

## Hasbro Children's Hospital

Our mission is to deliver the care people need, whenever and wherever they need it. Our values of **Compassion, Accountability, Respect, and Excellence** ensure delivery of care and comfort with empathy and kindness, ownership of actions and their consequences, valuing every individual's well-being, and always providing safe, high quality, innovative care and service.

### Contact Us

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### Remember...

Try to incorporate 5-2-1-0 into your child's life every day!

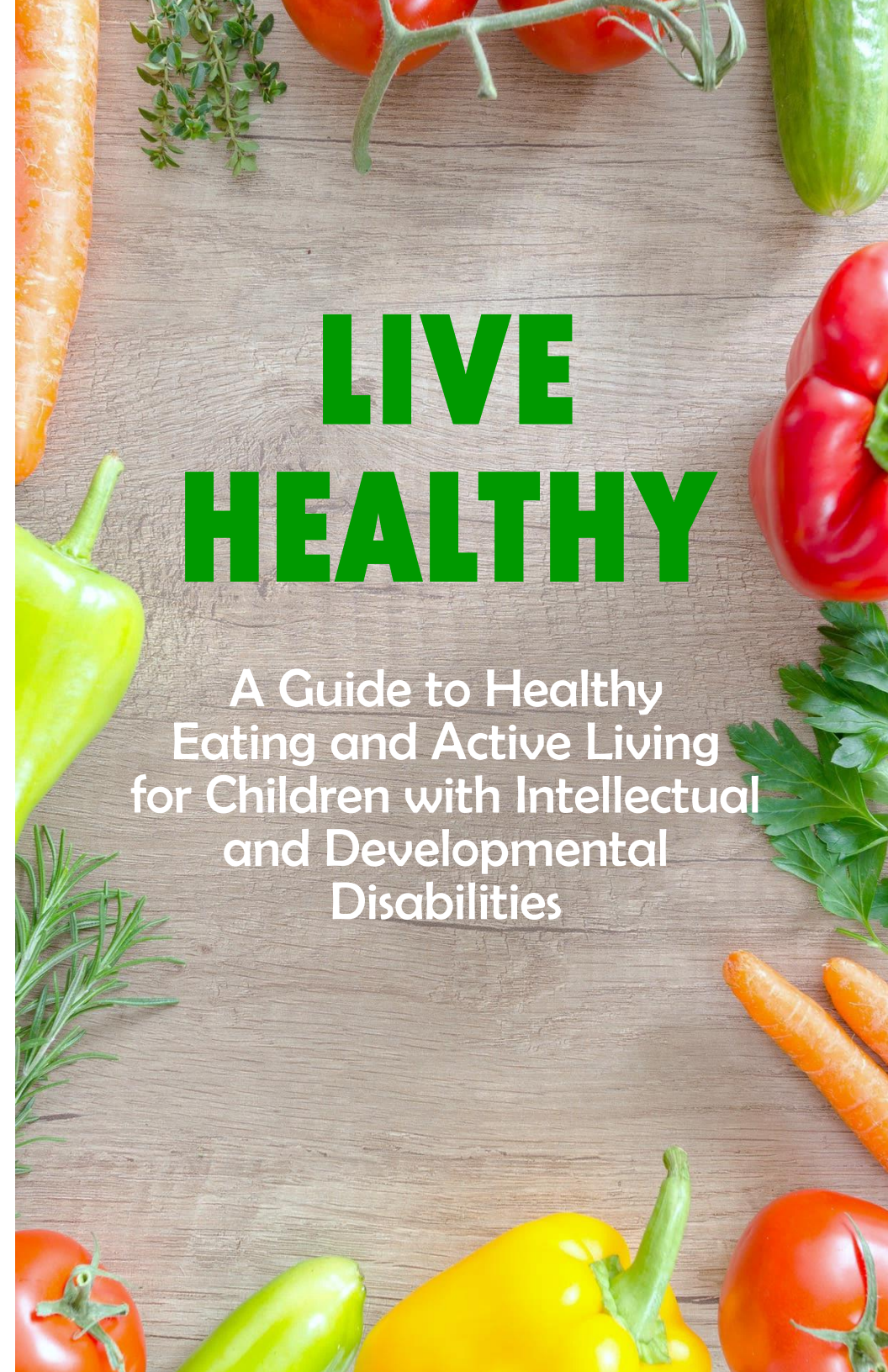
- 5 servings of fruits and vegetables
- 2 hours (or less) of screen time
- 1 hour (or more!) of physical activity
- 0 sugar sweetened beverages, have your child drink water!



Hasbro Children's Hospital  
The Pediatric Division of Rhode Island Hospital  
A Lifespan Partner



All for one.



