

Summer 2011

come
grow
with us
HEALTH EDUCATION and RESOURCE
INFORMATION for CHILD CARE PROVIDERS



Shade for Child Care Centres

Children spend a great amount of time outdoors. According to the Canadian Dermatology Association (2011), the most harmful effects of sun exposure occur during early childhood. In fact, studies have indicated that people who have suffered severe and frequent sunburns during childhood are at greater risk of developing skin cancer later in life (Health Canada, 2006). The Canadian Cancer Society and the Canadian Dermatology Association both identify the use of shade as a key strategy to reduce the risk of developing skin cancer.

Seeking shade, wearing protective clothing, hats and sunscreen are essential elements of sun protection. Increasing awareness and access to shade can play an important role in the prevention of skin cancer.

Add shade the yard:

- Assess the play area to make sure there is natural or artificial shade from trees, buildings, umbrellas, awnings, canopies or gazebos

- Bring portable shade, like umbrellas, when going on outings
- Involve your child care centre in tree planting programs and other shade creating opportunities
- Identify and use play areas that provide shade

Effective shade should:

- Be comfortable and easy to use or access
- Protect against indirect ultraviolet (UV) radiation. Hard surfaces such as pavement, concrete, sand and water reflect higher levels of UV radiation than softer surfaces such as grass, soil or wood
- Be available from 11 a.m. to 4 p.m. when UV radiation is the strongest

York Region Community and Health Services offers resources that help child care centres to promote sun safety and plan for shade.



(cont'd)

Juice...too much of a good thing?

Is “more juice please” a common request from children at your centre? While fruit juice provides some nutrients, too much juice can reduce children’s appetite for other nutritious foods, as well as contribute to overweight, tooth decay and diarrhea. For these reasons, the amount of fruit juice a child drinks in a day should be limited.

Age of child	Maximum amount of juice daily
6 months to 1 year	½ cup
1 to 6 years	¾ cup
7 to 18 years	1½ cup

If a child also drinks juice at breakfast or dinner, you can see how easily the amount of juice they drink can be two to three times the maximum. By keeping the amount of juice served in your centre to a minimum, you can help children consume appropriate levels.

Make sure your centre is buying 100% fruit juice. Products labelled drink, beverage, punch, cocktail and -ade look like real juice, but are mostly sugar, water and added flavours. And don’t be fooled by a label that says “contains real fruit juice.” This claim can be made even if the product has only a small amount of real juice. Think of these drinks as pop without the bubbles. To be sure it’s 100% juice, look for the words “100% juice” on the label.

Remember that fresh, frozen or canned fruit is nutritionally superior to fruit juice. Juice contains less vitamins and minerals than fruit and doesn’t have the fibre that’s found in fruit.

Some juicy tips:

- Orange juice tops the list of best juices
- 100% fruit juice made from concentrate is the same quality as fruit juice that has been bottled directly
- To prevent tooth decay, offer juice in a cup, not a bottle or sippy cup, and only as part of a scheduled meal or snack. Offer water as desired in between meals.
- To reduce the amount of juice consumed, dilute 100% juice with water. Simply mix more water with less juice each time.

For more information about feeding babies and children, go to **Chapter 6** in the *Come Grow with Us* manual or visit www.york.ca/nutrition.

