

# Family Living

## This Child Needs Your Family

This is DeAngelo, age 5

DeAngelo is a lively fellow who joins the 200 Oregon children currently awaiting adoptive homes. DeAngelo is outgoing, affectionate, and "fun to have around," according to his foster mother.

Both special events and everyday family activities thrill DeAngelo. Whether it's baking cookies, going for walks, or being read to, DeAngelo is an eager participant. He enjoys being around other children and engaging in age-appropriate games and pastimes. Stuffed animals, toy dinosaurs, and coloring supplies are his favorite toys. Watching Disney movies and "Nick-at-Night" are special treats he enjoys.

DeAngelo has made some significant gains this past year. His speech is delayed but improving, as are his social skills and his behaviors. He has a high activity level and at times appears nervous and easily frightened.

DeAngelo especially enjoys having a dad figure. He is possessive of his foster dad when other children come to play. He will fare best in a home without too much competition for parental



DeAngelo

time and attention. This child has many charms and strengths for a new family to enjoy and encourage! To learn more about adoption in Oregon and the children who wait, call The Special Needs Adoption Coalition at The Boys and Girls Aid Society 222-9661.

## Kids' Nutrition Q & A

**Q: Is apple juice or orange juice better for my child?**

**A:** Orange juice has more nutritional value than apple juice. An 8-ounce glass of OJ provides children with more than 100% of the National Research Council's Recommended Dietary Allowance for Vitamin C. Orange juice is also an excellent source of potassium, folic acid and vitamin A.

Unsweetened apple juice may contain approximately the same number of calories as orange juice, but the nutritional contributions are limited unless it is fortified with vitamin C. Keep in mind, it is better to give a child apple juice than sodas or other drinks loaded with sugar.

**Q: My child has become a fussy eater. He only eats bread, peanut butter, cheese, apples, and oranges. I am worried about his growth. What should I do?**

**A:** Fortunately, your child's choices are healthy ones. If you want your child to try new foods, make sure you are setting an example by eating a variety of foods yourself. It also helps to offer small portions of new delicacies at each meal.

It is also important to involve your child in meal planning, grocery shopping and other food planning tasks. He or she will be more likely to eat foods they help prepare. Let them pack their own school lunch. Include a few of their favorite items and throw in a couple of new, healthy items each time.

You should have your child's growth monitored by your pediatrician. He or she will let you know if there are any problems.

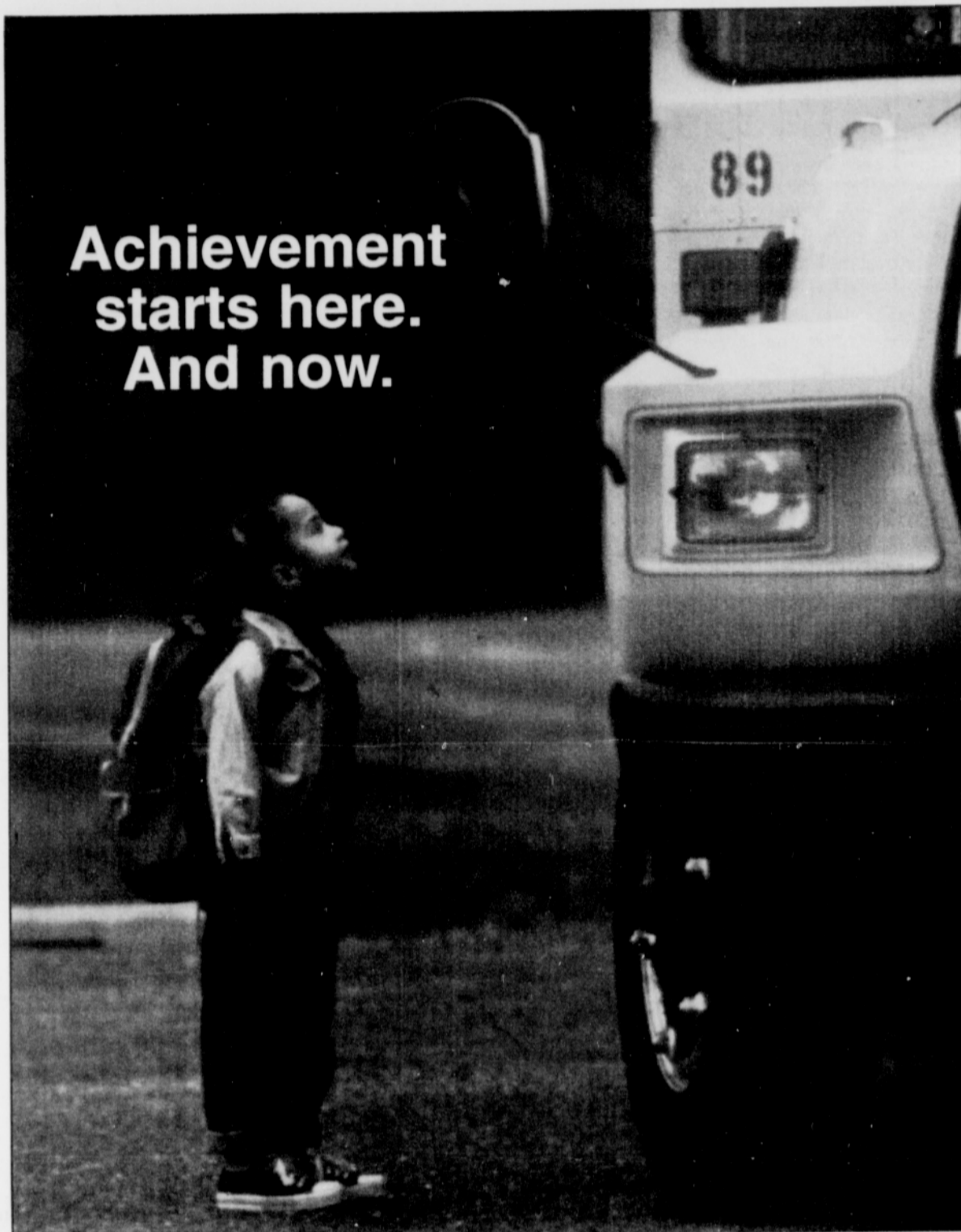
**Q: How much fat should be part of my child's diet?**

