

May/June 2015

NANNY MAGAZINE

teach play love



Nutrition, Exercise, Relaxation

The Wellness Issue

INSIDE THE
FIT MOMMY
DIARIES

FOOD DYES:
ARE THEY
SAFE?

BACKYARD
RELAY
RACES

POPULAR
SNACKS
REVIEW 2015

NANNY MAGAZINE

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BY LIZ MITCHELL

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Health and wellness for you, your charges, and your entire NannyFamily! Share your favorite articles from this issue with loved ones!

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Editor's Note

"THE GREATEST WEALTH IS HEALTH."

VIRGIL

The words of ancient Roman poet Virgil still ring true today in 2015, and will continue to do so well after we are no longer around. Think about everything you have and everything you've been given. No material wealth or status would be quite as valuable without being well enough to enjoy it. We are given but one life to live, and we should consider it our duty to live it well, caring for our minds, bodies, and spirits in equal measure. That's why this issue is dedicated to the theme of health and wellness. It's a broad topic, and one we've only just been able to scratch the surface of here in this issue, but it is indeed one worth considering. Read on to learn more about what this issue contains, cover to cover.

Nutrition and exercise are the cornerstones of a healthy lifestyle. Amber Ketchum, resident RD, brings us delicious recipes that aren't short on taste, and Jennifer Stankiewicz shows us how to banish excuses from your exercise routine. Let's not forget the littles in this issue! Stef Tousignant brings us some ideas for backyard relay races that are so fun your charges won't even realize they're exercising. Need an excuse to get a massage? Joyce Hauber, a licensed massage therapist, weighs in with an article covering the basics on how massage therapy can help battle stress and make you feel happier and rejuvenated.

Perhaps you're reading this and thinking about someone you know and love, perhaps even yourself, who is sick, ailing, or broken. Think about ways you can try to help this person by radiating positivity in their life. We hope you make it your mission to adopt one new healthy habit after reading through these pages. If you're newly committed to living a healthier lifestyle, start small. Go out and take a walk after dinner or sign up for a gym pass. Already active and healthy? Share your wisdom with others, including your charges, to help them live lives of wellness.

Do you want to write in to the editors to share your thoughts on this issue? We would love to hear from you! Email us at jennifer@nannymag.com.



Check out one of our favorite articles, "15 Minutes to Fit." Think you don't have the time to build a workout routine? Think again. See page 18 for the story.

Happy reading!
-Jennifer



JMK
Jennifer Kuhn, MPS,
Executive Editor



**WHAT THIS PLACE NEEDS
IS ACTIVE PLAY EVERY DAY.**

Thanks to our work with NFL PLAY 60, we've brought fun fitness programs to more than 35,000 kids. And it can happen here too.



To donate or volunteer, go to UNITEDWAY.ORG.
BECAUSE GREAT THINGS HAPPEN WHEN WE LIVE UNITED.



Well, Well, Well: *Top Wellness* *Products for You* *and the Entire* *NannyFam*

NANNY MAGAZINE'S EDITORIAL TEAM SCoured THE SHOPPING AISLES TO ROUND UP SOME VIP WELLNESS PRODUCTS YOU CAN'T MISS. SHARE THIS ARTICLE WITH YOUR MOMBOSS AND FIND HIDDEN WAYS TO INSPIRE WELLNESS ALL AROUND YOU.

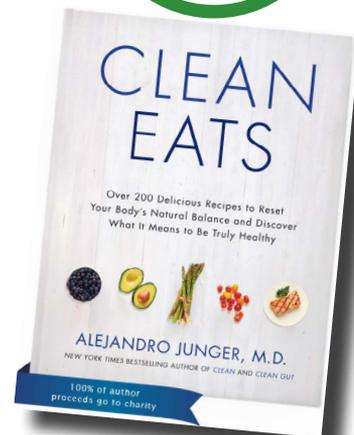
1



1. MAKE SOME NOISE

White noise, that is. It may seem counterintuitive, but for adults and kids who have trouble sleeping, adding a low, steady, constant sound to the background can help do the trick. Try Marpac sound machines for low cost and high quality. Available on Marpac's website from \$49.95.

2



2. CLEAN READING

Physician Alejandro Junger provides over 200 clean eating recipes in *Clean Eats*. Contributors include Donna Karan and Gwyneth Paltrow, among many others. Available online through Amazon, Barnes & Noble, and other retailers. Published by HarperOne, 2014. \$23 hardcover.



3

3. JOIN THE CLUB

If you're lucky enough to have a Planet Fitness near you, what are you waiting for? Join already! Make a commitment to hit the gym at least three times a week for at least an hour each day.

\$10.00/month.

4

4. BOW... WOW!

Wellness isn't just for people. Treat Fido or Fluffy to organic pet foods by Blue Buffalo. Available in 6, 15, and 30-pound bags and in a variety of flavors, including chicken, at select retailers. Find a store locator online at www.bluebuffalo.com.

Pricing varies by retailer.



5

5. TAKE A STAND

Are you a nanny manager who sits at a desk for hours at a time taking care of your NannyFamily's business? Sitting for too long can strain your back and make it easier for you to pull muscles! Ask your NannyFamily to provide you with an ergonomic standing desk, like this one from The Human Solution.

\$449.00.



UPLIFT DESK

6



6. PRENATAL VITAMINS

Are you or MomBoss planning to conceive? Don't skip out on important prenatal vitamins. Once daily not only helps optimize fetal development, prenatal vitamins are also known for strengthening hair and nails. Yes please! Available by The Honest Company.

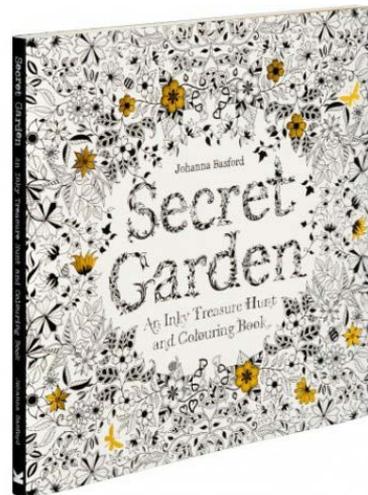
\$19.99

7

7. COLOR YOUR BLUES AWAY

Throw back to childhood and blast stress old school style with a coloring book made just for grownups! Pretty pages are your friend! *Secret Garden* by Johanna Basford presents challenging but beautiful scenes for your enjoyment. Great for a gift! Get yours on Amazon for around \$10.00. Blast your blues on the cheap!

\$10.00



8



8. BE YOURSELF

Got a creative side? Tap into that energy and help yourself process your thoughts from the day at the same time. Your written record of your life will be fun and meaningful to look back on in the future and will help you find focus and clarity in the here and now. Check out some of the darling designs at Papyrus, like this one that sends a positive reminder to be yourself!

\$15.00.

Interview with the Fit Mommy

AN INTERVIEW WITH BLOGGER SIA COOPER
A NANNY MAGAZINE EXCLUSIVE



WITH THIS BEING THE NANNY MAGAZINE WELLNESS ISSUE, THE TIME SEEMED RIGHT TO INTERVIEW THE WOMAN BEHIND THE POPULAR INSPIRATIONAL BLOG, DIARY OF A FIT MOMMY. SIA COOPER, READ ON FOR SOME OF HER TIPS AND TRICKS TO HELP YOU KEEP FIT WHEN TAKING CARE OF KIDDOS.

