



Now that May flowers are blooming they have brought along seasonal allergies. Anyone with seasonal allergies will tell you that itchy eyes and a runny nose can wreak havoc on your daily life, especially for kids. **We're here to help you come out on top of the fight against seasonal allergies!**

- Peeling and thoroughly washing fresh fruits and vegetables can decrease exposure to allergens like pollen from trees, weeds, and grass that come into contact with produce during harvesting.
  - Get a fruit and vegetable scrubber! Have your kids help wash contaminants away.
- Boost [probiotics](#)! Probiotics are good bacteria that help promote gut health and are in foods like [yogurt](#) and kefir. Studies have shown promising effects of probiotics on quality of life for those suffering from seasonal allergy symptoms.
- Watch out for cross-reactions! Oral allergy syndrome (OAS) is a mild allergic reaction that happens in some individuals with seasonal allergies when they eat raw fruits and vegetables.
  - You can still enjoy fresh produce! Cooking fruits and vegetables breaks down the proteins that cause reactions.



When allergen levels are too high outside that doesn't mean you can't be [active](#). Here's a great idea to get your kids moving indoors:

- Get out some markers and index cards! Have the kids draw different animals on index cards. Place all the cards in a bag. Take a card out of the bag and act out the animal while everyone else guesses what animal you are. The first person to guess correctly gets to pick the next card and act out their animal.
  - With younger kids, you can pick a card and pose as the animal for a [yoga](#) stretch session.
  - Tip: Make the game your own! Kids can cut out pictures of their favorite performers or athletes from magazines and glue them on index cards then act out their favorite song or sport.
- Tip: Offer flavored water! Adding seasonal May fruit like [berries](#) to water and offering it after activities gives parents a chance to discuss hydration and the importance of eating [seasonal](#) produce.



### Parent Power Tips From the SuperKids Nutrition Founder

How long does it take you to finish a meal? With hectic schedules, many of us don't give ourselves enough time to eat. On average, Americans only spend a little over an hour a day eating and drinking. Try these strategies to slow down and eat mindfully:

- Never eat directly out of the container or package. Pre-portion foods, like [popcorn](#), so you only eat what you serve yourself.
- Stop multitasking! Don't eat while watching TV, movies, or doing activities.
- Slow things down! Chew your food several times before swallowing; this will help you take your time and appreciate the [wonderful flavors](#) of your meal.
- Talk about your food! Before digging in, take a minute ask everyone how the meal looks and smells while eating encourage the use descriptive words to talk about how everything tastes. Doing this is an excellent opportunity to expand vocabulary and create positive mealtime talk.
- Find more tips on mindful eating for kids [here](#)!



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