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FREE

**SPECIAL ISSUE:
CHILDREN'S HEALTH**

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letter

from the editor

When it comes to our children, there is never a lack of things to worry about – no matter what age they are. From breast-feeding to immunizations, the terrible twos and threes, school days, teens and first dates, proms, driving, texting, and the Internet, the challenges are never-ending. Fortunately, so are the joys.

I've always felt that being a mom was the best and most important thing I've ever done in my life. It's also a role that never goes away, even as our children leave the nest to forge their own futures. I've also learned that one of the most important aspects of parenting is maintaining a sense of humor through it all.

This issue of Buffalo Healthy Living is devoted to children – our children. Of course we can't cover everything, but we did our best to select topics that you will, hopefully, find interesting and helpful.

So enjoy this special issue of the magazine and, most of all, enjoy your children through every stage of their lives. They really do grow up way too quickly. Above all, don't forget to laugh.

Sincerely,



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active kids healthy kids

make exercise fun and kid-focused
and help them participate in
activities that are right for their age.

by Nan Burgess-Whitman

I witnessed a “fitness miracle” recently that many parents might appreciate.

Here’s my story. I have an eight-year-old daughter. She’s a lovely, social girl, but she has never shown much enthusiasm for physical exertion lasting longer than 15 minutes. And, despite my attempts to expose her to soccer, dancing, tennis, and almost every other physical activity, she was a reluctant participant. Mackenzie, like many other kids, prefers some type of display screen over a nice sunny day.

But, as kids will do, she took me by surprise. I took her to a kids’ exercise group for a trial class called Kid Power. She emerged red-faced, sweating, and completely pumped up after an hour of hurdles, races, climbing, and jumping “exercise.” At her own insistence, she is signed up for the next few months. As for me, I am thrilled that she has found a fun and healthy activity to look forward to, particularly during the winter months.

“There are kids who don’t like the ‘team’ thing, and who want to play the sport just for the fun of it, but there really isn’t anyone who provides that,” says Scott Diehl, director of the program and a children’s fitness instructor. Fun, engaging exercise is not the only benefit. Scott says his best moments come when the kids accomplish something they couldn’t do before and when their confidence soars.

The key is to make exercise fun and kid-focused, not a “have to,” serious activity. Scott’s philosophy extends to integrating the parent as a positive role model for their sons and daughters. “It absolutely must involve the parents,” says Scott. He spends quite a bit of time talking to parents, offering nutritional planning and ongoing guidance.

[How parents can help encourage kids to exercise](#)



For most adults, exercise means a treadmill at the gym. For kids, it’s playing -- whether at school during recess, gym, or in their own backyard.

You hold the key to teaching your child a lifestyle of fitness. How can you help?

1) Encourage free play. Free play can be very important for a child who doesn’t play a team sport. What’s free play? It’s the activity kids get when they’re left to their own devices, like shooting hoops, riding bikes, playing whiffleball, tag, jumping rope, or dancing.

2) Don’t force your child to participate in sports that he or she doesn’t like. Nothing will turn a child off more to exercise than something they dread, and failure is nearly guaranteed. Help your child participate in a variety of activities right for their age.

3) Establish a regular schedule for physical activity. And make sure they’re fun activities. Remember, little things count, like challenging your child to a race up the stairs or down the driveway and back before you get into the car for a quick trip.

4) Be a healthy role model. If you embrace healthy habits, your child will learn for life.

About the Author: Nan Burgess-Whitman is a certified personal trainer and aerobics instructor.

learn the warning signs of bullying

prevent harassment and potentially dangerous situations.

(MC) Children grow and develop their personalities in various ways. While many youngsters are teased or receive some good-natured ribbing at some point in their school careers, some teasing can eventually turn into bullying.

The National Education Association estimates that 160,000 children miss school every day due to fear of attack or intimidation by other students. Furthermore, more than 70 percent of students report incidents of bullying at their schools. Although children in lower grades have reported being in more fights than those in higher grades, there is a higher rate of violent crimes in middle and high schools than in elementary schools. According to the association Make Beats Not Beat Downs, harassment and bullying have been linked to 75 percent of school shooting incidents.

Bullying can take many forms, and learning the warning signs as a parent can help prevent harassment and potentially dangerous situations.

Verbal: If your child reports being called names, being the recipient of racist, sexist or homophobic jokes, or being spoken to in an offensive or suggestive way, this can be a form of verbal bullying.

Cyber: Social media, email and text messaging has become a way for bullies to spread malicious messages or photos. In the era of digital media, this type of bullying has increased considerably.

