

Workforce Housing Rental Program accepting applications for units

The Siletz Tribal Housing Department (STHD) began accepting applications for the Workforce Housing Rental Program on Feb. 8, 2021. The intent of this program is to provide affordable housing to Tribal families that are full-time employees of Chinook Winds Casino Resort.

These two- and three-bedroom units are located in Lincoln City, Ore. Six rental units will be available for households whose income is below 80% of the national median. Four rental units will be available to households whose income is 80% and above the national median. Applications can be obtained on the Siletz Tribal website, by mail or via e-mail at brettl@ctsi.nsn.us. If you have any questions, please contact STHD at 541-444-8322 or 800-922-1399, ext. 1322.

This project was developed in partnership with funding provided by the Meyer Memorial Trust Foundation, HUD's Office of Native American Programs and the Confederated Tribes of Siletz Indians.



Courtesy photos

Tribal townhouse units in Lincoln City, Ore., will provide affordable housing opportunities for full-time employees of Chinook Winds Casino Resort

Siletz Tribal Veterans

For information and assistance from Tony Molina, Tribal Veteran Representative, call 541-270-0569 or email tonym@ctsi.nsn.us



Head Start nutrition offers information with structured family meals Q&A

By Nancy Ludwig, MS, RDN, LD,
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As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This month I've chosen to repeat an issue from November 2014 as it addresses important questions and answers (Q&A) around Head Start nutrition and family meals. The structured family meal guidelines teach important concepts that apply in and out of the classroom.

Why does Head Start offer family-style meals? (When in the classroom)

The structure of meal time is set up using guidelines that have the adults controlling **what** is served, **when** and **where** it is served so healthy foods are served in a safe and encouraging environment. The setup encourages children to step into their responsibility of **whether** they choose to eat what is served and **how much** they eat.

Aren't preschool children too young to know what they need?

The Head Start model helps children monitor their own intake. It is important that adults encourage children to eat in response to hunger and fullness. It is important that children have nutritious choices to select from, but adults don't know how fast children are growing. Some days, children need to eat more food than on other days. In other words, they need to eat or not eat according to their own internal cues. Trusting them to do so helps them develop good eating habits.

How can I support my children best around meals at home?

Family meals at home can create a positive environment where children can feel safe. Not only can it continue to empower children to honor their hunger cues, but children who eat family meals also do better in school and get in trouble less often. This may be due to the bonding that occurs while conversing at the table.

Also, children watch what you eat and do. You serve as a role model whether you like it or not. So think about what you want them to learn through your actions.

How do I know how much food to serve?

Portions are suggested at school but children have the opportunity to eat less or have additional servings. Some of the learning that happens at mealtime includes learning to share and how to divide the total amount of food into the number of children at the table. Mealtime is also about developing the coordination to serve themselves.

How do I encourage my child to try new foods?

It often takes many times (even as many as 20) for a child to be exposed to a food before they are ready to try it. They are still watching you and if it is a food you want them to try, watching you eat it is meaningful. After all, you aren't gagging or getting poisoned. You might want to describe the food, such as its flavor or texture, to peak their curiosity.

These kinds of discussions are also encouraged at school. It is useful to avoid the judgments of good and bad behaviors, such as look how good your sister is because she eats the broccoli. Forcing or coercing children to eat often backfires. It

matters less whether they eat it today than that they learn to eat well for a lifetime.

I have been told that my child is above the 85% weight vs. height. I've been referred to a doctor. Why?

This statistic is a red flag, or indicates a possible risk factor, to health care providers. Measurements between the 85th and 95th percentile are associated with risk of being overweight. This brings up an awkward subject leading to the question "Is my child getting fat?" Maybe yes, maybe no.

Statistics are not all perfect. They are screening tools that prompt us to look into the situation further. We must also use common sense and good judgment.

Mathematically, it means your child is growing heavier faster than he is growing tall. This might change naturally, because children don't grow proportionately through growth spurts and your child might have gained weight in anticipation of shooting tall. It is important to look at this number over time, not just once.

How does a health care provider follow up regarding my child's weight?

Apparently we don't all do the same thing. I find it as an opportunity to put this number into perspective. I follow up with a series of questions looking at eating behaviors, activity and family patterns as well as the types of foods and beverages that are being consumed. In essence, the same questions are important for all people.

The reason behind the questions is to determine whether food intake isn't being regulated well. The theme I listen for is the link between internal appetite cues and

the choice to eat or stop eating. Whether you are hungry or full is an appetite cue.

Many times children are encouraged to eat for external reasons, such as "Don't you like this, I made it just for you," "We always eat birthday cake to celebrate," "If you want to get down from the table, you need to finish your dinner," "This is so delicious I can't stop eating it," "If you do your homework, I'll give you a cookie," and so on. These external prompts teach children to eat for reasons other than hunger. People with healthy weights naturally regulate their intake. Sometimes adults undermine this natural ability without meaning to.

What can I do to get my kids to eat right?

When adults are clear about the division of responsibility around eating, they help children develop healthy eating habits while they take a long-term view. This brings us back to why Head Start offers family-style meals at school.

Adults control **what** is served, **when** and **where** it is served so healthy foods are provided in a safe and encouraging environment. This helps children step into their responsibility of **whether** they choose to eat what is served and **how much** they eat. In this way, adults support children to learn from their decisions in a safe environment while developing healthy habits for a lifetime.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.