1. What inspired you to launch *Diary of a Fit Mommy*?

I launched *Diary of a Fit Mommy* as soon as my husband and I first got pregnant with our first child. I had recently dropped 50 pounds and got into shape so I wanted to make no excuses during my pregnancy for putting that weight back on. I knew that, obviously, during pregnancy I would gain weight, but I wanted to make sure that it was within the healthy limits and that I was doing everything in my power to stay healthy, fit, and strong while growing my baby. I used my blog as a motivational tool to push myself through those 40 weeks and to inspire other mothers out there and show them that it can be done.

2. Although you're geared toward mothers, how can nannies benefit from following you?

Nannies need health and fitness, too. Especially if you are looking after children 24/7, you need the energy and fitness level to be able to keep up with them! Let's face it, children never run out of energy so it is vital to be able to run with them and take part in the things that they do to be the best and most interactive nanny possible. Nannies need plenty of rest, hydration, and the right foods to keep them fueled.

3. In what ways do you think a nanny is a lot like a mother? In what ways do you think they're incredibly different?

Nannies are most certainly like mothers. In fact, sometimes, a nanny can be more of a mother than the children's own actual mother. Not because it is a goal, but because the nanny may spend more time with the children, especially if the children's mother is hard at work out of the home. If you think about it, nannies cook, clean, and even help children with their homework, just like Mom! The only difference between a nanny and a mother, aside from the obvious, is that the nanny's job ends when the mother is back in action after a long day. However, there are some live-in nannies whose jobs are continuous.

4. Nannies and mothers alike spend a lot of time alone with children. How can one keep their mind sharp when their only company is a toddler?

When spending a frequent amount of time solely in the company of a toddler, you tend to miss out on more adult interaction than most. Keeping your mind sharp is certainly key to preventing "mommy brain." Even nannies can have "mommy brain!" Playing games with your toddler is a great way to keep your mind going, as in speaking to them as if they were adults. Some nannies or mothers tend to baby-talk their children when honestly just talking to them normally is the best thing for the both of you. Also, turning the TV off and going for a walk outside is a great way to refresh your mind.

5. What is your favorite healthy snack to power up for a workout?

My favorite pre-workout snack is MRM protein powder. If I am not in a protein shake mood, I love reaching for a banana and 2 tbsp of peanut butter. It supplies all of the energy and carbs that you need to fuel your workout!



6. If someone is brand new to working out, how can they effectively plan a routine? Is this something you suggest a professional for?

Most people who are new to the fitness world have zero clue where to begin. This is why I am in business! Turning to a health professional is certainly the right step, first and foremost. I would not recommend starting a new workout regimen without first speaking to your doctor and then being trained by a fitness professional. However, if you are not doing a routine that is too strenuous, I would recommend turning to YouTube as there are plenty of free beginner workouts ranging from yoga to high-intensity interval training workouts.

7. What is your advice for getting yourself to work out when all you feel like doing is watching Netflix with a bucket of ice cream?

Netflix is an amazing thing, especially when you are a mother. However, once your child goes to sleep, this is the time to switch the Netflix off and go do your workout. Getting motivated is the first step in getting fit because without it, you are not going anywhere nor are you going to make things happen. First, find what motivates you. Then ask yourself why you want to get fit. It is all a mental state of mind. Once you get past the mental hurdles, you will find yourself making the time to work out and finding less time for making excuses.

8. When your son is old enough to start exercising, how will you make it fun for him?

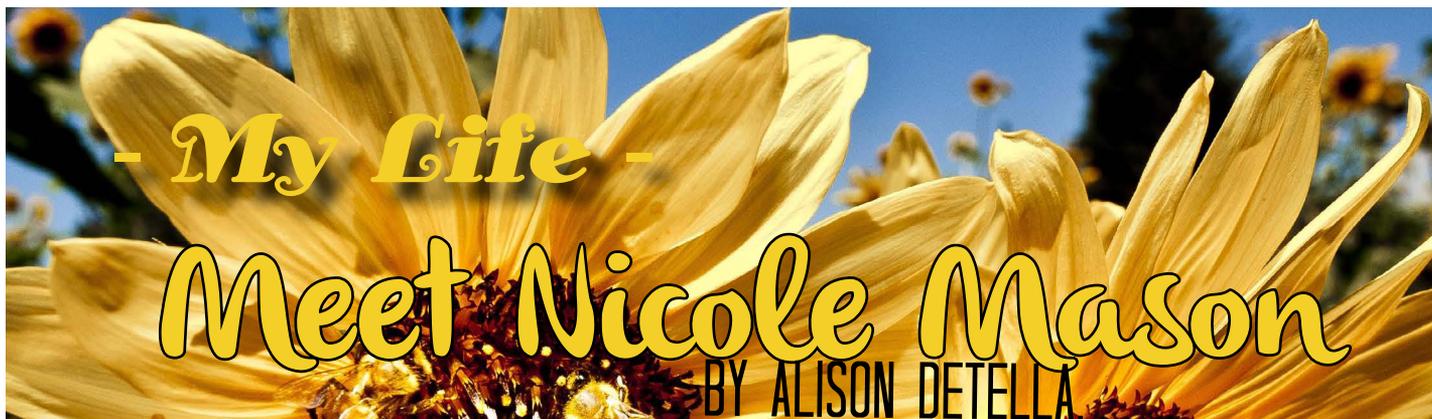
I have been incorporating my son into my workouts since he was a few weeks old! We just bought a new incline trainer and every time he sees mommy running, he hurries over to jump on with me. My workouts with him range from using him as my weight to wearing him with a baby carrier during my workout sessions. It is such a great way to get him involved and as he gets older, I will begin teaching the moves and why I do them.

SIA IS A MOM, WIFE, AND
FITNESS BLOGGER. FIND
HER ONLINE AT

[WWW.FITMOMMYDIARIES.BLOGSPOT.
COM.](http://WWW.FITMOMMYDIARIES.BLOGSPOT.COM)



*"Let's face it,
children never run
out of energy."*



This month, we'd like you to meet Chicago nanny Nicole Mason. Want to be featured in an upcoming My Life column? Get in touch with us at submissions@nannymag.com and we'll feature you and your awesome accomplishments!

Nicole Mason is a vibrant 29-year-old nanny with a bachelor's degree in elementary education and a goal to make the world a better place one act of kindness at a time! Nicole, along with her family, formed an organization called "Kelly's Random Acts of Kindness" in honor of her mom, who passed away when Nicole was just a little girl. It is based on the simple "pay it forward" concept where you do something nice for someone, then hand them a card with a website to share their story; it is just a little reminder of the good in this world and how to spread it! This organization teaches people two very important values, kindness and respect, which are two things Nicole instills in her charges as well. Nicole explains, "When you show someone kindness they take it with them forever, and are inspired to return the favor to you or someone else." Having such a big heart and positive outlook, it's clear that Nicole has chosen the right profession when it comes to being a nanny! Nicole has been nannying for her current

NannyFamily for about four years. The three children range in age from 6 to 11. She loves to do many different things with them, including swimming, mini golf, tennis, and conducting science experiments. She especially enjoys their help with cooking and baking, another of her passions.

Nicole has created a food blog, nicoles-favoriterecipes.com, where she tries her hand at new recipes that are delicious, healthy, and often kid-friendly!

"I spend a lot of time experimenting in the kitchen, simplifying recipes, and making them more affordable" says Nicole. She is also able to get the kids involved by initiating "Meal Monday" where her charges rotate in choosing a different dinner and dessert to cook together. Their favorite thing to make would have to be the hamburger cookies in the summer—vanilla wafer 'buns,' a Thin Mint patty, green coconut lettuce, and frosting condiments! Yummy!