Physical: Some bullies engage in physical attacks, including hitting, kicking, spitting, or other forms of physical confrontation. Destroying personal property also is considered physical bullying.

Indirect: Gossiping and spreading nasty rumors about a person is another form of bullying. This type of bullying may go hand-in-hand with cyber bullying.

Signs your child is being bullied

Parents can recognize certain signs that their child

is being bullied at school. Bullied children frequently make excuses to avoid going to school. While the desire to stay home is something many children may express, those who are bullied may do so much more frequently. Bullied children tend to avoid certain places and may be sad, angry, withdrawn, or depressed. They may have trouble sleeping or experience changes in appetite, and bullied youngsters' academic performance may suffer. Also, parents may notice that children return from school missing some of their belongings.



Signs your child is the bully

Parents may not want to imagine their children bullying other students, but bullies do exist. Children who bully other kids have strong needs for power and negative dominance. They may find satisfaction in causing suffering to others. Some signs that your child may be a bully include:

- easily becoming violent with others
- having friends who bully others
- blaming others quickly
- comes home with belongings that do not belong to him or her
- getting in trouble with teachers or school administrators
- picking on siblings
- not accepting responsibility for actions

There are ways parents can teach their children to act properly when faced with a bully. First, parents should explain that bullying is not the child's fault and he or she does not deserve to be picked on. Next, parents can let children know that being assertive but not violent with bullies may diffuse the situation, as some bullies thrive on the fear of their victims. If the bullying behavior continues, the student should speak to an adult or authority figure.

Parents of bullies may need to be especially mindful of their children's behavior. Counseling could be necessary to determine what is compelling kids to bully other students.

facts about concussions

it is important that athletes never return to sports while they are still experiencing signs and symptoms.

by Osman Farooq, MD

A concussion is a traumatic brain injury that alters the way your brain functions. They are unfortunately very common, particularly if you play a contact sport, such as football, hockey, soccer, wrestling or even cheerleading. Concussions can also occur in non-sport related situations, such as in head injuries associated with car accidents, falling from an elevation, or soldiers in combat.

Concussions can present with a variety of symptoms. These can include headaches, nausea/vomiting, visual changes, sensitivity to light/noise, confusion, trouble with memory or concentration, irritability/personality changes, balance problems, fatigue, sadness/feeling emotional, or excessive drowsiness.

Concussions can be difficult to recognize in infants and toddlers because they cannot communicate how they feel. Therefore, signs for the parents to look for would include excessive tiredness, irritability/ crankiness, loss of balance, unsteady walking, a change in eating or sleeping patterns, or a loss of interest in their favorite toys or playing.

Anyone who sustains a concussion should undergo an evaluation by a qualified healthcare provider before returning to play or vigorous activity. Athletes can return to play only after they are completely free of all symptoms of a concussion. Some experts also recommend that child and adolescent athletes with a concussion not return to play on the same day as the injury.

If left undiagnosed, a concussion may place an athlete at risk of developing Second Impact Syndrome — a potentially fatal injury that occurs when an athlete sustains a second head injury before a previous head injury has completely healed. Therefore it is important for athletes never to return to sports while they're still experiencing signs and symptoms of concussion. With each successive concussion, a person's chances of developing long term complications increases. These complications can

include chronic headaches/migraines, seizures, memory problems or even death.

The American Academy of Pediatrics recommends that you call your child's doctor for advice if your child receives anything more than a light bump on the head. If your child remains alert, moves normally and responds to you, the injury is probably mild and usually doesn't need further testing.



Rest is the best way to allow your brain to recover from a concussion. The American Academy of Pediatrics recommends both physical and mental rest for children. This means avoiding general physical exertion as well as activities that require mental concentration, such as playing video games, watching TV, texting or using a computer. School workloads should also be temporarily reduced. Headaches can typically be treated with acetaminophen (Tylenol). It is best to avoid ibuprofen (Motrin, Advil) initially after significant head injuries, as these can increase a person's risk of bleeding.

Prevention is very important. Athletes should wear all appropriate protective headgear. Helmets are very important for anyone riding a bicycle, skateboard or rollerblades. Wearing a seatbelt can help prevent serious head trauma in the event of a car accident. Keep your home safe and do not leave items on the ground that might cause someone to fall. Public education is essential in raising awareness for concussions, how to recognize them, their potential complications, but most importantly how to prevent them.

