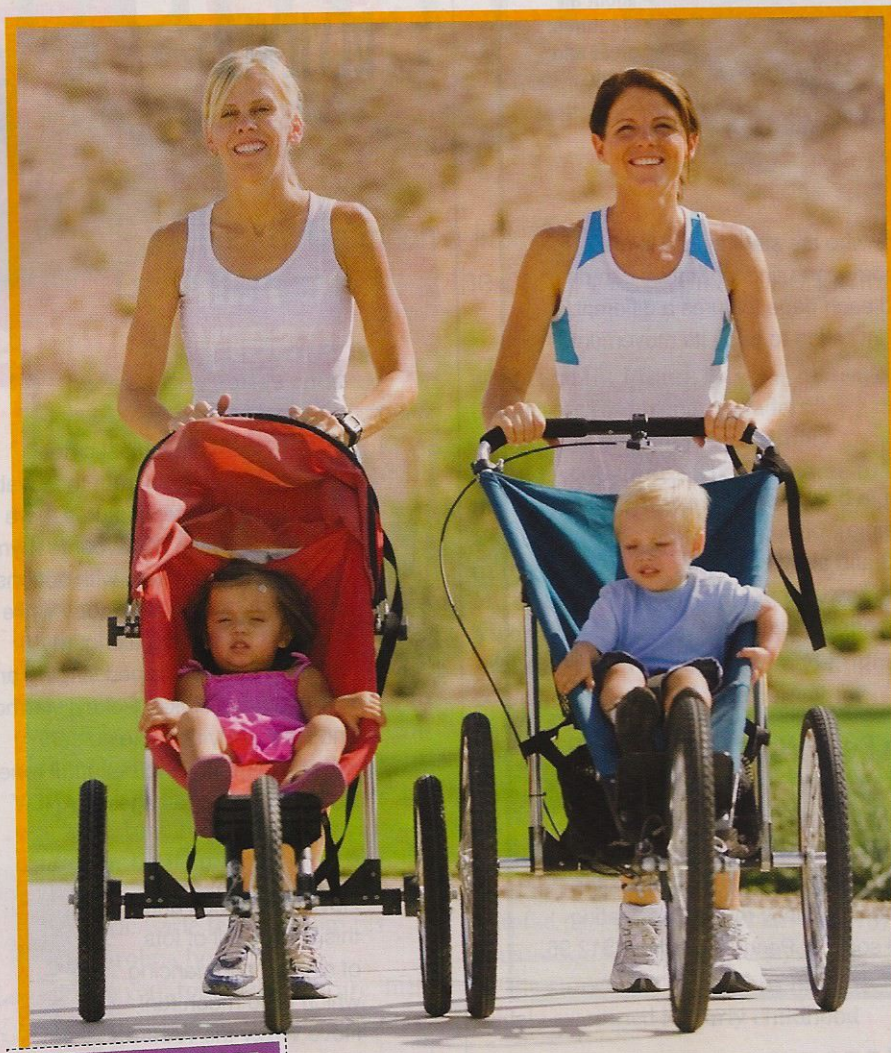




info & ideas

Practical Parenting's tips for good eating and healthy families



Do it NOW!

Spring into action

Take full advantage of the uplifting feeling spring brings and set yourself an achievable fitness program that accounts for the little one in your life. Go for brisk walks (with increasing goals) with a child-friendly friend or if you have a little spare cash, go halves in a fitness trainer for a few sessions to set up a workable program, then take turns looking after the kids and working out. Or check out www.myspringday.com.au for an interactive online personal trainer.

Clear the smokescreen

Need to convince someone to quit smoking? You could mention the recent survey that found 2.9 million Australian smokers consume about 14 cigarettes each day, which is about \$7.41 billion up in smoke. But if the economic facts don't work, try the emotional angle – 40 per cent

of parents in Australia regularly smoke in their homes, which isn't ideal for kids. The other major downside, health risks aside, is the time wasted. Smoking cessation expert Dr Allan White puts it in clear terms: "Fifteen days, or 360 hours, per parent smoking each year is time that could be more effectively spent with family and friends."

Try this!

Beat portion distortion

Serving size does matter when you're getting into good motherhood shape. Dietitian Caitlin Reid recommends the following portion control measures in her new book, *Health & The City* (Longueville Media, rrp \$22.95).

Health & the city



Caitlin Reid

Make a timeline to complete the checklist below and eliminate portion distortion:

- Downsize dinner plates, bowls and glasses.
- Eat slowly – place your knife and fork down after each bite.
- Eliminate distractions – turn the TV off.
- Place food out of sight.
- Store leftovers immediately.
- Divide bulk food items into individual servings.
- Set one food rule, write it down and stick to it.

Did you KNOW!

Despite what you may hear, adding a spoonful of rice cereal to your baby's night-time bottle won't make him sleep longer.