



# The Mommy Manual

 It's time to get moving!

Your infant or toddler gets enough exercise in a day by just going about their normal routine— crawling, rolling, dancing, walking and running around! But it is never too early to engage them in an active lifestyle, and set them up for a life-time love of the outdoors and physical activity.

## Benefits of Physical Activity

*For children:* Physical activity is necessary for healthy growth and development. Regular activity during childhood encourages good cardiovascular health, strength, flexibility and bone density (Public Health Agency of Canada).

*For you:* Regular physical activity helps aid in fatigue, stress, helps boost energy levels, and helps to give you a positive attitude and new outlook on things. Staying active will help prevent your chance of injury and illness.



Volume 1, Issue 2  
Summer 2009



Distributed by:  
The PEI Home  
Economics Association

## In This Issue:

- Physical Activity
- Child Care
- Lunch Recipes
- Finger painting fun!

## Some Ideas to Get Moving!

- **Hold your baby, or put them in a carrier, turn on some music and dance crazy!**
- **Put your baby in their stroller and go for a nice, brisk walk.**
- **Do some stretches or yoga, using your baby as a weight.**
- **Try out an exercise video at home. Make sure your baby is in a safe place such as a swing, highchair, or exersaucer. Chances are your baby will get a kick out of watching you dance!**
- **Look for Mommy/Baby play or walking groups in your area.**

Check out [www.peiactiveliving.ca](http://www.peiactiveliving.ca) or  
[www.chancesfamily.ca](http://www.chancesfamily.ca) for things going on in your  
area!

## Consider Your Options

Leave yourself with enough time to search around for appropriate childcare, to ask lots of questions and to make decisions. The more time you have to search, the greater your range of options will be. Consider these questions from the PEI Early Childhood Development Association:

- Home care or early childhood educational development centre?
- Is it important to you that the early childhood educator is professional, certified, and the centre licensed?
- Are you looking for a variety of programs?
- What is a suitable location, close to your home or workplace?
- What is the cost?
- What are the hours of operation and how does this work with my schedule?
- Are the centre's goals compatible with my views in terms of early childhood development and education?

**For more information on child care in PEI, go to [www.earlychildhooddevelopment.ca](http://www.earlychildhooddevelopment.ca).**

## Visit the Facility

Allow approximately 30 minutes for the visit. Do not be afraid to ask lots of questions. Here are some questions you may consider asking the caregiver(s):

- What their accreditations are, and why they are interested in working with young children.
- What is their policy on parents calling or visiting?
- How do they handle discipline?



- What is their policy on caring for a sick child?
- Are lunch and snacks provided, or is it necessary to pack them daily?
- How do they handle separation anxiety?
- What are your hours of operation, and what holidays is the facility closed?
- How often do the children watch TV?
- What sorts of activities are the children involved in?
- How do they handle toilet training?
- What is their background experience and do they have any references?

## Make the Choice

Choose the option that works best with you and your family. Remember that leaving your child with someone else will be an adjustment for both you and your child. Younger infants tend to adjust easier to having someone else look after them while toddlers tend to suffer from separation anxiety. Bad days will happen from time to time, this is normal. If you feel your child is not happy or flourishing in their care giving situation, you may need to reassess their needs. Always go with your gut instinct.

# In the Kitchen: Lunch Recipes



## 6 Months and Up: Banana & Avocado Puree

### What you'll need:

1 ripe avocado  
1 ripe banana  
1/4 cup of formula or breast milk

- Peel banana, and peel and take the pit out of the avocado—do not cook.
- Place in food processor and puree.
- Add breast milk or formula to thin consistency if desired. Add a bit of rice cereal if you would like a thicker consistency. Serve at room temperature.

## 8 Months and Up: Baby Omelet

### Serves 1

### What you'll need:

2 egg yolks  
Formula or breast milk  
Chunky pureed vegetables\*  
(such as carrots, broccoli, peas etc.)  
Cheese\*

\*only use foods your baby has tried before, and not shown an allergic reaction to

- Prepare a small frying pan with a pat of butter or a dab of olive oil and heat.
- Scramble egg yolks & Milk or Formula in bowl.
- Pour egg mixture into heated pan.
- Scramble egg mixture until almost cooked and add veggies. Cook until egg mixture is no longer runny.
- Add small bits of shredded cheese. Scramble again when cheese has melted. This makes a great finger food.

*Serve with:* toast pieces, small chunks of fruit

## 12 Months and Up: Turkey Pita Bites

### Serves 2

### What you'll need:

1 cup shredded Cheddar cheese  
1 cup diced cooked turkey  
1/2 red bell pepper thinly sliced  
2 whole wheat pitas quartered  
(or 8 mini pitas)

*Variation:* Use chicken, mozzarella and green peppers

- In a small bowl, combine cheese, turkey and red pepper. If using mini pitas, make a slice large enough to stuff filling into. Spoon turkey mixture into mini pitas or pita quarters and microwave on high for 30 seconds or until the cheese melts. Serve right away.

**Always use caution when microwaving foods for young children.**

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**Prince Edward Island Home  
Economics Association**



PO Box 20029  
Sherwood Postal Outlet  
PE Canada  
C1A 9E3

902-566-2738  
peihea@hotmail.com

*The Mommy Manual* is a three part newsletter aimed at young mothers trying to complete their education with children aged newborn to 24 months. For more information on the PEIHEA, or for the next newsletter, please visit our website.

[www.peihea.org](http://www.peihea.org)

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## Activity Corner



### Ready!--Set!--Paint!

**What you'll need:**

*Non-toxic washable paint*  
*Paper plate (or other dish for paint)*  
*Large pieces of paper*  
*Newspaper or an old tablecloth/sheet to cover the area*

Strip your child down to their diaper, or put on some old clothes. Place a small amount of paint onto the paper plate, and show your child what to do. Make strokes, handprints, mix the colours, and let their imagination go wild. Discuss the colour combinations, the feeling of the paint and what they are creating. You can fold a piece of paper in half and have the child paint on one side with plenty of paint, then fold it in half to create a symmetrical design. The possibilities are endless! Have fun, and don't worry about the mess. It will clean up with hot soapy water.

**Variation**

*Scratch and Sniff Painting:* Add enough water to small packages of Kool-Aid so it is of a spreadable consistency. Use a brush or fingers to paint on large pieces of paper. Once it is dry your child will be able to scratch and sniff their creation!



*What to do when your fridge is overloaded with your little ones masterpieces?*

Create more art! You can cut your little ones art into shapes and designs to create greeting cards or wall art. Create an animal design and trace around an interesting area of the finger painting. Cut it out, and if your child is old enough have them help you glue it onto a piece of cardstock or scrapbooking paper. Put this in a picture frame, and it is a great gift idea for babysitters, grandparents, or a keepsake for you!

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