About the author: Dr. Farooq is an Assistant Professor in the Department of Neurology at the University of Buffalo. He sees patients at the Women & Children's Hospital of Buffalo (878-7840) and at the UBMD Williamsville clinic (932-6080).

yoga and high school students: the perfect match!

from stress reduction to gains in confidence, yoga offers kids a lot

by Lisa Cove, RN, MSN, NP

Yoga is one of the most recently embraced practices in western culture. However, one very important demographic is not always “in the loop” – high school students. Busy with school, sports, clubs, friends, and family commitments, there is often no time to notice the real need for grounding, focus, relaxing, and relieving stress.

The physical changes of adolescence through puberty are influenced by hormonal fluctuations involving muscle growth and development. Throughout adolescence the body is still growing; bones, muscles, tendons, and ligaments are changing, and stress injuries are common. A quick or energetic body movement can injure these developing structures. Athletes are especially prone to these injuries. By offering a complete body workout, yoga balances the stresses of any sport and helps correct tightness, weakness, and balance.

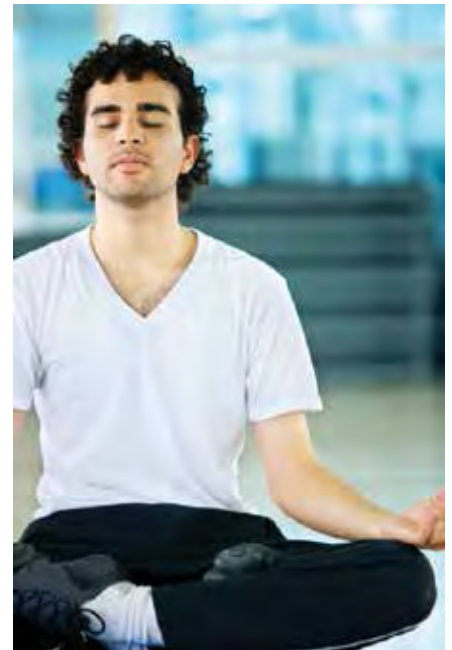
The psychological changes in these growing years result in changing emotions. Yoga helps to:

Improve Focus – Yoga helps with developing focus and concentration, and improves memory. Prana (breath) instills an inner sense of calm, allowing teens to make clearer and more precise decisions.



Instill Confidence – Yoga teaches students that through practice they can attain anything they desire. Shaping the body through yoga poses (asanas), fueling it with the breath, and feeling proud of this accomplishment instills a positive self-image and self-respect. It helps students to be accepting, comfortable, confident, and proud within their own skin.

Control Stress – Any high school student will agree that with an increasing academic curriculum, including the weight of college entrance testing, social pressures, and uncertainties about their future, having assistance to leverage these through a few well-executed yoga poses, with special attention to the breath, would be very helpful. These techniques become an outlet for stress relief, and will be a lifelong benefit.



Promote Peer Group Involvement - Teenagers are tribal and want to hang out with their peers, listen to their own music, and be in their own space. Enjoying being present in your body, moving to a common rhythm, and laughing with friends while trying non-competitive poses, is a form of play they can relate to. This practice satisfies their craving for an outlet of self-expression, to be individuals among a common group.

Practice Patience - The concepts that yoga teaches will help students become more balanced, peaceful, and compassionate young adults. They learn to slow down, taking time to feel, move, and breathe with a form of consciousness that is nurtured through their practice. Learning how to patiently listen to your body speak provides a lifetime of personal connection.

Staying healthy means a lot more to students today than just avoiding a cold. Concerns about eating well, getting more exercise, and managing stress are essential. Contemporary teenagers are goal and achievement-oriented, operating under relentless academic pressure and a treacherous adolescent social jungle. Yoga just might be “the perfect match” in helping them deal with and enjoy their high school years and beyond!

About the Author: Lisa Cove has been teaching fitness for 25 years, has been a yoga instructor for 12 years, and is the mother of 3 high school boys.

fighting childhood obesity

teaching portion control and encouraging self-serving help in maintaining a healthy weight

(NAPS) According to the Centers for Disease Control and Prevention, the number of children between the ages of 2 and 5 who are considered overweight has nearly quadrupled over the past few decades. Today, approximately 20 percent of toddlers fall into the overweight category, compared with just 5 percent a generation ago. One significant factor may be the increase in portion sizes, which have more than tripled in recent years.

Simple practices such as teaching portion control and encouraging self-serving play an important role in maintaining a healthy weight. During the toddler years, children possess the natural instinct of knowing when they are hungry and when they are full, which makes it the perfect time to encourage them to listen to their bodies and find ways to make family mealtime a fun, educational experience.