Nicole and the kids also grow fruits, veggies, and herbs in a garden so she is able to teach her charges about the process of growing healthy foods right in your own backyard. One day Nicole hopes to combine her passion for cooking and baking with her love of children and her background in education to create an awesome at-home daycare. We are rooting for you, Nicole!



MINI VEGGIE AND CHEESE EGG MUFFINS

BY AMBER KETCHUM, M.DS. RD
REGISTERED DIETITIAN

It is possible to get your charges to eat veggies for breakfast! These mini egg muffins are cheesy, fluffy, and the perfect size for little hands and little tummies. They have just a few ingredients and are fast to make. These also make a good after-school snack or quick dinner!

Ingredients:

- 3 large eggs
- 1/3 cup milk
- 1/3 cup shredded reduced fat cheddar cheese
- 1/4 cup finely chopped zucchini
- Salt and pepper to taste
- Cooking spray
- Cupcake liners (optional)

Instructions:

1. Preheat oven to 400 degrees. In a large bowl, mix the eggs, salt, pepper, cheese, and zucchini until well combined.
2. Lightly spray a muffin pan with nonstick cooking spray (or line with cupcake liners and spray those with cooking spray) and pour the egg mixture to fill each muffin tin about 2/3 full. Bake for about 15 minutes or until the eggs are set and the tops are lightly golden.

*Note: The egg muffins will be puffed up when they come out of the oven, then after a few minutes, they will deflate a little bit. That's normal.

Makes about 6 egg muffins

So easy
to make!





no excuses

Excuses Don't Burn Calories

BY JENNIFER STANKIEWICZ

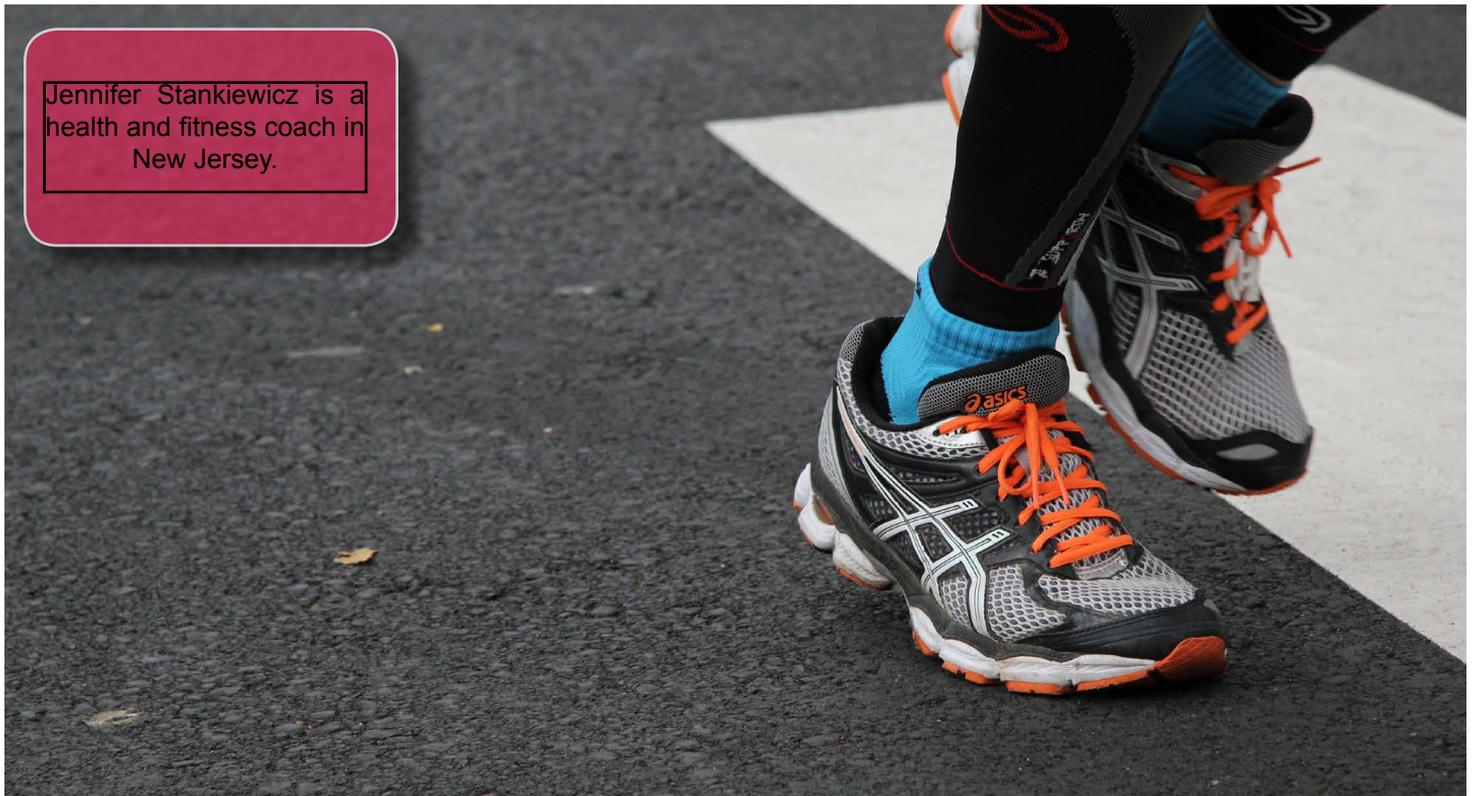
"I DON'T HAVE TIME." "EATING HEALTHY IS TOO EXPENSIVE." "I HAVE NO ENERGY." HAVE YOU EVER CAUGHT YOURSELF USING THESE EXCUSES TO GET OUT OF LIVING A HEALTHY LIFESTYLE? I USED TO BE JUST LIKE YOU. BUT I AM HERE TO TELL YOU THAT IT'S TIME YOU START BEING STRONGER THAN YOUR EXCUSES!

We all have the same 24 hours in a day. All you need is 30 minutes of exercise five days a week in order to stay in shape. Work out at home or take a walk on your lunch break if you want to cut down on time used driving to the gym! Shop for in-season produce at your local farmers' market to cut costs, and take 2-3 hours one day a week to cook and portion out food for the week so you can just grab and go.

Working out and eating clean can give you positive changes all around. Exercising releases endorphins, which elevate your mood. You may experience better sleep patterns, as well as a higher level of sustainable energy, giving you an improved quality of life.

When you think about quitting, remember why you started. You're not just trying to lose 10 pounds. Are you trying to feel comfortable in your own skin? Do you want to be able to run around with your grandchildren? Every one of us has a why that's more important than the number on the scale. Keep that in mind every time it gets tough. It takes 21 days to form a habit; let's make today Day 1!

Jennifer Stankiewicz is a health and fitness coach in New Jersey.





Mini Hawaiian Pizzas: Yum!

BY AMBER KETCHUM, M.D.S., R.D.
REGISTERED DIETITIAN

THESE MINI PIZZAS ARE PERFECT FOR YOUR CHARGES TO HELP MAKE! THEY ARE A GREAT HEALTHY SUBSTITUTE FOR FROZEN PIZZA SNACKS AND INCLUDE FRUIT, VEGGIES, PROTEIN, AND WHOLE GRAINS. THEY ARE A WELL-ROUNDED AND TASTY OPTION! PAIR THE PIZZAS WITH SOME GRAPES ON THE SIDE FOR A SWEET TREAT.

