



TAKE CARE

HEALTHY TIPS FOR FALL

"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!" – spoken by Winnie the Pooh in Pooh's Grand Adventure, A.A. Milne "Every leaf speaks bliss to me, fluttering from the Autumn tree." – Emily Bronte "Don't you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address." – Nora Ephron "Autumn... the year's last, loveliest smile." – William Cullen Bryant



Body Safety Teaching Tips for Parents

Parents should begin to teach their children about body safety between the ages of 3 to 5.

- **USE APPROPRIATE LANGUAGE.** Teach children proper names for all body parts, including names such as genitals, penis, vagina, breasts, buttocks, and private parts. Making up names for body parts may give the idea that there is something bad about the proper name. Understand why your child has a special name for the body part but teach the proper name, too. Also, teach your child which parts are private (parts covered by a swimming suit).
- **EVALUATE YOUR FAMILY'S RESPECT FOR MODESTY.** While modesty isn't a concept most young children can fully grasp, you can still use this age to lay a foundation for future discussions and model good behavior. If you have children of various ages, for example, it's important to teach your younger children to give older siblings their privacy. Usually, older siblings will teach the younger ones to get their clothes on, for example, because they might have friends over or because they are maturing and feel modest even in front of their younger brothers and sisters.
- **DON'T FORCE AFFECTION.** Do not force your children to give hugs or kisses to people they do not want to. It is their right to tell even grandma or grandpa that they do not want to give them a kiss or a hug goodbye. Inappropriate touching—especially by a trusted adult—can be very confusing to a child. Constantly reinforce the idea that their body is their own, and they can protect it. It is very important that your child knows to tell you or another trusted grown-up if they have been touched. That way, your child knows it's also your job to protect them.
- **EXPLAIN WHAT A GOOD VS. BAD TOUCHES ARE.** You can explain a "good touch" as a way for people to show they care for each other and help each other (i.e., hugging, holding hands, changing a baby's diaper). A "bad touch" is the kind you don't like and want it to stop right away (i.e., hitting, kicking, or touching private parts). Reassure your child that most touches are okay touches, but that they should say "NO" and need to tell you about any touches that are confusing or that scare them.

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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- **GIVE YOUR CHILDREN A SOLID RULE.** Teach them it is NOT okay for anyone to look at or touch their private parts, or what is covered by their swimsuits. It is easier for a child to follow a rule, and they will more immediately recognize a “bad touch” if they have this guideline in mind. Reassure your children that you will listen to them, believe them, and want to keep them protected.
- **CONTROL MEDIA EXPOSURE.** Get to know the rating systems of video games, movies, and television shows and make use of the parental controls available through many internet, cable, and satellite providers. Providing appropriate alternatives is an important part of avoiding exposure to sexual content in the media. Be aware that children may see adult sexual behaviors in person or on screens and may not tell you that this has occurred.
- **REVIEW THIS INFORMATION REGULARLY WITH YOUR CHILDREN.** Some good times to talk to your children about personal safety are during bath time, bedtime, and before any new situation. From childcare to sports practices to dance classes, not to mention camps and after-school programs, children are meeting and interacting with many different adults and children on a daily basis.
- **EXPECT QUESTIONS.** The questions your child asks and the answers that are appropriate to give will depend on your child’s age and ability to understand. The following tips might make it easier for both of you:
 - Don’t laugh or giggle, even if the question is cute. Don’t react with anger. Your child shouldn’t be made to feel ashamed for his or her curiosity.
 - Be brief. Don’t go into a long explanation. Answer in simple terms. For example, your preschooler doesn’t need to know the details of intercourse.
 - See if your child wants or needs to know more. Follow up your answers with, “Does that answer your question?”
 - Listen to your child’s responses and reactions.
 - Be prepared to repeat yourself.

Source: Visit [HealthyChildren.org](https://www.healthychildren.org) for more information. [Healthychildren.org](https://www.healthychildren.org) is sponsored by the American Academy of Pediatrics.

Doing Chores is Beneficial for Kids

Science has shown that kids who do chores at home are more likely to become successful adults. Author Julie Lythcott-Haims talks about it in her book, “How to Raise an Adult.” And her position is informed by the Harvard “Grant Study” that was conducted over a period of 75 years. Below is an age-appropriate list of chores that will help a child in building a sense of **responsibility, self-sufficiency, and tenacity**. Tell your kids the science is on your side (and theirs in the long run).



