



## HEALTHY LIFESTYLES CLINIC

April 15, 2016

### Garden Time

April is here and planting season has begun! Now is a great time to start planting seeds for seasonal fruits and vegetables. These can include beans, carrots, cucumbers, herbs, melon, and peppers. If your child enjoys salsa, try creating a Salsa Garden to grow all of the necessary ingredients, which can include cilantro as well as tomatoes and onions. In addition, gardening can be a great physical activity to share with your kids!

You can learn more at: <http://www.growportland.org/resources/garden-resource-library/planning>



### Be the Change in a Child's Life

A recent study has shown that children are better at handling the stress in their lives when they have at least one stable adult relationship. This has to do with the concept of resilience, which is the ability to recover quickly from difficulties. Your child builds up his or her resilience over time, with support from you and other adult figures. When it comes to practicing healthy behaviors, set backs can happen. You can help by teaching your child to learn how to deal with challenges effectively. They will be much healthier and happier, and more able to stay on track.



### Health App Review: FitQuest Lite

**Free Health App that encourages activity and exercise. The player helps the squirrel run on his quest, gather acorns, and avoid danger!**

**Pros:** Move the squirrel character by mimicking the actions. Fun challenges, this game is rated for ages 4+ but can be used by kids and parents alike

**Cons:** Limited number of levels



**Final Score: 9/10**

