



BLUE SKY PEDIATRICS ASHEVILLE

NEWSLETTER—SCHOOL IS STILL COOL!!



BATTLING BULLIES

Bullying is when one child picks on another child repeatedly. This can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet. It can be very difficult for your child to know how to deal with this situation, but there are some things you can teach your child that can help. Teach your child that they can respond to a bully by looking the bully in the eye, standing tall and staying calm (crying or getting upset will only make the bully be worse), and by just walking away. They can say in a firm voice to the bully things such as “I don’t like what you are doing,” “Please do not talk to me like that” or “why would you say that?”. Teach your child when and how to ask for help. You can alert school officials to the problems and work with them on solutions so they can watch out for your child’s safety and well-being when they are at school. If you find out that your child is the bully, you can tell your child that bullying is never o.k. You should set firm and consistent limits on your child’s aggressive behavior. You can be a positive role model and teach your child that they can get what they want without teasing, threatening, or hurting someone. Use effective discipline such as loss of privileges. If your child is a bystander to a bullying situation, teach your child to not cheer or even quietly watch bullying. Encourage your child to tell a trusted adult about the bullying and help your child support other children who may be bullied.



HOMESCHOOL HABITS

Homework has become an every-day assignment in most schools. Although most children don’t like it, there are some things you can teach your child that will help to make it as easy as possible. Encourage your child to do homework in a quiet place that is free of distractions. It is hard with so many of our children involved in after-school activities to fit homework into their packed schedules. So keep this in mind and set aside ample time for homework. You should not let your child watch TV when doing homework or studying. This also goes for computer and internet usage while your child is doing homework unless it is needed to complete whatever they are working on. Be available to answer questions and offer assistance to your child, but never do their homework or projects yourself. Your child will take more pride in the work that they have completed themselves. You should take time to review your child’s homework nightly to make sure that they understand everything. If your child is struggling with a subject, check with your child’s teacher to see if any additional help is available or a tutor is recommended. Make sure that your child knows that you are available to them to discuss any problems they are having with school. Help them to understand that you will communicate often with their teacher to discuss their academic strengths as well as weaknesses. Discourage your child from “blaming” the teacher if they don’t understand something and encourage them to find a solution with your and their teacher’s guidance.



FUN FOOD

Most schools send schedules of cafeteria menus home so you can plan on packing lunch on the days when your child prefers not to eat the school’s main course. Try to pack healthy lunches that your child is still likely to eat. You can use cookie cutters to cut sandwiches into fun shapes and decorate lunch bags with colorful stickers. No matter what they eat for lunch, they are likely to want an after-school snack. Try to encourage your child to choose healthy snacks such as crunchy raw vegetables or fruit. Keep in mind before allowing your child to have soft drinks that drinking just one 12-ounce can of soda a day increases a child’s risk of obesity by 60%!! Some easy and healthy after-school snacks you can make for your child are:

“Ants on a Log”. Wash celery sticks and cut them into pieces about 5” long. Spread peanut butter over the entire length of the celery and press raisins into the peanut butter.

“Frozen Berry Yogurt Popsicles” are made by taking a cup of berry yogurt (any flavor) and about 1/2 a can of pears. Put both in the blender, pour into ice-pop molds, and put in the freezer. Do these the night before so they will be ready. You can also do this recipe with diced strawberries in strawberry yogurt.

“Frozen Apple Sauce and Fruit Cup” are made by combining in a medium bowl, 1 cup of chunky or regular apple sauce, 10-ounce package of frozen strawberries (thawed), an 11-ounce can of mandarin orange segments (drained), 1 cup of grapes, and 2 tablespoons of orange juice concentrate. Spoon this fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from the freezer about 30 minutes before serving.

Even the most nutritious meal or snack won’t do any good if your child won’t eat it. If your child refuses one food from a food group, try another from the same food group, you might be surprised by what they will end up liking.