



THE IMPORTANCE OF GOOD NUTRITION

Parents are the most important influence in their child's lives, and that influence includes food and physical activity choices. As a parent, you have the opportunity to directly influence your child's behaviors and create a lifelong, healthy eater.

Healthy eating and good nutrition start by making nutrient-rich, healthy food choices – foods with large amounts of vitamins and minerals in fewer calories. Choosing a variety of these foods as the foundation of what you eat can help you live a longer, healthier life and teach children good habits!

Whenever you can, take the time to eat with your family. Children who eat with their families regularly tend to eat healthier and have better nutritional status than those who do not. Family meals don't have to be fancy or limited to dinner; eating breakfast together as a family is a great way to start the day. And just sitting down and eating as family is nearly as important as the food itself.

Learn more about good nutrition at www.capta.org/nutrition.



We Want to Hear From You!

We want to know what **you** think is important! Take our health and community concerns survey here, and let us know what you want to hear about in future editions of *The Pulse* and on social media.

[Take the survey here.](#)

HANDLING BACK-TO-SCHOOL WORRIES

Anxious feelings are normal and expected during times of transition or change. This is especially true for children and teens going back to school, or for first-timers starting kindergarten. This transition can be stressful and disruptive for the entire family! Prior to the first day of school, your anxious child may cling, cry, have temper tantrums, have trouble sleeping, complain of headaches or stomach pains, withdraw and become sullen or irritable.

Here are some tips for helping ease the stress of a new school year and starting on a positive note:

- Start preparing your child for the upcoming school year by establishing or getting into back-to-school routines a week or two before school starts
 - Listen to and acknowledge your child's feelings and demonstrate confidence that they can handle the situation
 - If your child tends to have trouble with new social situations, arrange for playdates with some new classmates before school begins. For older children and teens, make sure your child attends any summer or before school orientations that will allow them to meet and get to know other students
 - Take a tour of the school before the school year starts so your child is familiar with where things are and how to find their way around
- Talk to your child about what the routines will be at school
 - Check in with your child's teacher and let him/her know what he/she can do to help your child feel comfortable at school.



Anxiety symptoms that persist beyond the first few weeks of school or that seem excessive may require consultation with your child's pediatrician or a mental health professional. Learn more at www.capta.org/tips-for-parents.

TAKE ACTION

Importance of Immunizations



Immunizations are important to ALL children in California

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Why Attendance Matters



Kids can't learn – or succeed – if they're not at school

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Regional Leadership Conferences



Don't miss these four great training opportunities across the state

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Assembly Bill 1871



We're ensuring that no child in a public school goes hungry with this bill

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This email is being sent to all unit, council and district PTA presidents, health and community concerns officers and subscribers to the health and safety publications.