

# Mark Your *calendars*.....

## Upcoming Events

- Sep 4<sup>th</sup>/Oct 2<sup>nd</sup>/Nov 6<sup>th</sup>, 10-11, La Leche League at Junebug in Star Mill, Middlebury. 382-1589.
- Sep 10<sup>th</sup> & Oct 12<sup>th</sup>, 5-7, Arts Walk, Middlebury.
- Sep 20<sup>th</sup>, 3-7, Ferrisburgh Day, Barn @ 628 Robinson Road.
- Sep 20<sup>th</sup> & 21<sup>st</sup>, 11-4, Maple View Farm Alpacas Open House, Brandon. 247-5412.
- Sep 21<sup>st</sup>, 7pm, After Dark Music Series, The ALT, Town Hall Theater, Middlebury.
- Sep 27<sup>th</sup>, 9 am, Vergennes Lions 1m/5K Charity Run, Vergennes Elementary School. [vergennesslions.com/charity-run/](http://vergennesslions.com/charity-run/)
- Sep 27<sup>th</sup>, 10-4, Bristol Harvest Festival, Bristol Town Green.
- Sep 28<sup>th</sup>, 1-3, Lake Champlain Bridge History Walk, Crown Point Museum. 759-2412.
- Oct 31<sup>st</sup>, Halloween - check paper for Middlebury's 'Spooktacular'.
- Nov 23<sup>rd</sup>, Noon, Turkey Trot/Gobble Wobble 5k & 10k, Middlebury. 388-8100, ext. 216.
- Nov 29<sup>th</sup> & 30<sup>th</sup>, 11-4, Maple View Farm Alpacas Open House, Brandon.

## Ongoing Events

- Farmers' Markets**
- Middlebury Farmers' Market, Marble Works, On Wednesday till 10/8/2014 & Saturday till 10/25/2014, 9-12:30 pm.
  - Vergennes Farmers' Market, City Green, Every Thursday, 3-6:30 pm.
- Story Times/Drop-In Hours**
- Addison Teen Center, M,Tu,Th - 3-6 pm, W,F - 3-7 pm.
  - Ilsley Library, call for time, 388-4097.
  - Sarah Partridge Library, Tuesdays, 10:30-11:00.
  - Weybridge School, Oct 8<sup>th</sup> - mid-May, Mondays, 10-11:30.
- Playgroups/Open Gym/Carseat Check**
- Bridport School, Playgroup, Tuesdays, 9:30-11:30. 388-3171.
  - Bristol, First Baptist Church, Playgroup, Tuesdays, 9:30-11. 388-3171.
  - Carseat Safety Check, MVAA, 55 Collins Dr., 1<sup>st</sup> Saturday by appt, 9-1. 388-3286.
  - Ferrisburgh Central School, Open Gym, Fridays, 9:30-11, 877-1312/3247.
  - Lincoln Library, Playgroup, Fris, 10:30-11:30. 453-2665.
  - Middlebury: Baptist Church, Tues, 9:30-11; Headstart & EEE, 1<sup>st</sup> 2 Fris, 10-Noon. 388-3171.
  - Vergennes: 2 Wolves Holistic Ctr, Weds, Noon-2. 870-0361; Congo Church, Weds, 9:30-11. 388-3171.

## Websites & Resources

- [2wolvescentervt.com/](http://2wolvescentervt.com/) - Kids' Martial Arts & Yoga classes. 870-0361.
  - [www.addison teens.com](http://www.addison teens.com) - ACT (Addison Central Teens). Middlebury Town Office building. Teen drop-in space. 388-3910.
  - [addisoncountypcc.org/services/playgroups.html](http://addisoncountypcc.org/services/playgroups.html) - Local playgroups; support and education for families. 388-3171.
  - [www.addisonindependent.com/calendar](http://www.addisonindependent.com/calendar) - Addison Independent calendar of events, health & parenting groups, free meals, museums, & library programs.
  - [www.bristol skatepark.com](http://www.bristol skatepark.com) - The Hub Teen Center and Skatepark. 110 Airport Drive, Bristol. 453-3678.
  - [www.greenmountainclub.org/](http://www.greenmountainclub.org/) - Find group hikes, outings and events.
  - [www.maltvt.org/](http://www.maltvt.org/) - MALT (Middlebury Area Land Trust). Hikes & outings on TAM (Trail Around Middlebury) & conserved lands. 388-1007.
  - [www.minibury.com](http://www.minibury.com) - Listing of family friendly local & seasonal activities, plus summer camps: day & overnight.
- Remember to cheer on your school's sports teams, go apple picking, find your way out of a corn maze, or go on a hike. Happy fall everyone!*

ANSWERS: *Unscramble the Words* a) BONES b) TEETH c) HEART / *Brainteaser*: A needle, a potato, the alphabet & a hurricane.

## A joint publication from Middlebury Pediatrics & Adolescent Medicine and Rainbow Pediatrics



Smart choices. Powerful tools.