Teach your kids about basic nutrition facts, because the portion size they are used to eating may be equal to two or three standard servings. To see how many servings a package has, check the "servings per container" listed on its Nutrition Facts. You may be surprised to find that small containers often have more than one serving inside. Put the suggested serving size that appears on the label on your plate before you start eating. This will help you see what one standard serving of a food looks like compared to how much you normally eat.

It may also help to teach your kids to compare serving sizes to everyday objects. For example, 1/4 cup of raisins is about the size of a large egg. Three ounces of meat or poultry is about the size of a deck of cards.

Here are some other approximations:

1 cup of cereal = a fist

1/2 cup of cooked rice, pasta, or potato = 1/2 baseball



1 baked potato = a fist

1 medium fruit = a baseball

1 1/2 ounces of low-fat or fat-free cheese = 4 stacked dice

1/2 cup of ice cream = 1/2 baseball

2 tablespoons of peanut butter = a ping-pong ball

- **Apply a self-serve policy:** The American Medical Association (AMA) recommends allowing children to serve themselves so that they can self-regulate their meals. During the ages of 3 to 5, kids' natural instinct of feeling hungry versus feeling full is changing; now is the time to help them listen to their bodies.

- **Turn off the TV:** Just like adults, children will consume more calories when they eat in front of the television. Kids are more likely to pay attention to signs of fullness when they aren't distracted by a favorite cartoon character.

- **Don't worry if at first you don't succeed:** MyPyramid.gov recommends feeding children a wide variety of healthy foods, but it's normal for kids to balk at unfamiliar choices. You may need to offer the new food up to 10 times before it is deemed familiar and acceptable, so remember to try, try again. It's also helpful to introduce a new food in tiny portions, so that little ones can "taste" without being overwhelmed.

The younger your children the greater chance you have to influence their behavior. Be a role model -- eat healthy -- be healthy -- it's good for you, too!

what do parents of children with disabilities worry about?

changing lives with YALT

By Annette Pinder

There are all sorts of programs available for children with developmental disabilities -- from residential care and treatment, to special schools, and programs. But what happens after the age of 18 when they are no longer eligible for these programs? And what happens to those whose parents can no longer care for them due to illness or their own advancing age?

"Parents want the best for their children," says Rhonda Frederick, Executive Director of People, Inc. "We knew we had to do something to help. So we developed a college-based program for kids transitioning into adulthood called Young Adult Life Transitions (YALT) that allows young adults with developmental disabilities between the ages of 18 and 23 who wish to continue their education past high school to experience life on a college campus alongside their peers." Local schools participating in YALT are UB, Daemen, Canisius, Buffalo State, Erie Community, and Niagara County Community Colleges.

One student, Terrance Hassan graduated from YALT at Buffalo State College in 2005. Despite graduating from high school, he couldn't read, and was determined to change that. He achieved his goal through working



with Literacy Volunteers, and gained acceptance to the NYS Youth Advocacy Group. A member of NYS Partners in Policy Making, he travels to Albany once a month to advocate for people with disabilities. Terrance was also accepted to the employment Training program through the Office for People With Developmental Disabilities

(OPWDD), and is now interning at Buffalo State College as a part-time community based instructor.

Stephanie Edbauer, another successful graduate, was in Daemen's YALT program for five years, and graduated in 2010. An active participant in the Daemen Dorm project, Stephanie experienced college dorm life, and learned essential skills that helped her become more independent. Stephanie was always positive and well-liked, and completed internships at Parent Network of WNY, Darien Lake, Kiss 98.5 radio station, and Four Seasons Day Care. After exploring several employment opportunities, Stephanie found an interesting and desirable career in her community.



"Some students simply want to receive a GED," says Rhonda, "while others want to explore different careers. YALT helps with resume writing, interview skills, employment training, getting along with co-workers, life-skills, learning to drive, using public transportation, joining campus clubs, socializing with non-disabled students, and being part of a campus community."

Rhonda says, "Life is a challenge for students with disabilities and their families, and a weakened economy and New York State budget cuts have made it even more difficult." She says, "People Inc. began in 1970 with a small group of parents and professionals who joined together to address the needs of individuals with intellectual disabilities. Our goal is to continue to identify where a need exists and work to fulfill that need, despite the challenges."

WNY Resource: People, Inc. is the largest human services agency in Western New York, serving 10,000 people each year from 145 locations, including group homes, senior living apartment complexes, day programming, health clinics, rehab, social recreation, training for children with autism, and administrative office buildings. To learn more about People Inc., including career opportunities, visit www.people-inc.org or call 716.634-8132.

