

Chippenham Pediatric & Adolescent Medicine

Spring Edition



Family Fun!

Spending quality time together can be tough with tight schedules. Here are a few tips to sneak in some family time. Start a ritual and set aside time together.

1. **Take a walk or bike ride together.** Make it brisk and get some exercise too! Don't forget your helmets!
2. **Game Night:** Get out your favorite board games, card games and enjoy a little rivalry.
3. **Movie Night:** Reward that good grade, hardwork on a school project, great helper with chores.
4. **Dance Party:** Put on your favorite tunes, mix it up with everyone's favorite song and show off your moves.
5. **Grab a ball and go:** Shoot some hoops, play soccer, kickball, play catch.

Can't Decide? Take turns choosing activities, movies, & games and make it fun for everyone.

The Spring Warm Up

Exercise!!! Your child should be getting 30-60 minutes a day (and we know lots of kids just hang out at recess so don't count that.)

*Exercise counts as anything that gets your heart beating faster and breathing heavier ...this gets your heart and lungs in shape!

*After homework is done- offer equal TV/computer /video game time for exercise.

* Be a good role model – exercise together and it is more fun!



Save the Date!

5K Run/Walk for Autism

May 25, 2013 Innsbrook Pavillion

We are proud sponsors! Join us! For more information go to <http://www.asacv5k.com>

Kindergarten Registration

Check with your county for registration dates and requirements!

****Schedule your checkup today!**



Nutrition Bites

Is Organic Better? Food for Thought

The AAP (American Academy of Pediatrics) recently put forth their thoughts after evaluating the evidence and here is what they found:

* Nutrition for kids is important for growth and development. Focus on a variety of fruits, vegetables, whole grains, low fat or fat free dairy products (milk, yogurt, cheeses)---organic or not.

* Organic products and nonorganic products have the **SAME** vitamins, minerals, antioxidants, proteins, etc.

* Organic foods do have lower levels of pesticides, BUT we do not know the evidence that the levels make a significant difference over a lifetime. There is limited control on the potential for rain run-off, soil contamination at times with organic farming.

* Organic milk is not better than nonorganic milk. BUT make sure all milk is PASTEURIZED! (All milk has vitamin D- even 1% or skim)

* If the expense of organic foods limits the number of fruits and vegetables in your grocery cart, stop and reevaluate. Buying seasonal and local foods can cut your costs!!!!

So make your choice for your family and we will continue to monitor the latest information as we get it.....

Source: AAP and Healthychildren.org



Brain fuel: Breakfast!

Breakfast is still the most important meal of the day...not just a myth. Breakfast is the one way you can help your child get off on the right foot every morning ready to learn and focus. It also decreases unhealthy weight gain because at lunch your child is not starving and the body does not experience low dips in energy levels.

Cereals are fast, but check those labels....

- No more than 10-12 grams sugar/serving
- At least 2-5 grams fiber
- Sweeten naturally- use strawberries, peaches, pears, bananas-pick a favorite!
- Choose whole grains
- 1% or Skim milk(For > 2 year olds)

**** Have doubts? A recent study showed kids were equally happy with lower sugar cereals.**

Protein can go a long way....

- Peanut butter on whole grain toast
- Greek yogurt smoothie with bananas
- Scrambled egg or egg white with fruit
- Fruit and yogurt layered parfait

****Have your kids help choose and make their breakfast foods. You may have to think out of the box to get them to eat something nutritious every morning....**

Babies >9 months and Toddlers....

*Quick oats made with milk/formula and a mashed banana (low sugar and yummy!)

* Yogurt with fruit cut up

**** Be a good role model and sit down for 5 minutes and have breakfast together! Time is precious in the morning, but this can help set a positive tone and focus on the day ahead.**

Cyber Savvy, Computer Safe

The technology world is changing fast and as parents and kids we have a lot to learn to keep up.

Create an open environment. Monitor your child on the computer for emails, web chat sites, text messages on phones. Set the rules from the beginning. Parents can *and should* check any time and you will let your child know you are checking. Keep the computer and phone use in a public area: dining room, kitchen, living room where everyone can congregate and you can keep an eye on their use.

Limit all screen time. Set limits for all technology except homework projects. Phones stay off and away during homework, meals and sleep. (There are always countless interruptions especially if group texts are sent and the recipients all respond to everyone.)

Monitor all games. Many of the violent games are popular among kids. Set limits and keep in mind it is easy to become sensitized to violence in the cyber world. Some of these violent games are used for military training due to their reality levels and violence. Check that all games are age appropriate before use.

Equal time for reading and exercise. Once homework has been done, there should be screen time earned through other fun unplugged activities....outside playtime, board games, reading, and as always homework comes first.

There are age limits to different social websites for good reason. We would not let our younger children go hang out with much older kids and adults to chat. We must take care to think about the consequences of pushing our kids too fast into cyberspace while being savvy enough to help our kids excel in a technology driven world with its invaluable resources out there. More and more schools are using online strategies to engage our children for homework, review and reading/responses. ***Be smart and stay involved!!!***

*****Sometimes it all seems overwhelming. Discuss with your child respect for themselves and others. Developmentally, the tween/teen brain may not fully understand consequences and see things differently....***

Cyber bullying

What is it? Cyber bullying happens when a person or group of people use email, text or use websites to send hateful messages or rumors about another person, often including very personal information. It can cause permanent negative impact on a child.

Why does it matter? This venue tends to be anonymous and is a faceless interaction, which tends to make for crueler things written.

How can I prevent this? As parents, you need to monitor closely all internet use on websites, texts, and chat systems your child is using.

What if my child was the target? Call and ask websites to take down the content from their site. If it was sent from school computers, that can usually be tracked, so notify school authorities. Be open and reassure your child.

****Remind your tween/teen not to take inappropriate pictures or send texts or emails with inappropriate content and discuss what that means. It is not just about modesty, it is the law with permanent consequences!**

***** Set parental controls to keep your child safe. You can set filters for age appropriate web sites, music, chat rooms, movies, number blocking, etc! Check with your phone or web provider for ways to set up safety controls. Be honest with your child about setting limits and why to avoid making her feel like you do not trust her.***

Tech for thought.....

Technology keeps us at times from human interaction, reading emotions and movements people naturally have during a conversation. These are still very important personal skills for our children to learn while developing socially with friends and adults.

Resources:

O'Keefe, Gwenn Schurgin. Cyberspace: Protecting and empowering kids in the digital world of texting, gaming, and social media. American Academy of Pediatrics: 2011.

healthychildren.org