# Acknowledgements

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MaineHealth

**LET'S GO!**

5-2-1-0



American Academy of Pediatrics  
Institute for Healthy  
Childhood Weight  
WHERE LIFELONG RESULTS BEGIN



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**Special Olympics**  
Rhode Island

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2018

# ...More Healthy Recipes!

## Roasted Chicken and Veggies (2 servings)

### INGREDIENTS

- 2 medium chicken breasts
- 1 cup bell pepper (chopped)
- 1/2 onion (chopped)
- 1 zucchini
- 1 cup broccoli florets
- 1/2 cup tomatoes (chopped)
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp Italian seasoning



### INSTRUCTIONS

1. Preheat oven to 500 degrees.
2. Chop all veggies into large pieces. Cube chicken.
3. Place chicken and veggies in medium roasting dish or sheet pan. Add olive oil, salt, pepper, and Italian seasoning. Toss.
4. Bake for 15 minutes or until veggies are charred and chicken is cooked. Enjoy with brown rice or a salad.

## Peanut Butter Toast

### INGREDIENTS

- 1 slice whole grain bread
- 1/2 -1 tablespoon peanut butter or any nut butter
- Toppings of choice: banana slices, strawberries, chia seeds, granola, etc.



### INSTRUCTIONS

1. Toast bread, spread on peanut butter, and add toppings



# Healthy Recipes

## Tropical Smoothie Bowl (2 servings)

### INGREDIENTS

- 1 banana
- 1 cup frozen mango chunks
- 1 cup frozen pineapple
- 1 cup almond milk



### INSTRUCTIONS

1. Pulse fruit in blender with almond milk until smooth but thick
2. Pour into two bowls
3. Top as desired with nuts, other fruit, shredded coconut, etc.)

## Toaster-Oven Quesadilla (2 servings)

### INGREDIENTS

- 2 corn tortillas
- 1/4 avocado, mashed
- 1/2 medium bell pepper, diced
- 1/4 cup shredded Cheddar cheese
- 1/4 cup salsa



### INSTRUCTIONS

1. Lay tortillas on work surface. Spread half of each tortilla with avocado. Top with pepper slices and cheddar. Fold in half.
2. Transfer to a foil-lined toaster-oven pan. Set in toaster oven and toast until the cheese is melted (about 10 minutes).
3. Cut in half and serve with salsa, if desired.

# Welcome!

We hope this booklet can serve as an effective resource to incorporate healthy eating and active living into your child's everyday life. Changing behaviors around healthy eating and exercise in families who have children with intellectual disabilities can present many obstacles. We hope the tips and suggestions offered in this booklet will help you and your child get one step closer to improving overall health and well-being!

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# Healthy Eating

## Challenge: Oral Motor Problems

### Who are these children?

- Children who have cleft lip, cleft palate, abnormal bites, and facial abnormalities.
- Children who have low muscle tone.
- Children who easily get food stuck in their mouths and cannot chew and swallow easily often gagging when they eat.
- Children who avoid eating foods that are difficult to chew such as raw fruits and vegetables and proteins such as beef.

### What are some solutions?

- Try to offer healthy soft, lumpy, or creamy foods that have some consistency and encompass all food groups (proteins, grains, fruit, vegetables, and dairy).

#### Soft and lumpy foods include:

- Scrambled eggs
- Cottage cheese
- No sugar added apple sauce
- Mashed banana or mashed potatoes



#### Creamy foods include:

- Yogurt
- Creamy nut/seed butters
- Hummus
- Pureed fruit (berries or apples)



- Zone games: divide a field or court up into zones depending on level of movement of your child and allow them to shoot a ball however many times you decide depending on which zone they are in
- Station games: set up different activity stations where your child can rotate through different activities. These stations could include jumping jacks, arm circles, bouncing balls, and jumps.

### Where are accessible playgrounds I can take my child?

- Barrington, Kids' Kove Playground - This playground has a gazebo, swings, a truck to drive, alligators to jump on, a rope pyramid, slides, hammock, and a large tower.
- Providence, CVS Caremark Boundless Playground
- Wakefield, Matty's Place
- Woonsocket Globe Park Elementary - This playground was built specifically for those with physical disabilities, sensory issues, visual impairments, deafness, or cognitive delays. It includes a jungle gym, seesaw, and more!
- Wyoming, The Sarah Jane McCullough Handicapped Play Area - This playground is filled with a variety of play panels, ramps, and a Sway Fun Glider and Elevated San Table for sensory fun play.



**Special Olympics**  
Rhode Island

Special Olympics is a sports program devoted to people with intellectual disabilities and offers more than 32 options or individual and team sports for children. These interactions allow children to learn new skills and work with peers in new fun ways.