7 myths about adhd

nearly 1 in 10 youth between the ages of 5 and 17 is being diagnosed with adhd



(MC) According to recent studies, attention deficit hyperactivity disorder, or ADHD, appears to be more prevalent than ever before. Nearly 1 in 10 youth between the ages of five and 17 is being diagnosed with ADHD. Despite that prevalence, misinformation regarding the disorder continues to circulate, and that information can make it harder for parents to understand the disorder.

Dispelling the misinformation surrounding ADHD may help those who are truly affected by the disorder get the treatment they need.

Myth # 1: ADHD is not a real disorder. Many people honestly feel that ADHD was a concept drummed up by psychiatrists and pharmaceutical companies to increase business. However, the condition is real and is recognized by major health institutions, including the Surgeon General of the United States and the National Institutes of Health.

Myth #2: ADHD is only a children's disorder. Statistics indicate that while the majority of the people diagnosed with ADHD are children, at least 4 percent of adults experience it as well. The reason the statistics may be lower for adults is that ADHD is often misdiagnosed or goes undiagnosed in adults.

Myth #3: ADHD is a result of bad parenting. There are a number of people quick to point fingers at parents, laying the blame for ADHD at the feet of mom and dad. But some people with ADHD have difficulty controlling impulsivity and behavior, and that difficulty may have nothing to do with how those people were raised.

Myth #4: More boys have ADHD than girls. According to a 2001 report from the U.S. Surgeon General, girls are less likely to be diagnosed with ADHD despite need. Girls tend to have lower rates of hyperactivity and external symptoms than boys, but they may have greater intellectual impairment due to ADHD. As a result, girls may be under-diagnosed with the condition.

Myth #5: Those with ADHD are lazy. People with ADHD are not lazier or less determined than those who have not been diagnosed with the disorder. ADHD is a neurobehavioral disorder that changes the way the brain responds and presents unique challenges. A person with ADHD is no more at fault for the behaviors associated with ADHD than a person with depression or mania is for the symptoms associated with those conditions.

Myth #6: All people with ADHD are hyper and lack focus. A person with ADHD may present mixed symptoms of the condition or be predominantly characterized by one. That means hyperactivity may not be part of the equation, especially for those who are largely inattentive. On the flip side, while some people with ADHD have trouble focusing on certain tasks, some actually get overly focused on things they enjoy. This is known as "hyper-focus," and it may come at a detriment to the things they do not like.

Myth #7: ADHD is over-diagnosed. Experts say that ADHD is still largely under-diagnosed and undertreated, and many are not getting the therapy and/or medication they need. Contrary to popular belief, taking medication for ADHD is not a precursor to drug addiction or substance abuse. Many ADHD sufferers who do not get the care they need self-medicate and are at a greater risk for substance abuse.

young adults are needed to make nys health exchange a success

celebrity endorsements and info-graphic aim to attract their interest

A variety of health and dental plans now offer insurance through the New York State Exchange Marketplace, but according to analysts, the key to the success of this new marketplace, and health care reform in general, is whether enough young adults opt into buying coverage.

More than 280,000 New York state adults will turn 26 in 2014, and many of them will no longer be eligible for coverage through their parents' health plan.

It's been reported that the Obama administration has targeted enrolling at least 2.7 million young adults, ages 19 to 29, through the state and federal exchange for coverage in 2014.

To connect with young adults, the administration has met with celebrities who are interested in helping promote the new health care law, including singer Jennifer Hudson and actress Amy Poehler, as well as representatives for Oprah Winfrey, Alicia Keys and Bon Jovi.

Commenting on celebrity endorsements, an administration official was quoted in The Hill's health care blog saying, "President Obama underscored that the efforts of these artists will be especially helpful since young uninsured Americans (ages 18-35) are key enrolment targets for the new marketplaces."

Young adults will likely weigh the pros and cons of obtaining health coverage and decide whether to go without coverage, or purchase insurance to protect themselves from unexpected medical bills. Part of their decision making process will involve having a greater sense of what medical services cost individuals who are not insured. Univera Healthcare issued an infographic with that specific purpose in mind. Titled Happy 26th birthday! Feeling lucky?, the info-graphic covers the types of medical costs that uninsured young adults in upstate New York may face.

"If your bicycle crashes and you break a leg, you could face more than \$7,000 in medical bills," said Richard Vienne, D.O., vice president and chief medical officer, Univera Healthcare. "If you suffer a concussion during a soccer game, you could

face about \$3,000 in medical costs."

