

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](mailto: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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