

February

How to Keep a Healthy Heart!

What is heart disease?

Heart disease, otherwise known as cardiovascular disease, is a group of problems that occur when your heart and blood vessels don't work the way they should. Some of the most common problems include:

Tidbit



- Heart Attack: When blood can't reach other parts of the heart due to a blockage
- Stroke: When your brain doesn't receive enough blood due to a blockage or burst blood vessel
- Atherosclerosis: When cholesterol and fat build up in your blood vessels making it harder for blood to pass through

Heart disease is not given to you by other people. Instead, there are different factors that eventually cause the disease. This can include smoking, being overweight, not exercising, not eating right, and many more. So how do you know when you have heart disease before it's too late?

How to prevent this?

You may prevent yourself from getting heart disease by not smoking, eating healthy, and EXERCISING!



Source: kidshealth.org



Expect Respect, A Healthy Relationship

Being in a relationship at a young age can be confusing, awkward, and scary. You are not really sure what a real relationship all means and what happens in one. Here are some things to inform your children about when they do feel like they are ready for a relationship.

What does a healthy relationship look like?

In a healthy relationship, there is respect for one another's boundaries, support during the bad times AND good times, good and open communication about any doubts or worries, and separate identities. Sometimes it is easy to lose your own identity as you spend more and more time around one person. Make sure they remember to still do the things they enjoy and hang out with their friends.

What does an unhealthy relationship look like?

An unhealthy relationship is when one partner becomes dominant over the other. This usually contains either emotional, physical, or verbal abuse. One partner might start to get angry if they are not spending enough time with the other or keeps the other from seeing their friends. It can be especially hard to notice emotional abuse and it is often overlooked.

If the relationship doesn't last long, it is okay! Young children and teens have interests and identities that change everyday. What qualities you might enjoy about a person now might change in a year or two. It is important to first love yourself before you can love others.

Source: kidshealth.org

Fast and Kid Friendly Recipe-Valentine's Day Parfait



Ingredients

- Pink and white yogurt (or strawberry/vanilla pudding)
- Granola
- A couple strawberries
- Heart sprinkles

Recipe from dailymom.com

Preparation

1. In a small plastic cup, layer the white yogurt, granola, thinly sliced strawberries, and pink yogurt
2. Put a couple thinly sliced strawberries around the edge of the cup at the top once full (pointed part facing up)
3. Put one strawberry in the middle
4. Put some sprinkles on