The infographic also details possible benefits of obtaining coverage, including no cost for preventive services such as regular checkups, a \$600 gym reimbursement and prescription drug coverage. These are some of the essential benefits included in all health insurance plans offered on the exchange.

In addition to information on health care costs and coverage benefits, the infographic highlights that young adults may be eligible for financial help when purchasing coverage. In 2014, a young New Yorker with an average income of about \$32,000 would qualify in upstate New York for about \$400 to \$2,500 annually in tax credits.

Go to brand.univerahealthcare.com/infographics/turning26.php to view a mobile-friendly version of the Univera Healthcare infographic.

To view a brief video on health insurance options for those turning age 26, visit Univera Healthcare's YouTube channel at univerahealthcare.com/turning26.

26
HAPPY BIRTHDAY! FEELING LUCKY?

Weighing the odds:
Health care costs at age 26

In 2014, **280,000+** New Yorkers will turn 26.
That's enough to fill Ralph Wilson Stadium about **4x**.

Most will no longer be able to get health coverage from their parents.

Majority of NY young adults (ages 26-29) are healthy, but some do risky stuff!

1 in 5 smoke
2 in 5 binge drink in a given month

About **1 in 10** do things that increase their risk of getting HIV!

Some of the health costs that upstate NY's uninsured young adults may face:

- \$16,000 for having a baby (vs. the average adult costs card debt)
- \$7,800 for a broken leg (3 months' pay for a young adult)
- \$2,750 for a concussion (what young adults pay for gas over 20 months)
- \$1,000 for an ankle sprain (3 months of lease payments on a Chevy Cruze)
- \$1,000 for an ER visit (up to 18 months of phone bills)

About **1 in 3** NY young adults are uninsured.

Health care coverage DOESN'T HAVE TO BREAK THE BANK.

Individuals who make **< \$45,960** a year may qualify for financial help.

The average income of a NY young adult is \$32,053. In upstate NY, he/she would receive about \$400 - \$2,500 annually in tax credits.

Your health benefits could include:

- \$600 gym reimbursement
- No cost birth control
- No cost preventive services
- Coverage for doctor visits
- Urgent care coverage
- Prescription drug coverage

ten tips to help parents prevent eating disorders

In the past several years, hospitalizations for eating disorders in children 12 and younger rose 119 percent, according to a 2010 study by the American Academy of Pediatrics. In an effort to curb the growth of anorexia, bulimia, and binge eating disorder in this young patient population, Ovidio Bermudez, MD of the Eating Recovery Center, an international center for eating disorders, urges parents to take preventive measures at home to stop eating disorders before they start.

Bermudez says, "While clinicians have yet to identify the absolute keys to preventing eating disorders, we do know that positive parental involvement and heightened awareness can help foster the development of healthy relationships among children, their bodies and food."

Here are 10 recommendations to help parents practice eating disorders prevention at home:

- Understand your own feelings and attitudes toward body image, body size, weight and health.
- Model healthy attitudes and behaviors toward eating, exercise, body weight and shape and self-acceptance. Children will often mirror their parents' thoughts and actions surrounding these issues.
- Educate yourself about the complex nature of eating disorders. An informed parent is more aware and more likely to notice early warning signs or concerning behaviors.
- Help your child manage stress. Reduce complexity in your child's life to prevent or relieve anxiety and fear, which may lead to disordered eating in children who are particularly vulnerable to stress.
- Focus on eating at ease during mealtimes. Promoting the social value of mealtimes strengthens family ties and relationships. Stressful, tense eating situations are counterproductive in efforts to develop healthy patterns around food consumption.
- Maintain open lines of communication. Interaction is the antidote for the isolation and secretiveness that can sometimes allow a child to transition negative beliefs and attitudes into disordered eating behaviors.

- Examine your child's dieting and exercise habits. From a neurochemical perspective, these are not always benign activities. With the help of a medical professional, explore whether weight loss or increased exercise are healthy choices that support normal growth and development.



- Monitor the beliefs and attitudes of your child's friends. Children are eager to fit in and will often mimic their friends' attitudes and behaviors—even those that are negative and potentially destructive.
- Watch your child's technology use. Websites and social media create a sense of "community" in which your child can learn about and compete at disordered eating behaviors. Studies have shown that both pro-eating disorder and pro-recovery online messages have risks to impressionable young minds.
- Be aware of anxiety and depression, and seek care if your child shows signs of these conditions. The negative self-image that is often associated with these conditions can lead to efforts to manage emotional insecurities via dieting and exercise.