## coming soon >>>

## In The Next Issue...

- ❖ Indoor Wintertime Activities
- ❖ Nutrition & Recipe Ideas
- ❖ Counsel from a Pediatrician
- ❖ Guidance on Behavior
- ❖ Upcoming & Ongoing Events
- ❖ A Common Question Answered

## in this issue >>>

- ❖ Managing Anxiety
- ❖ Setting Screen Time Limits
- ❖ School Lunch Nutrition
- ❖ Sandwich & Salad Recipes
- ❖ When to Use the ER
- ❖ Community Calendar



Issue TWO

## Seasonal Snippets from your Pediatric Providers

# Growing together

## Kids' Corner:

### Silly Jokes

Q: Why did the computer go to the doctor?  
A: Because it had a virus.

Q: Why are frogs so happy?  
A: They eat whatever bugs them.

Q: What did the blanket say to the bed?  
A: Don't worry, I've got you covered.

### Word Scramble

a) ESBON b) HEETT c) TEARH

### Brainteaser

What are four things that have an "eye" but cannot see?

Answers on back page.



## Don't Believe Everything You Think!

by Emmy Harvey, LCMHC

As the Behavioral Health Counselor at Rainbow Pediatrics, I have met many children who experience some degree of anxiety. Anxious feelings and thoughts are part of the human experience, as are anger, frustration, and happiness. However, when worries impact a child's ability to experience joy or handle demands of their day, it is important to help the child develop "self-regulation" skills and strategies.

Each child's experience is unique, as is the best formula for helping them learn to manage their uncomfortable feelings. However, skills and strategies for managing anxious thoughts and feelings are lifelong skills for dealing with uncomfortable feelings, and when used, can be beneficial to many.

A good night's sleep, plenty of exercise, and a healthy balanced diet helps a child access inner resources to handle the stresses of the day.

SLEEP: As parents, you know the value of sleep for your children. While the routine of summer can be an oxymoron, scheduling a bedtime amid the hustle and bustle of long days and busy schedules can help your child access their strengths and

resources, to the best of their ability.

EXERCISE: Physical activity is particularly helpful in reducing and managing anxious feelings, because it helps produce feelings of relaxation, a counter to anxiety.

Sleep, exercise, and healthy food choices help children access inner resources to handle stress.

DIET: Some children are greatly affected by what they eat; reducing sugar, caffeine, and highly processed foods is another corner in the foundation of helping your child manage the challenges of the day.

Learning to relax and soothe oneself is key in learning to manage anxious feelings. Deep breathing is the most readily available tool in countering anxious thoughts and feelings. Deep breathing calms the brain, like cold water eases the pain of a mild burn. Practicing deep breathing for a brief

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period (20 minutes) each day can reduce overall feelings of anxiety. Several deep breaths can also help a child move through an experience of higher anxiety. Younger children can visualize smelling a flower, then blowing out a birthday candle, for instance.

Paying attention or 'mindfulness' to breath, or some other image, while breathing, can add to the effectiveness of this strategy. Other mindfulness activities, such as seeing how many different things you can smell, hear, or see at this moment, can help bring focus off of the thoughts associated with anxious feelings.

Despite the fact that many children experience anxiety in their bodies as a stomach ache or shortness of

breath, a child's thoughts can be maintaining an experience of worry and anxiety. A child's "self-talk" - about how it is so scary to start a new camp, for example, gets the child believing in mind and body that it is a threatening experience. Helping the child re-write self-talk in a positive way and practice it, can help the child learn to navigate the feelings of apprehension. For example "I have made new friends before, and there will be counselors to help me if I need it". The goal is to be mindful and not paralyzed by the feeling; not to deny the feelings: "yes, this is scary, but I can handle it", and to help the child understand that changing one's thoughts can change their experience.

Parents with concerns about their



Help your child develop strategies to manage worries.

child's anxiety or need of further assistance to manage their child's presentation can speak with their pediatrician or behavioral health counselor at the pediatrician's office.

Books to help you & your child:

Freeing Your Child from Anxiety, by Tamar Chansky

The Worried Child, by Paul Foxman

What to Do When You Worry too Much, A Kid's Guide to Overcoming Anxiety, by Dawn Huebner

# Setting Limits: Screen Time

by Nicole Rohrig, RD, CD

Have you ever thought about how many hours a day your children spend in front of electronic screens like the TV, computer, tablet, or smart phone? This "screen time" can add up fast and before you know it quite a few hours have gone by. In fact, the average child spends 7 hours of screen time per day, which equals inactivity that can negatively affect your child's health.

Research consistently shows a strong correlation between screen time and weight, meaning, the more screen time per day, the greater the risk of becoming overweight. The risk becomes even greater if you eat in front of the television. Other adverse effects of too much screen time are sleep and eating disorders, attention

and behavior problems, and impaired academic performance.

