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If your child is going Trick-or-Treating this year you don't have to be a wicked witch about the candy.



Halloween is only once a year. It is OK to allow your kids to eat more candy than you would like on this one day. Set an appropriate limit depending on their age.



After Halloween offer to buy your child's candy from them or trade the candy in for a book, or a small game or toy.

### Everything in Moderation.

**Mason Montgomery office**  
513-336-6700

**Forest Park office**  
513-825-9595

**Liberty Township office**  
Opening Soon!

## Quick Parenting Tips

### Not Giving In



Sometimes as a parent giving in to your child's desires (getting in bed with you at 2:00 AM, crying for candy at the grocery store etc) can be easier than saying "NO".

However, holding firm to your standards of discipline and remaining consistent will prove to be more successful in the long run. Use The 20 Second Rule.

#### The 20 second rule:

We are only human. Sometimes we say "NO" without thinking about our child's goals or the situation.

It is "OK" to change your mind within 20 seconds or less. After that, you must stick to the "NO" or your child will learn that whining gets him what he wants.

### No Rewards for crying

Teach this tactic in advance... This works for tots and teens!

For example, your child wants something and it is refused. Then, your child begins to whine and or cry... often very dramatically. Older kids and teens beg repeatedly in annoying tones, or they circle you and sulk.



Teach your kids that as soon as the crying, whining or sulking begins they have lost all power to negotiate with you. The topic, game, question - whatever, is over!

Calmly say "I am sorry, we won't even discuss this now because you are whining." You then walk away and do not engage in any more discussion about the topic with your child.

This will quickly take the steam out of the crying/whining tactic the next time.

### Bedtime Made Easy: The Four B's

**Kids under 2** – Bath, Breast (bottle), Book then Bed

**Kids over 2** – Bath (shower), Brush (teeth and hair), Book then Bed.



A patient from our web gallery

### EASY!

### If your child cries at pre-school dropoff:

Prepare your child by telling him that when you get to the classroom you will give him a hug and put a "kiss in his pocket" and then you will leave. Tell him you will pick him up after outside playtime, or after snack time, etc...



Remind your child that when you leave he should put his things in his cubby and find a place to play.

*continued on back*

## What to do when your child worries too Much



A worry can be any thought that makes you feel scared. Or it can be more general like a sick feeling. Whether or not a worry makes sense to others, it seems real to the person who is feeling it. Kids who have troubles with worries find that their "worries get stuck." They can't stop the worries from popping in their mind, and they can't let them go. It is possible to help your child make their worries decrease with out the use of medication. On Amazon.com you can find an amazing book called What to do When you Worry too Much by Dawn Huebner, PH.D. This is an amazing easy to read book for young kids, teens and even parents!

### Peer pressure:

Teach your child that is OK to say NO to anything that makes him feel uncomfortable. Tell your kids to be a leader of good choices, not a follower of others bad choices.



### Suburban Pediatric Associates patients having fun in the sun!



Keep e-mailing us your great photos!

### Quick Parenting Tips continued

You could say, "I noticed that there are dinosaurs in the block area this week, maybe you could build a dinosaur cave."

Follow through by walking out of the classroom and leaving. Even though you want to walk back in and hug and kiss your crying child.

Feeling guilty is a difficult part of mother hood, but we need to remember all of the good things we are allowing our child to experience in a positive pre-school environment. And remember, many kids stop crying very shortly after a parent leaves the classroom. Walking back into the room can prolong the morning tears because you are teaching a pattern: when he cries you come right back. Instead, leave and teach him that he is capable and strong and you will be back after school.

## Flu Season...YUCKY

We will begin to offer flu shots in October. Call our office at 513-336-6700 to schedule an appointment or to inquire about open flu shot hours.

The CDC recommends that all children, beginning at six months of age through the college years, receive a yearly flu shot.

### FLU SHOT QUIZ for parents ...



### TRUE OR FALSE ?

New findings suggest children should be vaccinated first to reduce the spread of flu to older adults?

**True**

The flu shot can give you the flu?

**False**

Flu vaccine does not protect you from other viruses that sometimes feel like the flu. If you or your child get the flu after a flu shot, it is because you were actually exposed to someone with the flu virus prior to receiving the shot.

"The flu is just like a bad cold."

**False**

Influenza (flu) is far more dangerous than a bad cold. It is a disease of the lungs, and it can lead to pneumonia.

"Even if I get the flu shot can I still get a mild case of the flu?"

This can happen, but the flu shot usually protects most people from the flu. However, the flu shot will not protect you from other viruses that can cause illnesses that sometimes feel like the flu.

"The side effects of the flu shot are worse than the flu?"

**False**

The worst side effect that you are likely to get is a sore arm for a few days. The risk of a rare allergic reaction is far less than the risk of severe complications from the flu.

"Can anyone get the flu vaccine?"

Your child must be at least six months of age to get a flu shot. A series of two shots is needed for children receiving their first flu shot.

You should not get the flu shot if you are allergic to eggs, if you are ill with a Fever, or if you have had a severe reaction to the flu vaccine in the past.

Talk to your doctor about what he or she recommends for your child.

### NO SHOT FLU VACCINE???

We also offer FLU MIST.

It is not a shot. It is a gentle mist that is inhaled through the nose. Some kids are not eligible for the flu mist.