



November

2023 Edition



Here is how you can put 5-2-1-0 into action this month:



TRAINING OPPORTUNITY!

Do you want to learn more about the impacts of substance use on our children, families and community?

Do you want to learn how we can improve collaboration across disciplines, so our children are safe and accounted for?

Do you want to learn how to improve outcomes to keep children free from the negative impacts of substance use and drug activity?

Join us for the Drug Endangered Children (DEC) Awareness Training!

November 13th
Crestview Community Center
6:00-8:00PM

Scan code to register



STAY HYDRATED

Are you drinking enough water? We depend on water to survive. Our bodies are mostly made of water. Every cell, tissue, and organ have water in them. They need water to keep working. This means you must stay hydrated to be healthy. When you need a drink reach for water, low-fat or fat-free milk, and 100 percent fruit juice.



Source: CHOC

GO VIRTUAL

Virtual reality games make exercise fun. Games, such as Beat Saber, make you move quickly to get your heart pumping. They also have you do movements which grow your muscles.



Source: VR Institute of Health and Exercise

GET CREATIVE WITH CRANBERRIES

Cranberries are a great addition to any dish. Cranberries can add a pop of color and a refreshing taste to your food. They are also packed with nutrients and antioxidants. Cranberries pair well with apples, oranges, and grape. Grab a



skewer and make a fruit kabob. Try adding fresh cranberries while baking bread. Toss dried cranberries into your salad. Mix up a cranberries, nuts, seeds, and granola to make a trail mix. Play with different blends to find your favorite combo.



Source: UNL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

The 5-2-1-0 Feature is brought to you by:



SHARE YOUR 5-2-1-0 FUN
ON SOCIAL MEDIA:
#HealthiestWeightFL

GIVE BACK TO YOUR COMMUNITY

Volunteering is helpful to your community. It can also grow your character and skills. Volunteering provides an opportunity to build your empathy. When you volunteer you will come across many different people and situations. This will teach you how to relate to others and be more accepting of them.



Here are some ideas that can get your whole family involved in the community:

- Plant trees or wildflowers in your neighborhood.
- Take part in a fun community event that brings awareness to a local cause such as a 5K race.
- Pick up litter at the beach or a park.
- Make cards for assisted living facilities, patients in a local hospital, or Meals on Wheels.
- Read books to children at a library, family shelter, or hospital.
- Offer to take a neighbor's dog for a walk.
- Write letters of gratitude to service men, women, and families.
- Visit a retirement home. Teach the residents your favorite game.
- Donate old books to a Little Free Library in your community

Source: Children's Bureau

It's Time to Talk

It is important to talk to children about difficult topics. We try to keep our children safe. We try to shield them from things that are not good for them. Often, they are exposed to those things anyways. The best way to help keep them safe is by talking to them. A conversation about a hard topic may not seem easy. Talking together can help a child feel safer and more secure. Here are some tips to help you have a good conversation:



- Guide the conversation with questions.
- Think about what you want to say beforehand.
- Practice the conversation.
- Find a time where your child can be the center of your attention.
- Ask what they already know about it.
- Listen to them.
- Share your feelings about it.
- Tell them the truth in a way that they can understand.
- Reassure your child.

Source: APA

RESOURCES MENTIONED IN THIS NEWSLETTER



Get Creative with Cranberries: <https://bit.ly/3Jg6Tdc>

Stay Hydrated: <https://bit.ly/3NxW7RV>

Go Virtual: <https://bit.ly/3PfpY2G>

Give Back to Your Community: <https://bit.ly/3JkrUDl>

It's Time to Talk: <https://bit.ly/3qRv7Ef>