



Summer 2008

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- **Why do kids lie?????**
- **Teens and Alcohol – teaching them HOW to say NO!**
- **Adjusting to a new baby in the house.**
- **Next issue — Mommy guilt and how to let it go!**



### We are GROWING

We are thrilled to welcome Dr. Richard Turner M.D. to Suburban Pediatric Associates. He will begin seeing patients on July, 7th, 2008. Call our office to schedule an appointment. 336-6700

### Summer nights



Stay up late with your kids, watch the fireflies, gaze at the stars, play capture the flag with glow sticks at night, enjoy summer!

### Giving kids latitude

Children need the freedom to learn from experience. Just as parents need to protect kids from danger, they also need the patience and confidence to let kids struggle at times.

Resources To Help Your Kids Stay Healthy!

## Fabulous fibs

**All kids lie sometimes. Don't overreact, always use a calm in control tone.**

**Most importantly listen to your child and never call a child of any age "a liar."**

When you suspect that your child is being dishonest, acting angry will only put her on the defensive. She may then continue to lie to avoid blame. At that point it becomes harder to escape the web of lies that may follow. You can teach her some valuable skills and also allow her to "save face" if you handle the situation in a developmentally appropriate manner.



### School age fibs ... 6-8 year olds

**"He hit me first"**

1. They lie to escape responsibility or punishment.
2. They lie to manipulate.
3. They are afraid of letting you down.

At this age they also embellish to try to enhance their own reputation.

Again, figure out your child's motivation for lying.

Examine your typical response to lies. Are your expectations too high? Do you immediately punish your child instead of calmly listening and discussing his actions and emotions?

It is important to tell your child that everyone (even you) makes mistakes sometimes. Tell your child that you love him no matter what, but you prefer that he tell the truth-even if it is unpleasant.

When lying involves a safety issue, like not strapping on his bike helmet or hitting, it is imperative to impose 2 consequences. One for the inappropriate behavior, and one for lying about it. An example may be that he loses the privilege of riding his bike for 2 days and he helps fold 4 baskets of laundry with you. This also gives the two of you some positive time together.

### 8 and up ... bigger kids ... BIGGER LIES!

**"I don't have any homework tonight"**  
**"My mom is going to be on the TV show survivor"**

1. At this age their lies are more deliberate. But they may not fully understand their reasons for lying.
2. Don't try to trap your child into more lies by asking him questions when you already know the answers.

### Pre-schoolers ... little lies

**"A monster stuck those stickers all over the wall"**

1. Too young to understand exactly what a lie is.
2. They have a rich imagination and often exaggerate.
3. They lie to avoid getting in trouble.

If you immediately blame your pre-schooler for lying, you are missing the opportunity to learn more about why she lied.

You might ask in a gentle way: is that a real or pretend story? Most likely she will admit that she made it up and you can discuss why. Maybe she saw someone wallpapering at her friend's house. Maybe you need to supply her with more paper, markers and stickers that she can freely use at the kitchen table. Give her direct guidelines about where stickers can be used. She should assist you with removing the stickers from the wall as a logical consequence. **The key is to read between the lines.**

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## Teaching Your Child to Say No to Alcohol.....

You should teach your child various approaches to deal with offers of alcohol. Don't ignore the issue thinking that your child will never be offered drugs or alcohol.



Give them a few "lines" so they can be prepared to use them if necessary.

- Encourage your child to say "no thanks" if he or she is offered an alcoholic drink.
- Teach your child to ask questions. If an unknown substance is offered, your child can ask, "What is it?" or "Where did you get it?"
- Remind your child that he or she should leave a situation if he or she doesn't feel comfortable with what's going on. Make sure your child has money for transportation or a phone number where you or another responsible adult can be reached.
- Teach your child never to accept a ride from someone who has been drinking. Some parents find that offering to pick up their children if they are in an uncomfortable situation - no questions asked - helps encourage kids to be honest and call when they need help.

Visit the kids health website to learn more [Click here](#)



## Photos from our patient photo gallery!



Visit our website and send us your summer photos!

*Fabulous fibs continued*

3. Make it clear that you know she's not being truthful. Say: "that doesn't sound like the truth, do you want to think about it for a minute and start over?" This allows them to tell the truth and "save face."
4. Skip the long lectures. When she admits the truth acknowledge it, give logical consequences if appropriate and move on.
5. If you overhear your child exaggerating with her friends-don't embarrass her by correcting her. When you are alone, remind her that people will stop believing her if she makes things up. Teach her that people should like her for who she is. She shouldn't have to impress them by lying. If she needs to impress them they are not the kind of friends that she wants.

## Little white lies...

Teach your kids about "little white lies". I tell my kids that if you are not hurting with a lie then it is OK to help with a lie sometimes.

For example "I love the train sweater that you gave me for my birthday grandma"

## Teach your kids how to say no without lying.

A great tool to give your kids is the gift of learning to say no gracefully-without lying.

"I cannot baby-sit next Friday night. I have already made plans. Please call me the next time that you need a sitter"

Or

"Thank you for asking me to be on the decoration committee for the prom. But I will not be able to help.

Teach kids that they can gently and respectfully so no. They don't need to give a long list of reasons that sometimes turn into fibs Many adults find the need to list 10 reasons why they can't do something when asked.

## A polite "no" is far more graceful and mature.

When your child begins to spin a web of lies teach her to immediately stop. Acknowledge the lie do the right thing and apologize.

The key to teaching honesty: Set a good example-be honest.

If a child knows that she can talk with you about anything, anytime she is far less likely to lie.

## When to worry...

All kids will fib a tiny bit. If your child develops a habit of lying it could signal a deeper problem. Schedule a consult with our office if you notice any of the following warning signs:

- A pattern of deceit at home, school and with friends.
- Other antisocial behaviors such as stealing or bullying.
- Lack of remorse when a lie is unmasked.

## Adjusting to a newborn in the house is not easy...

Many new mothers may feel "blue" after the birth of their baby. Many mothers feel like crying all of the time but they are very happy with their life. This is very normal. This may be caused by a change in hormones, not getting enough sleep, feeling too busy, or just worried about taking care of the baby and the rest of the family.



Everyone's family roles and schedules must make many adjustments during the first several months after delivery. This takes a lot of hard work. Many women feel sad that the pregnancy has ended-even though they have an amazing little life to care for. They are separate emotions. Joy for the birth yet loss for the connection to your baby in your womb. Many women miss feeling the baby move and hiccough. It is also very normal to feel sad because you are no longer the "center of attention" at home or at the OB's office. These feelings are normal and will pass in time. Be patient with yourself and allow yourself to feel the bittersweet emotions of the postpartum phase.

Feeling "blue" for a few weeks is normal. If it persists or gets worse it may be Post-partum depression. Post-partum depression is a medical condition, not a sign of weakness. Be honest with yourself and those who care about you. Tell them about your struggle. Your OB or your pediatrician and your friends and family can team up to treat your symptoms.

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[Click here](#) to visit the SPA website to learn more about postpartum blues and postpartum depression.