June 15, 2015

A Little Bit Helps Every Day

Change doesn’t happen overnight. Creating healthier habits and eating right takes time and effort, but can be accomplished if you work at it every day. If there is a setback, the best way to handle it is to pick up where you left off.

Studies have shown that children respond well to positive affirmation, which means that they are being told that they are good and capable. When helping your child change their health habits, make sure to support their emotions as well as their actions. In the case of a setback, continue to give a child encouragement and affirmation, giving them the opportunity for improvement every day.

Farmers Market Season Has Begun!

One of the best ways to get fresh fruits and vegetables is to buy directly from the farmer. Farmers markets give the opportunity to do so, in locations within and around the Portland Metro Area.

Take the time to explore the markets near you, and bring the kids! They’ll get the chance to learn about local farming and produce, and pick out some new favorites.

You can learn more at:
http://www.portlandfarmersmarket.org/

Take advantage of the warm weather and check out the camps and activities offered by Portland Parks & Recreation today!

https://www.portlandoregon.gov/parks/61821