Makes 8 mini pizzas

Ingredients:

- 4 whole grain sandwich thins
- 1 cup shredded mozzarella cheese
- 1/2 cup marinara sauce
- 1 cup canned pineapple tidbits, packed in juice, drained
- 2 ounces nitrate-free ham (about 2 slices), chopped into small pieces
- 1/2 cup finely chopped zucchini

Directions:

1. Preheat oven to 400 degrees.
2. Split the sandwich thins in half for the "pizza crust" bases and spread them out in an even layer on a baking sheet. Place them in the oven for 4-5 minutes to lightly toast the bread. Remove from oven and remove them from the hot pan to assemble the pizzas.
3. For assembly, spread each "crust" with marinara sauce, top with cheese, then spread some of the ham, pineapple, and zucchini.
4. Place the pizzas back on the baking sheet and bake for about 6-8 minutes or until the cheese is melted.



*"I want
to be
a bench.
Recycle me!"*



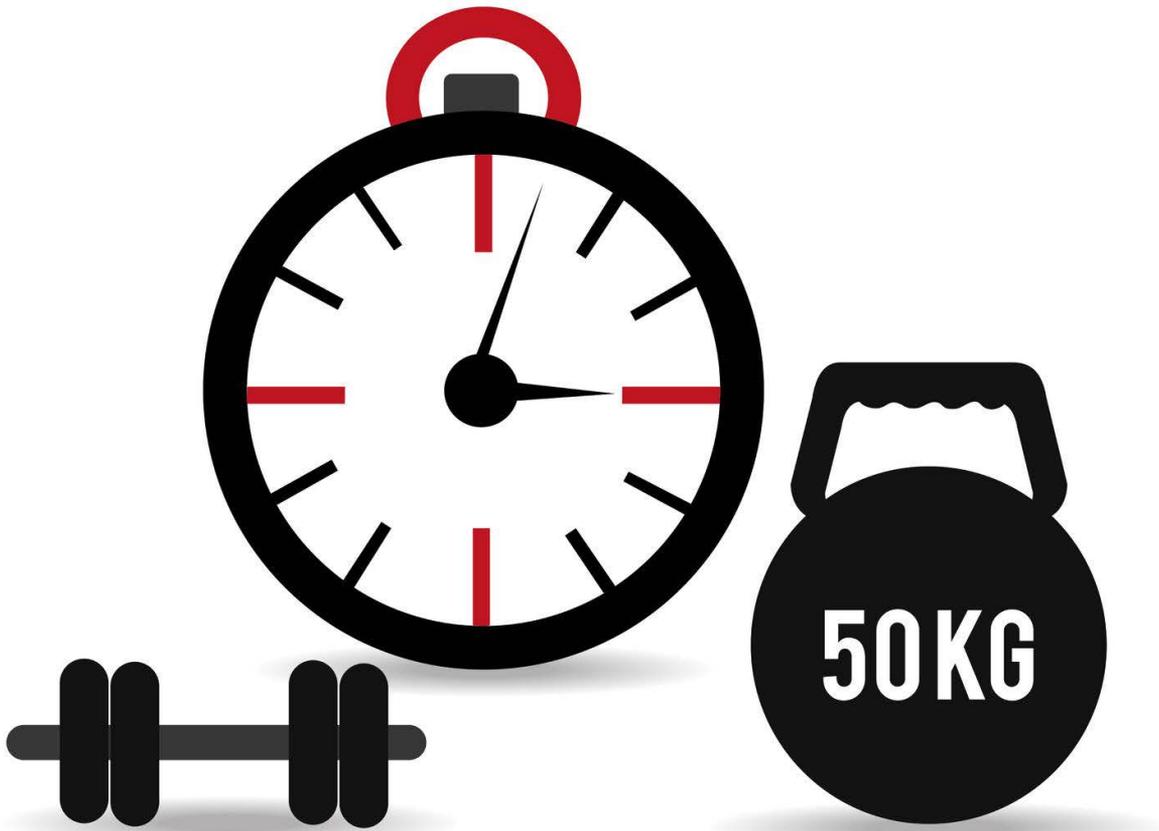
IWantToBeRecycled.org



**KEEP AMERICA
BEAUTIFUL**

15 Minutes to Fit

BY LIZ MITCHELL, BS, CPT, WLS.



GETTING IN BETTER SHAPE IS ON EVERYONE'S MIND THESE DAYS. BUT IT CAN BE HARD TO FIND TIME FOR EXERCISE WHEN YOU'RE BUSY CHASING AND WATCHING LITTLE ONES ALL DAY. THE GOOD NEWS IS YOU DON'T HAVE TO GO TO THE GYM TO GET A QUICK AND HIGHLY EFFECTIVE WORKOUT! THIS WORKOUT CAN BE DONE AT HOME AND IS FAST ENOUGH TO BE COMPLETED WHILE YOUR CHARGE IS NAPPING.



15-MINUTE AT-HOME HIGH-INTENSITY INTERVAL TRAINING (HIIT) ROUTINE

Complete as many rounds as possible for a total of 15 minutes.

•**Exercise 1:** Run up and down the stairs in your house 3 times. If you don't have stairs, do high knees for a total of 30 reps.

•**Exercise 2:** Do squats (jump squats if you are able) for 15 reps.

•**Exercise 3:** Get busy with some lunges down your hallway or room. If you feel unstable, stand in place and complete backward lunges, alternating your legs.

•**Exercise 4:** Do some shoulder presses. Grab dumbbells, a chair, a car seat, or anything around that has some good resistance to it and complete 15 reps.

•**Exercise 5:** Complete 15 pushups.

•**Exercise 6:** Grab your dumbbells or a car seat and finish 15 curls with each arm.

And if you're busy with older charges, here's a 15-minute workout that they can do with you. It'll be a great workout for you and a fun time for them! Set up five different stations with toys or books that your charges love. You can label each station with numbers and a description of the exercise to do at each area.

•**Station 1:** Jumping jacks to get warmed up.

•**Station 2:** Air squats. You can also hold your charge for added resistance and a little extra fun for them.

•**Station 3:** Sit up to high-five. You will be doing sit ups and when you get to the full sit up position, give your charge a high-five.

•**Station 4:** Hamstring bridges.

•**Station 5:** Quick feet/running in place. Repeat stations as needed until workout length reaches 15 minutes



EXERCISE 1: RUN UP AND
DOWN THE STAIRS IN
YOUR HOUSE 3 TIMES. IF
YOU DON'T HAVE STAIRS,
DO HIGH KNEES FOR A
TOTAL OF 30 REPS.

It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush; it could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.



2MIN 2XDAY



Easier than getting them to
eat something green.



When Your Charge Has Dietary Issues

Mommy Musings

A real MomBoss weighs in on all things nanny

This month our resident MomBoss Erin Bailey talks food challenges.

Every family has strong opinions on food. As moms, we settle into our own routines and rhythms regarding what and when we feed our children. It can be difficult to relate every detail of our children's diets to our nanny. It is important that you seek very clear guidance from your MomBoss regarding her food preferences for her children.

Here is a list of questions you should ask your MomBoss (or DadBoss) to get a clear and complete picture of the family's dietary needs:

- Are any of your charges gluten free, dairy free, or food dye free?
- Does the family keep kosher or have other religious dietary requirements?
- Are your charges vegetarian or vegan?
- Do any of your charges have diagnosed food allergies?
- Does the family have a preference for organic foods? If so, which foods are most important to be organic?
- What are the family rules regarding cookies, cake, candy, and other treats?
- What do your charges drink in any given day? Are they allowed juice, milk, or soft drinks? Should drinks be watered down?
- Are your charges allowed to eat fast food? If so, how often?
- Are any of your charges picky eaters? If so, does MomBoss want you to feed

them what they will eat or to continue to try to get them to eat new foods?

