



**blogger tip**

## A SNACK BEFORE DINNER? YES!

Food blogger Susan Schuman (OurFamilyEats.com) hit on a genius strategy for getting her kids to eat more produce: She sets out a tray of cut-up fruits and veggies (peppers, carrots, cucumbers, strawberries, whatever's on hand) as soon as she starts making dinner. "The kids always want a snack at that time of day, so our deal is that they can eat as much as they want off that tray," she says. "Now my family is eating healthier, and both my kids have tried new foods they wouldn't touch before. It also makes assembling lunches a breeze since everything is already washed and cut."

## THE POWER OF TEA

When your child is under the weather, a cup of tea might be just the ticket to relief. "Not only is it comforting, it can also help keep children hydrated and may break up mucus," says Hilary McClafferty, M.D., past chair of the American Academy of Pediatrics' Section on Integrative Medicine. It's easy: Just steep a tea bag in a mug of hot water for ten minutes, doctor it up with some kid-friendly flavors, then sip away symptoms. Try these varieties:

*What to Brew*

*How It Helps*

*Kid-Friendly Twist*

**Chamomile**

Chamomile is naturally calming, so it can soothe a cranky, uncomfortable child to sleep.

Add ⅓ tsp. vanilla, 1 Tbs. honey (for kids older than 1), and 1 tsp. lemon juice.

**Ginger**

This root relieves nausea and calms upset tummies.

Add 1 Tbs. honey (for kids older than 1) and 1 tsp. lemon juice.

**Red Rooibos**

Also known as red-bush tea, this variety is high in antioxidants and vitamin C, which boosts immunity.

Add ⅓ tsp. cinnamon and 1 Tbs. honey (for kids older than 1).

COLUMN BY MARY GILES

organization we love

**Your gang can do good while you get fit together.** *FamilyFun's* sister magazine *Family Circle* has launched a new initiative called "Move to Improve," designed to help families get healthier. We invite you and yours to join the Move to Improve national challenge and achieve 20.17 Million Miles of Movement in 2017! We've joined forces with the **Partnership for a Healthier America (PHA)**, a nonprofit devoted to solving the childhood-obesity crisis. Now you can raise money to support that cause simply by getting active together. It works like this: First download the free **Charity Miles** app on your phone and select PHA as your charity of choice. It will track your fitness progress and earn money for PHA for every mile you run, bike, or walk, as well as for other healthy activities—like that snow you've been shoveling! It's a win-win: Your family will get in shape, and you'll be helping other children become healthier too! Learn more at [charitymiles.org/movetoimprove](http://charitymiles.org/movetoimprove).



great idea

Get a grip on your family's screen time with a new tool from the American Academy of Pediatrics (AAP). Go to their site [HealthyChildren.org/MediaUsePlan](http://HealthyChildren.org/MediaUsePlan), and use the media-time calculator to estimate how long each child spends daily on a range of activities (such as homework, meals, personal care, and chores). The time left over equals what they're likely spending in front of a screen. Shocked? Create your family's new personalized media plan using the AAP's suggestions for screen-free zones, curfews, media etiquette, and more.

## THE DIVIDENDS OF KINDNESS

Teaching your child to be nice isn't just, well, nice. Research has shown that performing kind acts for others boosts one's own happiness levels as well. It's actually known as a "helper's high" and will motivate your child to do more for others. Reinforce the habit by spreading some extra smiles during the month of love.



**FEBRUARY 4**

*Celebrate*

**NATIONAL THANK A MAIL CARRIER DAY**

*Share the love*

**TREAT HIM TO SOME COOKIES WHEN HE ARRIVES WITH THE DAY'S MAIL.**

**FEBRUARY 7**

*Celebrate*

**NATIONAL SEND A CARD TO A FRIEND DAY**

*Share the love*

**SURPRISE A PAL WITH A NOTE (SEE PAGE 16 FOR LETTER-WRITING INSPIRATION).**

**FEBRUARY 17**

*Celebrate*

**NATIONAL RANDOM ACTS OF KINDNESS DAY**

*Share the love*

**ENCOURAGE SIBS TO DO SOMETHING SWEET FOR EACH OTHER.**