TODDLERS

- Put books back on shelves
- Pick up their toys
- Place clothes in the hamper
- Help in fixing the bed
- Wipe minor spills
- Throw away trash
- Fold washcloths

PRESCHOOLERS

- Making their bed
- Setting up and clearing the table
- Feeding pets
- Dusting shelves
- Watering indoor plants

- Sweeping the floor
- Sort clean silverware from the dishwasher
- Match socks and put away folded clothes

ELEMENTARY

- Doing the dishes
- Cleaning the floor
- Folding the laundry
- Taking out the trash/recycling
- Loading/Unloading the dishwasher
- Help with meal prep
- Bring waste cans to/from the curb
- Clean out the car
- Bring in mail/newspaper
- Help with yard work

PRE-ADOLESCENTS

- Washing and drying clothes
- Cleaning the toilet
- Vacuuming floors and carpets
- Washing the car
- Making simple meals and snacks
- Iron clothes
- Clean out fridge and freezer

TEENAGERS

- Look after younger siblings
- Plan and prepare meals
- Pick up groceries
- Mow the lawn
- Help with simple home repairs

Cited: Julie Lythcott-Haims' book, “How to Raise an Adult.” Harvard University’s “Grant Study,” reported on in, “Triumphs of Experience,” book by George E. Vaillant

Helping Your Child Develop a Healthy Sense of Self Esteem

By definition, self-esteem is the way in which people perceive themselves - in other words, their own thoughts and feelings about themselves and their ability to achieve in ways that are important to them. This self-esteem is shaped not only by a child's own perceptions and expectations, but also by the perceptions and expectations of significant people in their life - how they are thought of and treated by parents, teachers and friends. The closer their perceived self (how they see themselves) comes to their ideal self (how they would like to be), the higher their self-esteem.



For healthy self-esteem, children need to develop or acquire some or all of the following characteristics:

A SENSE OF SECURITY.

Children must feel secure about themselves and their future. ("What will become of me?")

A SENSE OF BELONGING.

Your youngster needs to feel accepted and loved by others, beginning with the family and then extending to groups such as friends, schoolmates, sports teams, a church or temple and even a neighborhood or community. Without this acceptance or group identity, they may feel rejected, lonely, and adrift without a "home," "family" or "group."

A SENSE OF PURPOSE.

Children should have goals that give them purpose and direction and an avenue for channeling their energy toward achievement and self-expression. If they lack a sense of purpose, they may feel bored, aimless, even resentful at being pushed in certain directions by you or others.

A SENSE OF PERSONAL COMPETENCE AND PRIDE.

Your child should feel confident in their ability to meet the challenges in their life. This sense of personal power evolves from having successful life experiences in solving problems independently, being creative and getting results for their efforts. Setting appropriate expectations, not too low and not too high, is critical to developing competence and confidence. If you are overprotecting them, and if they are too dependent on you, or if expectations are too high, they may feel powerless and incapable of controlling the circumstances in their life.

A SENSE OF TRUST.

Your child needs to feel trust in you and in themselves. Toward this goal, you should keep promises, be supportive and give your child opportunities to be trustworthy. This means believing your child, and treating them as an honest person.

A SENSE OF RESPONSIBILITY.

Give your child a chance to show what they are capable of doing. Allow them to take on tasks without being checked on all the time. This shows trust on your part, a sort of "letting go" with a sense of faith.

A SENSE OF CONTRIBUTION.

Your child will develop a sense of importance and commitment if you give them opportunities to participate and contribute in a meaningful way to an activity. Let them know that their contribution really counts.

A SENSE OF MAKING REAL CHOICES AND DECISIONS.

Your child will feel empowered and in control of events when they are able to make or influence decisions that they consider important. These choices and decisions need to be appropriate for the child's age and abilities, and for the family's values.

A SENSE OF SELF-DISCIPLINE AND SELF-CONTROL.

As your child is striving to achieve and gain more independence, they need and want to feel that they can make it on their own. Once you give them expectations, guidelines, and opportunities in which to test themselves, they can reflect, reason, problem-solve and consider the consequences of the actions they may choose. This kind of self-awareness is critical for their future growth.

A SENSE OF ENCOURAGEMENT, SUPPORT AND REWARD.

Not only does your child need to achieve, but they also need positive feedback and recognition - a real message that they are doing well, pleasing others and "making it." Encourage and praise them, not only for achieving a set goal but also for their efforts to get to the goal, and for even small increments of change and improvement. ("I like the way you waited for your turn," "Good try; you're working harder," "You did it, even though you thought it was hard.") Give them feedback to reinforce their self-esteem and to help them connect your comments to the activity and effort involved.

