving on your hips as long as possible. The more you exercise the more calories you will burn. If you want to work your waist and hips, place the hula-hoop on the waist and move around. You could place it on your arms and legs to tone the muscles in those areas.



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