"Even if parents are not able to prevent eating disorder-related behaviors in their children, prevention activities – such as being well-informed about eating disorders and recognizing changes in attitude or behaviors that may suggest your child is at risk – are invaluable for enhancing early recognition and timely intervention," continues Dr. Bermudez.

If your child begins showing symptoms of disordered eating, immediately seek eating disorders support from a qualified professional. Early intervention significantly improves the likelihood of recovery. For more information about Eating Recovery Center's eating disorders treatment programs for children and adolescents ages 10 through 17, please visit www.EatingRecoveryCenter.com.

For more information please call 877-218-1344 or email info@EatingRecoveryCenter.com or visit their website at www.EatingRecoveryCenter.com.

pairing kids with pets: safety tips to protect youngsters and pets

kids and pets get along famously. many youngsters are natural born animal enthusiasts while pets tend to respond to kids' gentle and loving nature.

(MC) In many families, kids and pets get along famously. Many youngsters are natural born animal enthusiasts while pets tend to respond to kids' gentle and loving nature.

The bond between kids and pets is one that develops over time, and parents welcoming a new pet into their home should know that this transition is not always easy. Teaching kids to treat pets with love and respect and watching pets to ensure kids are safe in their company can help calm parents' nerves. The following tips, courtesy of the ASPCA, can ensure both kids and pets stay safe while building a strong bond and a healthy relationship.

Teach kids to protect themselves from overexcited pets.

Pets, especially puppies, can easily become overexcited. This can be mistaken for aggressiveness, especially by kids who might be scared. Teach kids to protect themselves from overexcited pets, including dog bite prevention. If kids fear their dog might bite them, then teach them to roll into a ball, protect their hands and face and call for help. Running and screaming might upset the dog, who then might go on the defensive.

Teach kids to recognize signs of aggression. Sometimes dogs will use body language to let people know they do not wish to be approached. Adults and kids alike should familiarize themselves with these mannerisms as a safety precaution. If these signals are ignored, then the dog might bite to protect itself. Signs of defensive aggression include:

- Ears back, pupils dilated
- Tail down and tensed
- Posture mildly crouched, weight over rear legs
- Muzzle tense, wrinkled and snarling, and teeth exposed

When a dog is exhibiting any of these signs, adults and kids should not approach the dog and let it cool down.

Keep kids' toys away from pets and vice versa. Kids' toys are not always pet-safe and pets' toys are not always



safe for kids. Separate the two and explain to kids that they should not use their toys when playing with pets.

Teach kids to respect a pet's "safe spot." Pets may need a "safe spot" to which they can retreat and be sure no one will follow them. These spots are safe havens for pets, especially those adopted from shelters who might need more time to adjust to a new environment than a puppy or kitten. Teach kids to respect these "safe spots," which might be a crate or a sleeping area, leaving pets alone when they retreat to such areas. Pets react defensively when others try to access their safe spots.

Teach kids and pets rules for each game. When playing reward games, such as those when a pet gets a treat or toy if it behaves correctly, teach pets to sit in order to get their reward, and teach kids that the pet must be sitting in order to earn the reward. This can keep kids from being jumped on or accidentally bitten when a pet gets overexcited by the sight of a toy or treat. It also teaches pets that they can't get what they want simply by being physical. If the pet won't sit, adults and children should walk away, without giving the pet its treat or toy.

Parents who bring a new pet into their home often find the pet quickly becomes an irreplaceable member of the household. But parents should still take certain precautions to protect kids and pets alike.

nutrient rich foods nourish kids all day

(FF) Eating breakfast that includes nutrient-rich foods, such as milk, cheese or yogurt, puts kids on track to meet recommendations made in the 2010 Dietary Guidelines for Americans. It also sets them up for greater achievement in school, as studies show kids who eat a morning meal have improved concentration, score higher on tests and behave better.

But including nutrient-rich foods in meals throughout the day can also boost energy levels. Healthy snacks keep kids on track and prepare them for after-school activities. And while fueling kids with the right foods before and after the school day is a priority for many families, busy schedules or tight budgets make it a challenge to ensure kids get the nutrition they need to learn at their best. Dairy foods offer a smart solution because they are nutritious, convenient and affordable.

In fact, dairy foods deliver on taste, variety and availability, making them a simple addition to breakfast and snacks. Dairy foods also deliver nine essential nutrients – including bone-building calcium and vitamin D – making dairy one of the most economical sources of nutrition.

