

# Mountain Lakes Country Day School

## Preventing Childhood Obesity: 4 Things Families Can Do

About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease.

Though there is no one solution to addressing obesity, here are four ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

1. Model a healthy eating pattern with a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products. Replace sugary drinks, such as soda, fruit drinks, and flavored milk, with water, 100% juice, or plain low-fat milk.
2. Move more as a family. Walk the family pet before and after school, ride bikes together, or have races in the yard. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.
3. Set consistent sleep routines. Good sleep helps prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior. Infants 4-12 months need 12-16 hours of sleep (including naps). Toddlers 1-2 years old need 11-14 hours of sleep (including naps). Preschoolers 3-5 years old need 10-13 hours of sleep (including naps). Children 6-12 years old need 9-12 hours of uninterrupted sleep a night, and youth 13-18 need 8-10 hours.
4. Replace screen time with family time. In young people, too much screen time can lead to poor sleep, weight gain, lower grades in school, and poor mental health. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.



## Upcoming Events

### October

10/5-Visit from the local Fire Dept.

10/31- Halloween Parade

### November

Thanksgiving –  
closed 11/24 & 25

## Important Announcements

Remember to sign in/out your child each day

Flu shot needs to be administered before 12/31

Every child should have weather-appropriate extra clothes to be kept at school

In case of inclement weather stay informed by:

Following us on Twitter

Or

Check our website  
MLCDS.com

Or

Call 973 983-9831 for a recorded message

## Infant Milestones

Fall brought some milestones & new students. Evelyn & Luke started crawling, George is doing the army crawl & Danny started walking! We welcomed Quinn, Lydia to the class & Eamonn back from summer break. We're enjoying the nice weather & happy to get outside to play before it starts getting too cold!



## News from Toddler One

Toddler 1 focused on reptiles, the beach, & the ocean over the Summer. We've been working hard on becoming more independent using the potty, drinking from a cup & gaining better small motor skills. During the Fall we'll have fun learning about apples, pumpkins & fire safety. We're looking forward to seeing Bennett's dad with the firetruck!



## Toddler Two in the News

Over the summer we learned about healthy foods & animals. Now we're getting to know the classroom routines for the start of the new school year & looking forward to fall apples, pumpkins & of course Halloween! We've already done an apple tasting & made apple crisp. Yummy!



## What's Happening in Preschool & PreK

Preschool & Pre-K will be hard at work on their "Tree Study". Studies are a way for children to begin to use inquiry-based learning which develops higher level thinking skills and encourages the exploration of new ideas. Some of the things we consider about trees include: what food comes from trees, how trees change, and who lives in trees.



**\*\*October is Fire Safety month so we're looking forward to a visit from the local Fire Department including getting to explore a fire truck!\*\***