- How many meals and snacks a day does the MomBoss expect the nanny to be responsible for and when?



It is also important to learn which are food preferences and which are absolute requirements. While you may wish to do some research on your own, if your MomBoss has strong opinions or her children have food allergies, she will be happy to help educate you so that you can provide appropriate meals. If there are unique dietary needs, chances are you will be cooking a good bit for your NannyFamily. If you are not comfortable in the kitchen, discuss the need to have appropriate frozen foods or prepared foods stocked in your NannyFamily's home. Even if it turns out food is not an issue in your NannyFamily, open and clear lines of communication always facilitate the best relationships with your MomBoss.

5 Backyard Relay Races!



Ready?
Set?
Race!



by stef tousignant

IT'S FINALLY SUMMER!
EVERY KID WITH A BACK
YARD OR NEIGHBORHOOD
PARK NEEDS A SPECIAL
WAY TO CELEBRATE! HERE
ARE A FEW FUN RELAY
RACES TO FILL YOUR DAYS
OF SUMMER AHEAD. SO
GRAB YOUR CHARGES AND
THEIR FRIENDS, SPLIT INTO
TWO TEAMS, AND GO!

Slippery Pig

You will need a hot day for this one! Get the kids soaked and then hand the first one in line a water balloon you have greased with baby oil. Devise a course that circles the yard two times, goes over a chair, and then under the swing set before heading back to you. First one to hand it to their teammate stationed midway through the course and make it to the finish line without dropping wins! Drop your pig? Start over!

Hot Tamale

Spread the teams out in two lines across the lawn, evenly spaced, about three feet from one another. The goal is to tap the balloon in the air from one another with only pivoting on one foot allowed. Drop the balloon on the ground and you'll have to start over! This is great for a big crowd, but you might want to skip it on a windy day!

Jumping Bean

Set up a bunch of obstacles on the lawn using whatever's available, from shorter items like the hose, pool noodles, or jump rope, to bigger obstacles like an outdoor ottoman, pool toys, and trucks, anything can be a potential obstacle. Each player has to "jump" the course while holding a cup of water without spilling. This can be run as a race with two kids or a relay with four or more. Whoever has the most water left in their cup at the end of ten minutes wins!

Pro nanny tip 1: when dividing children into two teams, take each child's level of athleticism and ability into account to ensure that skills are evenly distributed. That way, no hard feelings!





Brick Builder

Each team starts with the same number of brick building blocks. The first person makes a pattern, then runs it over to the next kid who has to make an animal, and then the next who has to make a letter, etc. You be the judge as to who gets it just right!

Math Whiz

Like a game of “telephone” but with basic arithmetic! Split into two teams. Start with the same number, subtract five, and run to the next team mate. Whisper the answer in their ear, then they divide by two, and run to the next player. You decide what each kid adds, subtracts, multiplies, or divides. Play until each teammate has had a turn. The team that has the right answer at the end wins! You can use color mixing (for instance, “red mixed with yellow is orange!”) with younger kids and stump the older kids with harder multiplication and division!

Pro nanny tip 2: keep each child participating in your summer backyard relay races well hydrated, especially on warm sunny days. Kids over 3 should drink at least 50 ounces of water per day (not juice, not soda, but good old-fashioned water). When playing outside, aim to get your charges to drink even more than this.

Pro nanny tip 3: whip up a delicious post-workout snack for your charges when they come in from running off their energy outside. Turn to page 16 to learn how to make fun and nutritious mini Hawaiian pizzas! Yum!

2015 Popular Snacks Review

BY SARAH KOONTZ, RD, LD



HEADING TO THE GROCERY STORE FOR YOUR NANNYFAMILY IS EASIER THAN EVER, ESPECIALLY IF YOU'RE IN CHARGE OF PACKING THE KIDDOS' LUNCHBOXES. MAKE THESE DIETITIAN-APPROVED CHOICES AND FIND WHAT'S POPULAR (AND HEALTHY) TO FEED THE LITTLES.

String Cheese

Sargento Regular string cheese: 80 calories, 6 g fat, 3.5 g saturated fat, 210 mg sodium, 8 g protein, 20% daily value calcium.

String cheese is a protein-filled snack that provides calcium and fat. Cheese is rich in sodium, so make sure and stick to one serving of this snack or half a string cheese for kids aged two and under. Go for the full fat versions as children do need saturated fat in their diets for normal growth and development.

Yogurt

Portable yogurts are a convenient snack for when on the go. Check the food label and limit sugars to 10 g per serving. The popular Yoplait Strawberry Banana Go-Gurt

provides 70 calories, 0.5 g fat, 30 mg sodium, 13 g carbohydrate, 10 g sugar, 2 g protein, and 10% daily value calcium.

Cheddar Crackers

Cheddar crackers are a fun snack that should be eaten in moderation as they do not provide much nutritional value (even if they are labeled "whole grain" or "whole wheat"). One serving (51 crackers) of Annie's Cheddar Bunnies provides 140 calories, 6 g fat, 250 mg sodium, 19 g carbohydrate, 1 g sugar, and 3 g protein. Due to the high level of sodium in one full serving, give your charges only half a serving.

Fruit Snacks

Mott's All Natural Fruit Snacks provides 90 calories, 20 g carbohydrate, 17 g sugar, 2 g protein, and includes no artificial colors, dyes, or flavors. These are the best and most available fruit snack choice. Even though these are fat free, cholesterol free, and sodium free, they are not sugar free!

Fruit Leather

Fruit leather is a better alternative to fruit roll ups or candy as it is made from pure fruit. Keep in mind that fruit leather is very low in fiber, making fresh fruit an even better alternative! Stretch Island Strawberry Fruit Leather provides 45 calories, 12 g carbohydrate, 1 g fiber, and 9 g sugar.

Data Blitz

We've scoured the Internet to come up with these interesting facts. Learn something new this month!

BY AMANDA DUNYAK.

Kids aged between 5 and 12 years need at least 60 minutes a day of moderate and vigorous activity.
(HealthyKids.NSW.AU.gov)

Exercising too much in an effort to burn calories and lose weight (also called compulsive exercise) can be a sign of an eating disorder.
(KidsHealth.org)

Approximately half of the empty calories kids eat come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.
(CDC)

A normal heart valve is about the size of a half dollar.
(Cleveland Clinic)

More than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.
(fitness.gov)

The month May was named for Maia, the Greek goddess of fertility.
(Web2Present.com)

Sonora Dodd of Spokane, Washington, first proposed the idea of a “father’s day” in 1909.
(USA.gov)

Overweight and obesity are affected by various genetic, behavioral, and environmental factors.
(CDC)

Taste buds aren’t just located on the tongue; they are also on the roof of the mouth and front of the throat
(Mental floss)

The fear of vegetables is called “lachanophobia.”
(DailyRandomfacts.com)

Exercise increases total sleep time and decreases REM sleep, a less restful form of sleep than “slow wave sleep.”
(UWHealth.org)

Your urine should be a clearish yellow color. Darker urine indicates dehydration.
(Women’s Health & Fitness Magazine, Australia)

Food Dyes: Are They Safe?

FOOD COLORINGS (OR DYES) ARE USED EXTENSIVELY IN OUR FOOD SUPPLY AND ARE FOUND IN MORE FOODS THAN MOST OF US REALIZE.