Rhode Island Interscholastic League Unified Sports is a program that combines Special Olympics athletes and athletes without IDD (partners) on a sports team for training and competition. This brings about meaningful inclusion between Special Olympics athletes and their non-disabled peers. Every person with IDD is eligible to participate in Unified Sports of co-ed basketball and volleyball if they are enrolled in any RIIL Member school.

# Physical Activity

## How much exercise does my child need?

Children with intellectual and developmental disabilities need one hour of physical activity each day, just as all children do! Physical activity also helps with issues such as lack of focus, impulsivity, and poor social skills. These movements stimulate a child's brain and increase the hormones that help with attention, focus, and concentration, and will ultimately help their self-esteem.

## Things to consider...

- Children with IDD may have physical limitations so always exercise caution.
- Children with IDD respond well to structure and routine, so follow a consistent schedule of physical activity (walk every Monday).
- Give your child plenty of time to adapt to any activity and provide clear simple instructions.
- Children with IDD may need demonstrations from a parent, fellow peer, or a visual aid, such as a video.
- Play games in which all children can participate and allow all children the chance to be successful.
- Emphasize a child's strengths by picking a game around an activity where they can demonstrate knowledge or skills.
- Make sure equipment is accessible for your child's need. Have balls, bats, and racquets in lighter and heavier weights and in multiple sizes. Adjust height of equipment as needed. Some play equipment has auditory accessories that are even more fun for children to play with.



## What types of activities can my child do?

- Cardiovascular exercise: walking, jogging, swimming, dancing and movement skills (catching, throwing, kicking, jumping)

## Challenge: Sensory Problems

### Who are these children?

- Children who have increased or decreased sensitivity to how foods look, smell, or feel in their mouths.
- Children who do not chew their food before swallowing.
- Children who prefer very strong smelling or tasting food.
- Children who prefer very bland food.

### What are some solutions?

Identify preference for food types and choose healthy foods in those groups that encompass all 5 food groups

#### Crunchy healthy foods include:

- Bell peppers, carrots, celery, snap peas
- Whole grain cereal or crackers (low added sugar)
- Unsalted nuts
- Rice cakes

#### Frozen healthy foods include:

- Peas, carrots, green beans
- Berries, melons, grapes
- Cheese sticks
- Bread

#### Crispy healthy foods include:

- Apples
- Red and white potatoes
- Roasted vegetables (chickpeas, kale)

#### Squishy healthy foods include:

- Grapes
- Tomatoes, peas
- Dried fruit (raisins, dates)
- String cheese
- Hard boiled eggs



## Challenge: Picky Eaters

### Who are these children?

- Children who eat limited food groups or refuse foods.
- Children who do not get adequate nutrients from the foods they consume.
- Children who develop rituals with eating.
- Children who gag, spit up, or vomit when eating.
- Children who are capable but will not feed themselves.
- Children who have behaviors when eating that are unsocial or disruptive.

### What are some solutions?

- Food chaining - Increase the number and variety of foods consumed in a stepwise fashion. Start with having the child see and touch the new food, then have them taste and eat the new food.
- My Food Diary - Help a child improve the number of food groups they consume to ensure a well-rounded diet by recording meals and snacks. This can be done with pictures for a child who has language disabilities.
- Reward system - Let the child earn a 'token' or reward for trying a new food. Sample tokens could include stickers, marbles, or cards that the child can receive after they try a new food. Go further and have the child redeem the tokens for an hour of outdoor play or a new book!
- Make food fun - Have the child make artwork out of some raw vegetables (have them taste the food first, and then they can add it to their picture). Start a vegetable garden, then have the child pick the food and help them make a meal out of the food.

\*Focus on your child's positive eating behavior, not as much on the food\*

## Challenge: Food as a Reward

### Why are food rewards a problem?

- Food as a reward encourages children to eat when they are not hungry.
- This can confuse kids when they are rewarded with some food they have been taught is unhealthy.
- Using unhealthy foods, such as candy, cookies, donuts, and sugar sweetened drinks puts children at risk for becoming overweight or obese.

### What are some solutions?

- Use verbal praises such as, "You did an excellent job!" or "I am so proud of you!" or "Wow you did it!"
- Let the child sit in a special seat to be recognized as special.
- Allow the child to read their favorite poem or book or play a favorite game.
- Give the child toys that reinforce physical activity (ball or frisbee).
- Let the child select an item from the treasure chest (bubbles, crayons, Slinkys, yo-yos, balls, stickers, water bottle).
- Give tickets to a fun event, such as a sports game, zoo, dance show, or concert.
- Let the child share something special with the group.

