

A monthly wellness newsletter from Better You

Healthy habits for healthy kids

Keeping your kids healthy is important. With a few simple habits you can create a happy, healthy environment at home. Here's how to get started:

Eat healthy. Healthy eating is crucial for growth and development. Encourage foods rich in vitamins and minerals, and limit added sugars, unhealthy fats, and salt. Great choices include:

- Water
- Colorful whole fruit and vegetables, whole grains
- Proteins like lean meats, poultry, eggs, fish, beans, peas, nuts, and seeds
- Dairy or lactose-free alternatives and soy-based products
- Healthy fats from fish, nuts, and seeds

Get moving. Physical activity is great for kids. It helps them develop skills like balance and flexibility. Active kids tend to excel in school and stay healthy. To keep your child active:

- Start when they are young.
- Make it fun and keep it safe.



- Be active as a family every day.

Sleep well. A good night's sleep is essential. It boosts learning, reduces stress, and helps prevent issues like obesity and diabetes. To help your child sleep well:

- Set regular bedtimes and wake-up times.
- Have a calming bedtime routine.
- Keep their bedroom quiet and cool.
- Remove electronics from the bedroom.

Manage stress. Help your kids handle stress in healthy ways. Teach them how to cope with stress and practice these skills together:

- Have your child talk it out with a trusted adult.
- Get outside in nature.
- Write about it.
- Learn mindfulness techniques.

Get regular check-ups. During these visits, talk to the doctor about vaccines that help protect your child from serious diseases.

Be your child's guide and help them learn healthy habits for life!

Resource: [Myplate.gov](https://myplate.gov); [Kidshealth.org](https://kidshealth.org)

Car safety tips to keep you and your baby safe

Car safety helps protect you and your unborn baby. Here are some tips to buckle-up correctly:

- Always place the shoulder belt on your shoulder but away from your neck.
- The lap belt should rest below your belly.
- The strap should be across your chest and between your breasts.
- Never place the shoulder belt behind your back or under your arm.
- Make sure there is enough space between your belly and the steering wheel.

- If your car has an air bag be sure it is on for extra protection.

When it's time to bring your newborn home, a car seat is a must! Find information about the right car seat for your child and how to install it correctly with the National Highway Traffic Safety Administration at [NHTSA.gov](https://www.nhtsa.gov). Register your car seat with the manufacturer or online with [NHTSA.gov](https://www.nhtsa.gov), so you can get updates and notices.

Remember, using seat belts and car seats correctly help ensure the safety for both you and your baby.

Resource: [ACOG.org](https://www.acog.org); [NHTSA.gov](https://www.nhtsa.gov)



Stay safe and enjoy the ride!

Florida Blue pregnant members are encouraged to enroll in the Healthy Addition® Prenatal Education Program. Email: healthyaddition@floridablue.com or call: 1-800-955-7635 option 6

Build-Your-Own Chicken Tacos (Serves 4)

Ingredients:

- 1 pound boneless, skinless chicken breast
- ½ cup mild salsa
- 2 cups chopped romaine lettuce
- 1 cup shredded Mexican cheese blend
- 8 corn tortillas, warmed and halved

Directions:

Place chicken in a large saucepan

and add water to cover by 2 inches. Bring to a simmer. Reduce heat to maintain a gentle simmer and cook until an instant-read thermometer inserted into the thickest part of the chicken registers 165 degrees F, about 15 minutes.

Remove the chicken to a clean cutting board. (Discard poaching liquid or save for another use.) Let cool slightly, then shred the



chicken into bite-size pieces with two forks. Transfer to a bowl and stir in salsa.

Serve the chicken, lettuce, cheese and tortillas separately for build-your-own tacos.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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