BY AMBER KETCHUM, MS, RD
REGISTERED DIETITIAN

On a daily basis, we may consume breakfast cereals, packaged snacks, beverages, frozen meals, or desserts that are full of chemically created colors. While there has been much research on the safety of food dyes in our diet, they remain a highly controversial subject. It is important that all of us, especially caregivers of children, understand where food dyes come from, what they're used for, and the possible risks associated with them. Food dyes are added to foods or beverages to change or enhance the color of many products we consume. They can come from natural sources, like extracts from fruits and vegetables, minerals, or pigments from other plants, but many colors must be made synthetically, which means they are chemical based. While the chemicals used in those food dyes are regulated by the U.S. Food and Drug Administration and evaluated for general safety, there are concerns with certain combinations of chemical food dyes and preservatives found in many products.

Food dyes are used in our food supply for several reasons. First, they make foods and beverages look pretty, and the reality is that people are much more likely to buy a product that is visually appealing than one that looks duller or less appetizing. Second, many foods are designed to stay shelf-stable in the store, meaning they are preserved in a way that allows them to remain unopened for long periods of time without spoiling. For this reason,

food dyes are added to foods that naturally begin to deteriorate over time, basically covering up unpleasant color changes. They are also used to enhance colors we associate with certain foods. For example, when most people think about a fruit-based food, we think it should look like the color of that fruit—something made with strawberry should be bright red, or something made with grapes should be very purple. Because we perceive fruit-based foods to look this way no matter what form they're in, companies add colors that make them look like what we want to see. Others are pretty much colorless when they are used in prepared foods, so artificial colors are added to make them more appealing. For example, mint extract is clear, but we expect certain desserts like mint ice cream be green, so food dyes are added to make it green.

There are a few important concerns regarding food dyes and kids' health. Some children experience allergic reactions to certain food dyes, and some of the chemicals used in these food dyes may have carcinogenic contaminants (cancer-causing compounds). One reason for this could be because many derivatives of these food dyes come from sources such as petroleum. In fact, artificial dyes derived from petroleum are found in thousands of foods, especially breakfast cereals, candy, snacks, beverages, vitamins, and other products aimed at children. Another concern relates to attention deficit hyperactivity

disorder (ADHD), which has had a dramatic increase in incidence over the last few decades. Researchers are focusing considerable effort on finding the link between the increase in this disorder and any environmental or hereditary changes.² While we still don't know for sure if food additives like dyes or preservatives have a connection with hyperactive behavior in children, some studies have shown a possible link between hyperactive behavior in children and intake of foods and beverages containing dyes. It is also possible that food dyes do not directly cause ADHD, but aggravate some of the symptoms associated with it. Some children with ADHD have seen improvements in hyperactivity with the elimination of these foods from their diets, but doing so doesn't help every child with the condition.

One last interesting note on the subject of safety is that many major food companies, including large fast food chains and soda companies, do not use food dyes in their products sold in Europe, because much of Europe discourages the use of these dyes, either banning them or requiring a warning to be on labels of foods that have dyes. But the same products in the United States still contain food dyes because they are considered safe here.

If you decide to avoid artificial dyes, the best way to do so is to check the ingredient list of all food products. Some examples of artificial dyes that account for about 90% of the chemical dyes in our food include Red 40, Red 3, Yellow 5, and Yellow 6. Another strategy to avoid these and other chemicals in our food is to start reducing the amount of processed foods we give to kids or eat in general. Choose fresh foods that come from nature: plenty of fruits and vegetables, healthy whole grains, lean proteins, and low-fat dairy. The chemically processed foods we find in packages often contain empty calories that do not provide significant (if any) nutrition, and can cause additional issues like weight gain and junk food addiction. Instead, look for colorful foods that come straight from nature, not from packages!

REFERENCES

1. "Attention Deficit Hyperactivity Disorder (ADHD)." NIMH RSS. The National Institute of Mental Health, n.d. Web. 20 Sept. 2014. <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml/>
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FURTHER READING

1. "Brain Food Selector." Brain Food Selector. Center for Science in the Public Interest, n.d. Web. 20 Sept. 2014. <http://brainfoodselector.iatp.org/>.
2. "Food Dye and ADHD: Food Coloring, Sugar, and Diet." WebMD. WebMD, 8 July 2012. Web. 20 Sept. 2014. <http://www.webmd.com/add-adhd/childhood-adhd/food-dye-adhd>.
3. Kobylewski, Sarah and Jacobson, Michael F. "Food Dyes: A Rainbow of Risks." Center for Science in the Public Interest. First Printed June 2010. Web. 20 Sept. 2014. <http://cspinet.org/new/pdf/food-dyes-rainbow-of-risks.pdf>.

What's Your Wellness JQ?

1. The CDC recommends that the average American adult exercise how much?

- A. 150 minutes of moderate intensity exercise plus strengthening exercises (weekly)
- B. 1 hour each day a week
- C. 1 hour every other day

2. There is no such thing as good stress.

- A. True
- B. False. Good stress is called "eustress" and is good for the body.
- C. Neither true nor false

3. First Lady Michelle Obama has been associated with which initiative?

- A. No Child Left Behind, helping American kids graduate.
- B. Healthy Plates, revamping school nutrition.
- C. Let's Move, advocating for eating healthy and being active during childhood.

4. How many servings of fruits and vegetables are you supposed to eat each day?

- A. 3-4
- B. There is no set recommendation. It depends on your age, weight, gender, and other factors.
- C. 8 or more

5. How long does it take for flu symptoms to present after infection?

- A. 1-4 days
- B. Up to 3 weeks after exposure
- C. Immediately

6. It is estimated that how many adults in the United States suffer from some sort of mental illness?

- A. 1 in 100
- B. 1 in 4 in any given year
- C. 1 in 1,800

What Are Your Results?

Answer Key

- 1. A
- 2. B
- 3. C
- 4. B
- 5. A
- 6. B

5 TO 6 CORRECT:

You're a wellness guru. Use your knowledge and passion for healthy living to inspire others around you. Make sure your employers know how dedicated you are to health, and be sure to add this as a key skill on your résumé.

3 TO 4 CORRECT:

You've got a good idea about what wellness is all about, but you may want to study up on new trends in health and wellness. Make learning fun by involving your charges. You know a lot and that's pretty impressive, but you're not quite an expert yet!

1 TO 2 CORRECT:

Uh-oh. You have quite a long way to go to be qualified to talk wellness with others, but being a nanny makes it important for you to brush up on this knowledge. Head to the library and ask for some top resources to brush up.



***Super
Foods for
Super
Kids***

BY AMBER KETCHUM, MDS, RD
REGISTERED DIETITIAN



Photo Credit: MorgueFile

WE ALWAYS HEAR ABOUT "SUPER FOODS" FOR ADULTS. BUT WHAT ARE THEY? BASICALLY THE TERM REFERS TO REALLY HEALTHY FOODS WE SHOULD EAT MORE OFTEN BECAUSE THEY ARE PACKED WITH VITAMINS AND NUTRIENTS THAT SUPPORT

AN ARRAY OF HEALTH BENEFITS. WELL, WHAT ABOUT KIDS? WHAT SHOULD THEY BE EATING MORE OFTEN? AS IT TURNS OUT, MANY FOODS WE CONSIDER TO BE SUPER FOODS FOR ADULTS ARE ALSO FANTASTIC FOR KIDS. BETTER YET, THESE

SEVEN SUPER FOODS LISTED BELOW ARE NUTRITIOUS AND DELICIOUS!

1. Blueberries: Blueberries are packed with powerful antioxidants and plenty of fiber. Try whipping up a blueberry mango smoothie for breakfast. Blend ½ cup frozen blueberries, ½ cup frozen mango, ½ banana, ¼ cup 100% orange juice, and ¼ cup water.

