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## **NE LESSON RB-000-14**

### *Feed Your Child's Future*

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#### **OBJECTIVES:**

- Participants will state 2 foods that are high in iron.
- Participants will state 2 benefits of reading to young children.

#### **MATERIALS:**

- Television and VCR
- Paper
- Pens or pencils
- Flip chart, marking board or chalkboard
- Chalk or marker
- Iron handout, one of the following:
  - *Foods With Iron*, stock #1-89
  - *Prevent Anemia with Iron Rich Foods*, stock #13-67(a)
- *Tips for Reading Aloud to Young Children* handout, attached

#### **VIDEOTAPE:**

*Feed Your Child's Future*, produced by the Texas Department of Health, available in English and Spanish (12 minutes) – This video tells the story of a young family who learns that high-iron foods and reading to their young son are important for their son's brain growth and development.

#### **PREPARATION:**

Prior to class, contact your local library and find out the addresses, phone numbers and hours of operation for libraries near your clinic. Also, find out if they have any special programs for young children. This information will be provided to participants at the end of the lesson. You may want to write it on a flip chart or marker board prior to class.

#### **Note about New Lesson Survey Forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 West 49<sup>th</sup> Street  
Austin, Texas 78756

# NE LESSON RB-000-14

## *Feed Your Child's Future*

### ICEBREAKER:

Before we get started, let's go around the room and let each person tell us their name and one thing that you'd like your child to learn in the future. Maybe you want your child to learn to play the piano or to swim or to cook or to speak 2 languages. It can be anything, something you think they would enjoy doing, something you think is important or maybe it is something you never learned to do but wish you had. Start this activity by introducing yourself and naming one thing you would like your child/grandchild/niece/nephew/future child to learn. Pause for participants' responses.

Thank you for sharing. This leads us into what we're going to talk about today, your child's future.

### INTRODUCTION:

Today the video we're going to watch is called *Feed Your Child's Future*. It is a video that talks about 2 important things you can do to help your child's brain development. I'm going to give you a couple of things to look for in the video. I'd like for everyone on this side of the room to watch and listen for foods that are high in iron and I'd like for everyone on this side of the room to watch and listen for benefits of reading to young children. After the video is over we'll talk about what you saw and heard. If you'd like paper and a pen/pencil to write them down, raise your hand. Pass out paper and pens/pencils to participants who want them. Show the video.

### DISCUSSION AND EVALUATION:

Iron is important for brain growth and development, especially for infants and young children. Between birth and 3 years of age, a young child's brain is developing more rapidly than at any other time in life. That's one of the many reasons why iron is so important for young children.

#### Discussion topic #1:

Let's make a short list of foods that are high in iron. What are some things you heard mentioned or saw Joshua eating or being served in the video? Most of those foods were high in iron. Pause for participants' responses. Write the responses on a flip chart or marker board. If participants mention any of the high vitamin C foods, write them to the side of the high-iron list.

Below is a list of foods mentioned in the video:

#### High-iron foods from the video

- fortified cereal, WIC cereals
- meat
- tomato juice
- beans
- whole wheat bread

#### High-vitamin C foods from the video

- orange
- cantaloupe

**Some other good sources of iron include breastmilk, iron-fortified infant formulas, raisins, dried fruits and meats like beef, chicken, pork and fish. Also, just to clarify, the orange and cantaloupe that Joshua was served in the video are high in vitamin C. Vitamin C helps the body absorb iron, so eating a food that is high in vitamin C with a food that is high in iron increases the body's absorption of iron.**

**Discussion topic #2:**

**Reading is also important for your child's brain, but in a different way. What are some benefits of reading to young children that were mentioned in the video? Make a list of the benefits that participants name. Below is a list of benefits of reading to young children that were mentioned in the video:**

- Reading to a young child now will have a positive effect on his future.
- Reading helps get your child ready for school.
- Reading "exercises" your child's brain, makes it strong.
- It's fun.
- It can be a special time to bond with your child.
- If you read to your child when he is young, he will take to it naturally when he is older.

**Does anyone have another benefit, that hasn't been mentioned, maybe something you have discovered from reading to your own child? Pause for participants' responses.**

Possible responses include:

- Helps calm your child and gets him ready for naptime or bedtime.
- Helps your child with language development. This starts even before your child starts to talk, so read to your infant too.
- Children can identify with the characters in a story and it can help them learn to express their emotions and feelings.
- It can help your child learn, words, colors and shapes.

**Thanks for your input. Reading is like exercise for your child's brain. Reading, talking to your child, singing to your child, holding your child, these things encourage your child to "exercise" his brain. These things actually help your child's brain make important connections between the brain cells. You can even read to your infant. Your infant will love sitting with you and hearing your voice.**

**What questions do you have?**

**I have handouts available on foods high in iron and one about reading to young children. If you would like either handout, please pick them up before you leave. Also, our local library is a great place to take your child to get him excited about books and reading. Here is some information about our local library. Share information about your local library – locations, phone numbers, hours and information about children's programs.**

<b>If your local agency is distributing books to WIC children as part of this class, distribute the books now.</b>
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## Tips for Reading Aloud to Young Children

### Babies - 6 to 18 months

- ❖ Read to your child often; she loves to hear your voice.
- ❖ Choose books with simple, bright pictures and only a few words on each page.
- ❖ Hold your child on your lap; make sure he can see the pictures.
- ❖ Your child will touch, grab and taste the book – that is how he learns.
- ❖ Let your child help hold the book and turn the pages.
- ❖ Point to the pictures as you talk about them.
- ❖ Start by reading 1 or 2 pages at a time and gradually read more pages at one time.
- ❖ Stay on a page as long as your child is interested. Put the book away when she seems fussy or bored.

### Toddlers - 18 months to 3 years

- ❖ Your toddler may enjoy having the same book read to him many times. You'll know when he is bored with a book.
- ❖ Relate pictures and words in books to the real world.
- ❖ Read rhyming books. Your toddler can learn and repeat the words.
- ❖ Read picture books with simple stories and only a few words on each page.
- ❖ Toddlers like books about new people and new places.
- ❖ Change your voice for each character in the story.
- ❖ Stop often to ask questions and look at the pictures.
- ❖ Let your child turn pages, name pictures, repeat words and guess what will happen next.

### Preschoolers - 3 to 5 years

- ❖ Your preschooler likes books about other children, new places, people and things.
- ❖ Read the title and author; look at the cover and ask your child what she thinks the book is about.
- ❖ Your preschooler has a longer attention span than a toddler. He may enjoy short chapter books.
- ❖ Talk about the characters, places and stories; help your child relate them to her life.
- ❖ Run your finger under the text as you read it.
- ❖ Ask your child to look at the pictures and guess what is going to happen next.
- ❖ Your preschooler has a good memory. Let him retell the story in his own words.
- ❖ Provide crayons and paper for your child. She may enjoy writing and drawing while she listens.



**NE Lesson Code RB-000-14**  
***Feed Your Child's Future***  
**New Lesson Survey - Participant**

**1. I am: (you may circle more than 1)**

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend
- f. teenager

**2. How much did you like the video?**

- a. a lot
- b. a little
- c. not at all

**3. Do you plan to use the ideas from the lesson?**

- a. a lot
- b. a little
- c. not very much

**4. Do you think this is a good video to show at WIC?**

- a. yes
- b. no

**Why?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. What is the most useful thing you learned from the video and lesson today?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6. Other Comments:**

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\_\_\_\_\_  
\_\_\_\_\_

**Thank you for your comments!**