A SENSE OF ACCEPTING MISTAKES AND FAILURE.

Your child needs to feel comfortable, not defeated, when they make mistakes or fail. Explain that these hurdles or setbacks are a normal part of living and learning, and that they can learn or benefit from them. Let your supportive, constructive feedback and your recognition of their efforts overpower any sense of failure, guilt, or shame they might be feeling, giving them renewed motivation and hope. Again, make your feedback specific ("If you throw the ball like this, it might help") and not negative and personal ("You are so clumsy," "You'll never make it").

A SENSE OF FAMILY SELF-ESTEEM.

Your child's self-esteem initially develops within the family and thus is influenced greatly by the feelings and perceptions that a family has of itself. Some of the preceding comments apply to the family in building its self-esteem. Also, bear in mind that family pride is essential to self-esteem and can be nourished and maintained in many ways, including participation or involvement in community activities, tracing a family's heritage and ancestors, or caring for extended family members. Families fare better when members focus on each other's strengths, avoid excessive criticism and stick up for one another outside the family setting. Family members believe in and trust each other, respect their individual differences and show their affection for each other. They make time for being together, whether to share holidays, special events or just to have fun.

Nutritious Nibbles



Healthy Freezer Waffles – Banana Chocolate Chip

Recipe by Dawn Cash

Makes 16-18 waffles

Ingredients

2 cups all-purpose flour
2 cups whole wheat flour
4 tbsp sugar
3 tsp baking powder
1 tsp cinnamon
1/8 tsp or “a shake” of nutmeg
1/4 tsp salt
3 cups milk
6 tbsp melted butter, cooled some
4 large eggs, lightly beaten
2 tsp vanilla extract
2 large very ripe bananas, mashed
Mini chocolate chips (optional, 1/2 package recommended,
or to taste; substitute 1 cup of blueberries, if preferred)

Instructions

Combine dry ingredients in large mixing bowl. In separate bowl, mix together milk, eggs and vanilla. Add mashed banana to wet ingredients. Slowly incorporate dry ingredients to wet ingredients, mixing well. Add melted butter, mix well, then add chocolate chips if desired. For freezer waffles, place in gallon sized Ziploc bag and eat within 3 months. To cook, toast waffle on setting 4, then microwave for 10 seconds. May substitute 1 cup blueberries for chocolate chips if preferred. Enjoy!

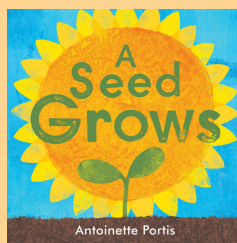


Get a **20% off coupon** for a new seat, stroller or select baby gear when you trade in your old car seat at Target

Available at your local Target store, 9/11 through 9-24.

Requires use of the Target Circle App. Bring in old car seat or base to a nearby Target and drop in the designated box inside the store. Use the Target App to scan the code from the drop box. Find the offer in the Baby Category and click red + to save the offer and place order online or scan barcode at the register. Target then will make best efforts to recycle traded in baby seats. 29.6 million lbs. of car seat material have been recycled thus far.

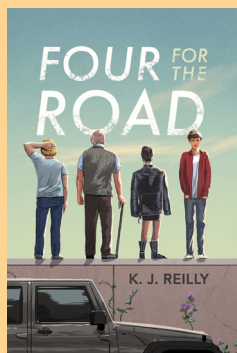
Book Recommendations



The author “traces a sunflower’s cycle from seed to sprout to plant and back again.” Wonderful look at the life cycle of a plant in creative and vibrant images and spare text. *A Seed Grows* by Antoinette Portis. Ages 3-6. *Starred review in Publisher’s Weekly.*



“Author, Christina Soontornvat, and illustrator, Joanna Cacao artfully depict cheerleading drama and middle school woes in this moving graphic memoir. The tweens endure a long and difficult training, finding a true passion for the sport leading up the final tryout” and showing persistence whilst faced with the open prejudice of others. Ages 8-12. *Starred review in Publisher’s Weekly.*



“Struggling to process his mother’s death, New Jersey teenager Asher Hunting embarks on a revenge quest in this riveting road trip epic by K.J. Reilly. As Asher uncovers more about the accident, he’ll have to weigh the price of catharsis and what he’s willing to sacrifice to get it.” Ages 14-up. *Starred review in Publisher’s Weekly.*