**A:** Children need fat in their diets,

especially during growth spurts. The energy fat provides helps them maintain normal bodily functions and supports increased growth in muscle, skin, and bone. Dietary fats also contain two essential fatty acids that children cannot make themselves but are necessary for brain development.

By the time a child enters kindergarten about 30% of his or her caloric intake should come from fat. Fat satisfies a child's appetite and also helps absorb fat-soluble vitamins like A, D and E. Restricting a child's fat intake can be harmful and detrimental to growth and brain development.

The daily required amount of fat will help children grow into healthy, strong adults. However, you don't want to start feeding your children hamburgers, hot dogs, and french fries everyday. It is important to remember moderation is the key.



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## TEEN PREGNANCY PREVENTION MONTHS

Governor John Kitzhaber has declared April and May as Teen pregnancy Prevention months in Oregon. "Solve the puzzle. Do your part," is the theme for this year, and adolescent pregnancy prevention activities are planned throughout the state.

The number of pregnancies to teens under the age of fifteen remains high, according to David Lane, Ph.D., adolescent health manager at the Health Division. "But the good news is that Oregon has already begun an aggressive and comprehensive program aimed at addressing the issue and reducing teen pregnancies," he said.

Oregon's Benchmark goal is to achieve a reduction of 15 pregnancies per 1,000 teens age 10 to 17 by the year 2000. Some progress has been made, Lane said. In 1995 the teen pregnancy rate was at 19.2 per 1,000 teens age 10 to 17, and the preliminary rate for 1997 is at 17.9 per 1,000 teens age 10 to 17. Approximately 3,122 teen pregnancies occurred to Oregon teens age 10 to 17 in 1997.

Last year Governor Kitzhaber and Sharon Kitzhaber launched the *Governor's Action Agenda to Reduce Teen Pregnancy*. the comprehensive plan focuses on six prevention strategies, including the abstinence education program STARS (Students Today Aren't Ready For Sex). STARS is spearheaded by Mrs. Kitzhaber. It is based on a nationally known curriculum. During the upcoming school year, STARS will reach over 30,000 of Oregon's sixth and seventh graders in 32 Oregon counties.

"We know that teen pregnancy is not a single focus issue. Because it is a complex problem we need to use many integrated strategies, of STARS is just one of the approaches we are using," Lane stated. A number of private-public partnerships have already formed and programs are underway in many Oregon communities. One example is the RAPP (Reduce Adolescent Pregnancy Project). For more information on the programs that have been implemented in your area call David Lane at the Health Division, 503-731-4331.



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