The American Academy of Pediatrics recommends that children older than 2 years have less than 2 hours per day of screen time, and children 2 years and younger have no screen time because they learn better from people's faces and their expressions, as well as actively playing, rather than a screen.

**What can kids do with their extra hours?** The time not spent on screens can be spent getting the recommended 60 minutes of physical activity per day. Ideas of things to do: find a new hobby, sport, or activity you and your family can enjoy together like a great book to read out loud, a fun board game to

<<< activity idea



Minimize screen time to under 2 hours per day by creating a contract and sticking to it.

play, or a new trail to hike. Exercise keeps our bones, muscles, and heart strong and is a great way to hang out with friends and family. If kids trade in the screen time they will have more time to reach their goal of 60 minutes!

Ways to cut down on screen time:

- Designate a screen free day or turn off screens by 7 pm each day
- Make a contract to limit screen time to 2 hours or less per day
- Keep a screen time schedule and record time spent on a screen
- Avoid eating meals with the TV on

wellness advice >>>

# Packing Nutrition & Love into Your Child's School Lunch

by Amy Rice, RD, CD

It's that time of year again, back to school! And for many families, that also means back to packed lunches! Lunchtime is an important time for children, both socially and to refuel their bodies for the remainder of the school day.

The new nutritional guidelines for federally funded school lunch programs have led to much healthier options for those receiving meals from the school. For lunches packed from home there is now a wide array of food items in the grocery store that are pre-packaged, convenient and appealing but are nutritional nightmares, such as bagged chips, crackers, and cookies, juice boxes, fruit snacks, and Lunchables.

To help your child develop healthy meal balancing habits early on, teach them the Fruit-Vegetable-Protein (F-V-P) method. When packing a lunch, the first three foods that should be chosen are the fruit, the vegetable, and the protein. Choosing from these food groups first underlines their importance in the diet and ensures that they are not forgotten. Your child may want their protein paired with a starch, such as with a ham sandwich (ham = protein, bread = starch), and that is okay.

The important thing is that the protein is chosen first.

If you give your child some power in the choices, you will reduce the chance that their lunch comes home uneaten. When planning the weekly lunch menu or grocery list, ask your child for foods that they would like from the F-V-P categories. Teach your child to read ingredient labels to help determine whether a fruit snack is a fruit or a dessert (fruit snack = dessert). Also ask your child for their 5 favorite foods that they would like in their lunch. Having the occasional less healthy food teaches, in the correct portion, all foods fit in a healthy diet.

Healthy lunch ideas:

- Macaroni salad with ham, spinach, carrots, & sliced apples
- Bocconcini (mozzarella balls) with grape tomatoes, basil, cucumber slices, & clementine
- Yogurt with granola, dried fruit, & snap peas

ask the experts >>>

Monica Benjamin - MBA, BSN, RN  
@ Rainbow Pediatrics



**Q:** When should I take my child to the Emergency Room?

**A:** Emergency Room treatments for non-emergency medical conditions contribute to the rising cost of our healthcare.

So, unless it's a true medical emergency, the best way to decide if your child needs to go to the ER is to call your pediatrician's office. A doctor is available after hours from either MPAM or Rainbow Pediatrics to assist you in determining the severity of your child's symptoms and where to go for care. Examples of medical emergencies:

- Sudden or unexplained loss of consciousness; Sudden/severe chest pain or pressure
- Numbness of face, arm or leg on one side of body; Difficulty talking; Sudden loss of vision
- Severe shortness of breath; Coughing up/vomiting blood; Cut/wound that keeps bleeding
- High fever with stiff neck, mental confusion and/or difficulty breathing; Severe burns
- Trauma to the head; Suicidal feelings; Partial or total amputation of a limb
- Seizures; Body part near injured bone that's numb, tingling, weak, cold, or pale
- Dry mouth, no tears, no wet diapers in 18 hours, soft spot in the skull is sunken

# Peanut butter berry-wich



- 2 slices whole wheat bread
- 1 tbsp natural peanut butter
- 1 tbsp cream cheese
- 2 strawberries, sliced

Lay bread slices on work surface. Spread peanut butter on one slice and the cream cheese on the other. Arrange strawberry slices in even layer on top of peanut butter. Place the other slice of bread with the cream cheese on top.

# Edamame Succotash Salad



- 2 tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 pound shelled edamame, thawed
- 1 pound frozen corn, thawed (or 3 cups fresh cut corn kernels, from about 4 ears)
- 2 large ripe plum tomatoes, diced
- ¼ cup minced fresh chives or basil
- Salt and pepper to taste

Heat the oil in a 4-quart saucepan over medium heat. Add the onion and cook, stirring often, until softened but not browned, 4 to 5 minutes.

Add the edamame and corn and cook, turning often, until heated through, about 7 minutes. Stir in the tomato, salt and pepper. Let cool and then chill if packing in a lunch box. When ready to serve, stir in the chives or basil.