2. Fish: Fish contains a healthy fat called Omega-3 that is important for brain development. If your charge is into frozen fish sticks, look for a natural brand. To make a lighter tuna salad, replace ½ the mayo with plain Greek yogurt and no one will even notice the difference!

3. Yogurt: Yogurt is an excellent source of calcium and protein (especially Greek yogurt), and also contains probiotics, which are good bacteria that help with digestive health. Always try to get plain yogurt and sweeten it with fruit, honey, your charge's favorite jam, or a little brown sugar, as pre-flavored yogurt typically contains a lot of unnecessary sugar.

4. Sweet potatoes: Sweet potatoes are rich in vitamin A, which is important for healthy eyes and building up the immune system. Most kids love baked sweet potato fries. Cut sweet potatoes into fries, toss with a little canola oil, salt, and pepper, and bake at 400 degrees for about 20 minutes or until they are tender and lightly golden. You can even toss them with some chili powder, garlic powder, or dried herbs for more flavor.

5. Avocado: Avocado has heart healthy fat that is also great for skin and hair. Mix a mashed avocado with some

salsa for a quick guacamole. Use carrots, celery, or baked chips as dippers.

6. Eggs: Eggs are a quick source of protein and the yolks contain choline, which is very important for healthy brain development, plus they can be boiled, scrambled, or fried up in brown rice.

7. Beans: Beans are packed with protein and fiber and are a good source of iron, which many kids don't get enough of. Try quick bean and cheese tacos: 2 corn tortillas, ½ cup fat free refried beans, and ¼ cup reduced fat cheddar cheese. Spread the beans and cheese over each tortilla and microwave until everything is heated through.



Photo Credit: 123rf/ Владимир Семенчук

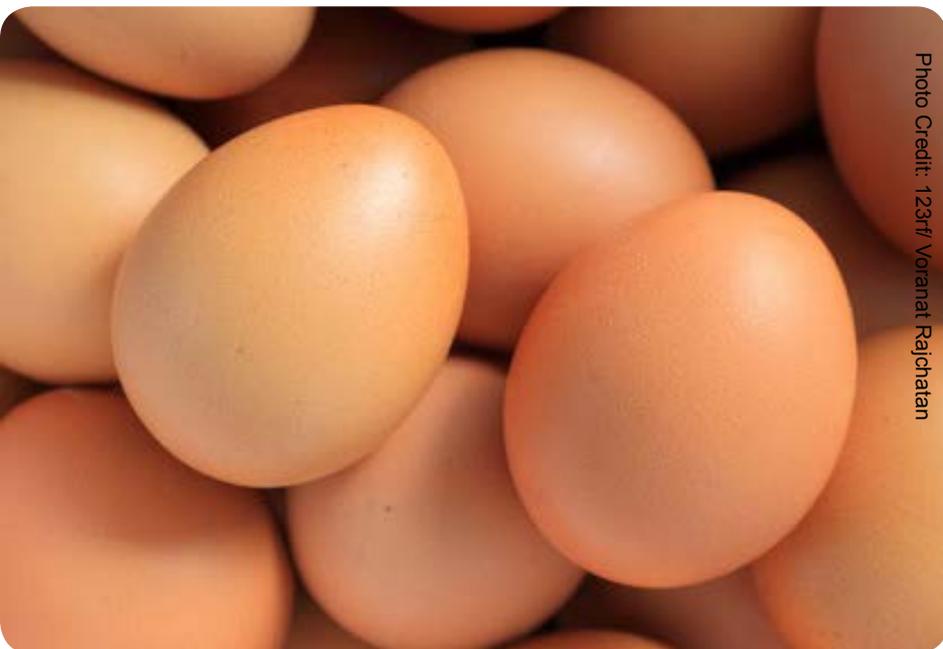


Photo Credit: 123rf/ Voranat Rajchatan



Photo Credits: MorgueFile

Nannies Ask

BY STEPHANIE FELZENBERG OF
BE THE BEST NANNY
NEWSLETTER.



Dear Stephanie,

My NannyFamily keeps a lot of junk food in the pantry—chips, cookies, ramen noodles—and hardly ever anything healthy or fresh. I care for twin toddlers, one of whom seems to be allergic to everything under the sun, and they need nutrients to grow. What can I say to my employers to get them to keep fresh foods rather than prepackaged junk foods in the house? Is it right for me to buy things like fruits and vegetables using my own money to set an example?

-Nutrient-Conscious Nanny

Dear Nutrient-Conscious Nanny,

Many nannies do the grocery shopping for their nanny family and can buy healthy food to serve the kids, but if you are one of the countless nannies who do not, I recommend making a shopping list of the foods you would like to serve the children during the work week, assuming the parents are open to suggestions. Unfortunately, if they are not interested in your input, there is little you can do to ensure that the children are eating healthy, but do not lose hope!

You can make a difference by bringing your own healthy meals to eat to work and being a good role model for the children. If you are honest with the kids about how much you enjoy fruits and veggies, they may be more likely to request these foods from their parents, especially as they get older.

You should not criticize the parents for their food choices and do not spend your own money to feed their children. Without a commitment from the parents to feed the children differently it would be a waste of your money.

-Stephanie

I'm really trying.

I want to be

doing better. I

wish I understood

why it's so hard.

Understood

for learning & attention issues

For the 1 in 5 kids with learning and attention issues, every day can be a challenge. Explore Understood.org, a free online resource designed to help you help your child thrive in school and in life.

Brought to you by 15 nonprofit partners.

understood.org



Health Benefits of Massage

BY JOYCE HAUBER

LICENSED MASSAGE THERAPIST

WHEN MOST PEOPLE HEAR THE WORD "MASSAGE" MANY AUTOMATICALLY THINK OF A SPA ENVIRONMENT, GETTING PAMPERED, OR EVEN AN INDULGENCE THEY CAN RARELY AFFORD.

However, therapeutic massage means so much more. Massage therapy has many benefits, including physiological and chemical, that cascade throughout the body during a massage session. Massage helps alleviate pain, stretches the muscles, and improves circulation, just to name a few of the positives. This article will focus on the quality of life enhancements associated with regular massage.

I have worked on many clients with a variety of needs during my career as a



Photo Credit: 123rf / subboitina

massage therapist. People seek out a massage therapist for various reasons, including chronic pain issues, the need to relax and recharge the body and mind, and because it feels great. When you receive regular massage therapy you gain a higher quality of life, and this quality of life is so important to everyone. We all work hard to earn a living.

It does not matter the occupation; we work long days and hard hours, we all sit in traffic, running from work to home to children's activities and so forth. Massage therapy lets your body reboot and unwind from the hectic life you live. Mas-

sage therapy reduces stress in the body by taking it out of that flight or fight stage we all get into and have a hard time coming out of on our own.

Massage reduces cortisol levels in our bodies to reduce the stress and bring back a state of balance. In doing so a person feels uplifted, renewed, and ready to start life fresh with a clearer mind and balanced body, all pointing toward a higher quality of life.



Fashion

for

All

Clothes That Will

Make You WANT to

Work Out



THERE'S NO WORSE EXCUSE IN ALL THE WORLD THAN THE GOOD OLD CLASSIC "I'M SKIPPING THE GYM TODAY BECAUSE I DON'T HAVE ANYTHING TO WEAR TO WORK OUT." NANNIES, LEAVE YOUR EXCUSES AT THE DOOR AND PACK YOUR GYM BAGS! THIS SHOPPING GUIDE WILL HELP YOU FIND CUTE, DURABLE WORKOUT OUTFITS WITHOUT BREAKING A SWEAT. NOW GET READY TO GET EAGER TO HIT THE TREADMILL IN STYLE.