“Milk, cheese and yogurt take center stage in our house,” says mom and Midwest Dairy Council registered dietitian Stephanie Cundith. “While my son loves them for the taste, I love that dairy foods support his nutritional needs without breaking the bank.” To illustrate dairy’s nutritional bargain, consider that milk – white or flavored – provides a powerful nutrient package and costs about 25 cents per 8-ounce serving.

How to Fuel Your Family

To fuel your family, aim for three servings of low-fat or fat-free dairy every day, the amount recommended by the dietary guidelines for ages nine and up. Also, try these breakfast and snack tips:

- Stock a “Mom-approved” bowl with grab-and-go foods in the fridge, like containers of flavored milk and yogurt, cheese sticks, and ready-to-eat cereal.
- Break boredom with a breakfast and snack swap. Eat cereal with milk after school and cheese and crackers in the morning.



- When short on time, try the school breakfast program.

- Be a role model. If you don't make healthy eating a priority, neither will your kids.

Find more tips and nutritious recipes, such as this kid-favorite, Pita Pizza Faces, at www.DairyMakesSense.com.

Pita Pizza Faces

Servings: 6
Prep Time: 15 minutes
Cook Time: 12 minutes

- 6 whole-wheat pitas (about 4 1/2-inch rounds)
- 3/4 cup tomato sauce, no salt added, divided
- 1 1/2 cups shredded part-skim mozzarella or cheddar cheese, divided
- 2 tablespoons sliced black olives
- 3 cherry tomatoes, sliced
- 1 small yellow or orange bell pepper, cut into rings and cut in half
- 6 large basil leaves

Preheat oven to 400°F. Place pitas on a greased cookie tray. For each pita, top with 2 tablespoons tomato sauce. Sprinkle 1/4 cup cheese on top of sauce. Make a face using 2 olives for eyes, 1 tomato slice for nose and 1 red pepper strip for smile.

Bake for 10 to 12 minutes or until cheese is melted. While baking, tear each basil leaf into 4 parts, using 2 pieces for eyebrows and 2 pieces for a bowtie. Place on pizza after slightly cooled.

light and luscious: old fashioned organic mac and cheese

delicious, organic, and a
great source of calcium



(FF)- Growing bodies need calcium. Kids love macaroni and cheese. See an equation here? It's easy to make this family pleasing entree with organic ingredients. Plus, it features a whopping dose of that bone building, miraculous mineral: calcium.

Milk drinkers will get 300 mg of calcium for every cup. Not all kids are milk drinkers, but most love cheese and other dairy foods. Nurturing the strong bones that are formed during the growing years will help prevent osteoporosis later in life. And, adults – especially women – need 1,000 mg of calcium per day.

Macaroni and cheese come together for a calcium-rich entrée that pleases the palate, the soul and the kid in all of us.

Getting Calcium into Kids

Cheese, Please: A 1.5-ounce serving of cheddar cheese has 300 mg of calcium. Offer a snack of cheddar cubes.

Yummy Yogurt: An 8-ounce serving of yogurt contains 300 mg of calcium.

Green Goddess: Dark green vegetables like broccoli contain calcium

Soup It Up: Make soups with milk for a calcium boost.

Jump for Joy: Combine a calcium-rich diet with plenty of exercise. It takes both to build strong bones.

Homemade Organic Baked Mac and Cheese

Serves: 6 to 8

5 tablespoons organic unsalted Butter, divided
1/2 cup homemade bread crumbs
1/4 cup organic Shredded Parmesan Cheese
1 pound organic dry pasta in elbow or other small tubular shape
4 tablespoons organic flour
4 cups organic Whole Milk
1 teaspoon dry mustard
6 cups (24 ounces) grated organic Sharp and/or Mild Cheddar Cheese
Salt and pepper to taste

Preheat oven to 400° F. Melt 1 tablespoon butter and combine with breadcrumbs and Parmesan cheese in a small bowl. Set aside.

Cook pasta per package directions, drain, and return to pot.

In large heavy saucepan, melt remaining butter over low to medium heat. Add flour and whisk until golden. Add milk; continue whisking and cooking until sauce thickens slightly. Add dry mustard and grated cheese, whisking until cheese melts into sauce. Taste and add salt and pepper as desired.

Pour sauce over pasta and stir to combine well. Transfer macaroni to a 4-quart baking dish. Sprinkle with breadcrumb mixture.

Bake 25 to 30 minutes until lightly golden and bubbling.

For more organic recipes, visit www.organicvalley.coop.

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