COMFORT IS KEY

When shopping for workout wear, especially pants, it's important to make sure you have a comfortable fit that will allow for movement, breathability, and style. Because you'll be sweating, jumping, running, ducking, and going hard in your workout wear, you'll know you're getting your money's worth when you spring for the **Om pant from Lulu Lemon. These ones are great for yoga!**

BUYING GUIDE

OM PANT

LULU LEMON

STARTING AT \$92

WWW.LULULEMON.COM

UP, UP, AND AWAY!

Did you know that rock climbing can burn up to 900 calories per hour? Find your nearest mountain, hillside, or climbing gym, but not without these adorable climbing shoes. These babies stay securely on your feet so you can enjoy your climb without worrying about your shoes dropping off.

BUYING GUIDE

LA SPORTIVA SOLUTION ROCK SHOES

SPORTIVA. AT REI

STARTING AT \$175

WWW.REI.COM



SECURITY, PLEASE!

Staying put, if you will, is a huge workout consideration for larger-busted women. Get the security you need with this mid-impact sports bra by Under Armour, great for running.

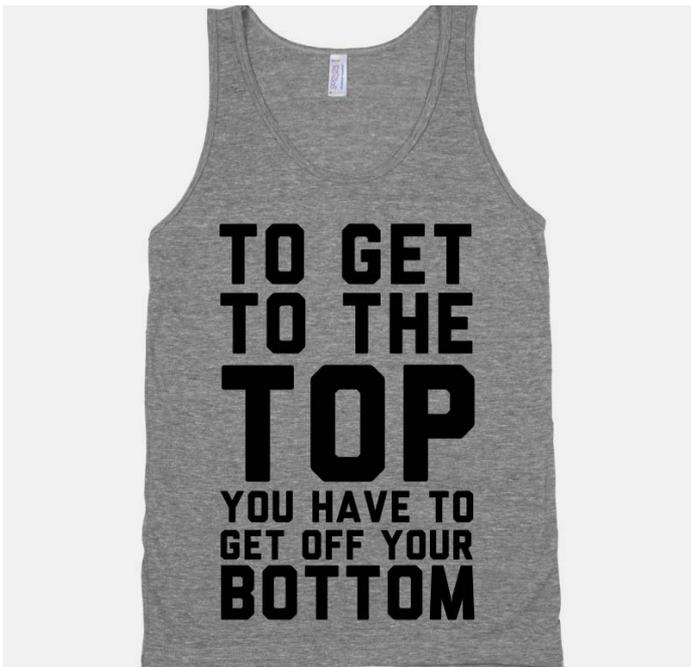
BUYING GUIDE

HEATGEAR SPORTS BRA

UNDER ARMOUR

STARTING AT \$24.99

WWW.UNDERARMOUR.COM



FITSPARATION WEAR

Sometimes all you need to want to hit the gym is an inspirational quote or funny reminder about just what it is you're workign toward. These witty darling tanks from Human do just the trick and are also available as long-sleeve tees and T-shirts. Find a style that's uniquely yours, from sassy to tough, to inspire your sweat.

BUYING GUIDE

VARIOUS STYLES

HUMAN

STARTING AT \$29

WWW.LOOKHUMAN.COM



TOES IN

Bright pops of color make these socks fun for your run. Nike's Dri-Fit technology keeps your feet feeling cozy and dry, not sweaty and smelly. Available in multiple lengths and color choices, most packs come in threes.

BUYING GUIDE

NIKE DRI-FIT SOCKS. TAB. NO
SHOW

STARTING AT \$18

AVAILABLE AT DICK'S SPORTING
GOODS

Handy Dandy List of Wellness Resources for Everyone You Know

SO YOU'RE READY TO TAKE YOUR HEALTH AND WELLNESS GAME TO THE NEXT LEVEL? CHECK OUT THESE ONLINE AND REAL-WORLD RESOURCES. PRINT, SHARE, AND LEAVE ON YOUR NANNYFAMILY'S FRIDGE!

Pediatric Health:

American Academy of Pediatrics
www.aap.org

U.S. Centers for Disease Control and Management
Childhood Diseases information: <http://www.cdc.gov/Ncidod/diseases/children/index.htm>

Suicide Prevention:

National Suicide Prevention Lifeline
Hotline: 1 (800) 273-8255

Alliance of Hope of Suicide Survivors
www.allianceofhope.org

Mental Health Assistance:

Substance Abuse and Mental Health Services Administration
Hotline: 1-800-662-HELP

Celiac Disease Awareness:

Celiac Central (free online patient resources at <http://www.celiaccentral.org/Resources>, including printable resources just for kids)

Meal Planning:

ChooseMyPlate.gov
eMeals.com

Nutrition:

US Centers for Disease Control and Management:
"Nutrition for Everyone"
www.cdc.gov/nutrition/everyone/basics/

Academy of Nutrition and Dietetics

Resources for kids

<http://www.cdc.gov/nutrition/everyone/basics/>

Stress Management:

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp

Exercise:

Mayo Clinic

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>

Go4Life (by the National Institute of Aging of the National Institutes of Health)

Allergies:

Learn all about epinephrine auto-injectors, which could save someone's life: <https://www.epipen.com>.

American College of Allergy, Asthma & Immunology's patient- and caregiver-focused resources, <http://acaai.org/allergies/who-has-allergies/children-allergies>

Food Allergy Research and Education (FARE): <http://www.foodallergy.org>

Pregnancy:

What to Expect: www.whattoexpect.com

Healthy Women's Healthy Pregnancy tools: www.healthywomen.org/content/healthypregnancy

Cancer:

American Cancer Society
www.cancer.org

Childhood cancer resources online through cancer.gov;
http://www.cancer.gov/types/childhood-cancers

Diabetes:

Online Diabetes Support Team, http://jdrf.org/get-support/
online-diabetes-support-team/

Aging:

National Institute on Aging
https://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction

National Council on Aging
http://www.ncoa.org

Influenza:

www.flu.gov

Smoking:

www.smokefree.gov

Alcohol and Drug Abuse:
National Council on Alcoholism and Drug Dependence, Inc.
https://ncadd.org

Miscarriage:

www.dailystrength.org

Anger Management:

Fertility:

The Bump, http://www.thebump.com/t/fertility-problems

Obesity:

http://www.obesityhelp.com

Eating Disorders:

University of Michigan Family Fact Sheet: http://www.med.umich.edu/yourchild/topics/eatdis.htm

http://www.nationaleatingdisorders.org/neda-support-groups

Teen Sexuality:

Stay Teen: http://stayteen.org

www.healthychildren.org

CONSULT A PHYSICIAN OR HEALTHCARE SPECIALIST FOR ANY ISSUES YOU, YOUR CHARGE, OR ANOTHER LOVED ONE MAY BE EXPERIENCING. CALL 911 IN AN EMERGENCY. REMEMBER TO HAVE YOUR CHARGE'S HEALTH INFORMATION ACCESSIBLE SHOULD YOU NEED TO ESCORT YOUR CHARGE TO SEEK MEDICAL ATTENTION. NOW IS THE RIGHT TIME TO CHECK IN WITH YOUR EMPLOYERS TO MAKE SURE YOU'RE UP TO SPEED WITH SUCH MATERIALS.





Show off your Nanny Pride today!

\$12.99

Buy Them Here: nannymag.com/tote-bag