

# HEALTHY Spring/Summer 2005 *beginnings*

For Families of  
Children in  
Grades Pre-K-3



## THE CONFIDENT CHILD *Is Your Child Growing In Resilience?*

Psychologists and researchers, including your publisher, use a word to describe the characteristic of a person who shows inner strength in coping with really tough or difficult challenges. That word is *resilience*. Some of us believe that resilience is the most important characteristic you can instill in your children. Happiness, success, or love may or may not come to your children but the trait of resilience is key to attaining what most people want.

Schools are also interested in how to develop resiliency in your students. In 2002 your publisher spoke in Dallas to a large group of teachers, nurses, and social workers to explain why developing student confidence was also part of the work of schools.

So just what can *parents* do to develop resiliency?

Bonnie Bernard, a leading researcher in the resiliency field describes resiliency as that which produces the capacity to become competent and goal directed, allowing individuals to right themselves when whatever surrounds them produces many awful conditions. Yes, she uses the word "awful"—which the dictionary defines as "extremely disagreeable or objectionable."

If Dr. Bernard is correct—and we believe she is—here are some

ideas that fit with her definition of resiliency.

### Treat Mistakes as Learning

It's not easy to be patient when teaching a child to pick up toys, to greet neighbors courteously, or not to hit. Yet, if we constantly over-react to mistakes, children avoid taking risks and trying. Parents need to stress that making a mistake is normal—we all make them; the main objective is to keep trying.

### Children's Strengths

In order for children to believe in themselves, they need to have help in identifying their strengths. Each of us has different levels of ability, and we can all achieve. As parents, we sometimes have the daunting task of helping our son or daughter find their strengths. Careful listening and observing is the answer to finding strengths.

### Using Strengths to Solve Problems

It is important to call attention to the successes that come with persevering when tasks are tough. Success comes from practice. Sometimes practice (reading, music lessons, etc.) is challenging, but with practice comes mastery. Mastery leads to confidence to approach another goal or to try another way out of



a problem faced. Don't give too much help—urge your child to make a plan and to carry out that plan. And to try again, if necessary.

### Discipline

Sometimes, the word discipline is confused with disciplining by hitting and humiliating your child—"for their own good." As much as you want your child to be "good," countless studies have shown that harsh discipline and intimidation ("The beating will be harder if you ever make this mistake

again.") does not work. That doesn't mean no "time out" or no removal of privileges. It does mean humane and caring discipline. This method provides an example of how we treat others. The chairs in psychologist's offices are often filled with adults who have been verbally and physically abused as children.

The old phrase "catch them doing something right" fits so well; never forget that your child needs your voice of encouragement *and* your love—always.

### For More Information

**Raising Resilient Children** by Robert Brooks, Ph.D., and Sam Goldstein, Ph.D. (Contemporary Books, 2001, \$14.95)

<http://resilnet.uiuc.edu> Worldwide source of current, reviewed information about resilience.

## KIND News

*KIND News* is a colorful, four-page classroom newspaper featuring puzzles, projects, fascinating articles, and celebrity interviews, all with an emphasis on humane values. *KIND News* is available in three editions: Primary (grades K-2); Junior (grades 3-4); and Senior (grades 5-6).

### *KIND News:*

- Encourages good character, responsible pet care, and respect for wildlife and the environment.
- Makes reading fun.
- Is an age-appropriate, cross-curricular teaching tool.
- Addresses National Education Standards and incorporates lessons in all the major subject areas.

A subscription to *KIND* (Kids In Nature's Defense) *News* includes 32 copies of the newspaper (enough for every student in the class) and a teacher's guide each month of the school year, September through May. Teachers also receive *KIND Teacher*, an annual 53-page

resource book featuring reproducible worksheets, *KIND* ID cards for students, a classroom poster, and a calendar of fun facts and tips on helping people, animals, and the environment.

Please specify edition when ordering; \$30 per classroom subscription. Check out *KIND News* online at [www.kindnews.org](http://www.kindnews.org). Order *KIND News* at [www.nahee.org](http://www.nahee.org), call (860)434-8666, or write NAHEE, 67 Norwich Essex Turnpike, East Haddam, CT, 06423-1736. Please share this information with your child's teacher.



## CHILD REARING *by the Book*

The Internet provides such a wide array of information—not all of it accurate—many doctors say it is safer to consider books. How do parents decide which book is best?

They might begin with this reassurance: Doctors say most of the large, mass-market guides currently available offer sound and authoritative medical advice.

One sign that a book is reliable is its history, experts say. If it has been around long enough and has sold well enough to be revised and updated, that is

a good sign. If a book is more than 10 years old and has not been updated within the past five to eight years, on the other hand, it will not offer the latest medical wisdom.

No single book should be considered to have all the answers, doctors say. It is important to consult pediatricians and family doctors on all serious medical issues. Doctors say they do like parents to keep at least one manual on hand.

Book suggestions to the right.

## TIPS FOR GETTING YOUR CHILD TO Eat Vegetables



The first edition of Vicki Lansky's classic cookbook *Feed Me I'm Yours* was published in 1975. Since then over three million copies have sold to a faithful phalanx of fans. The newly revised and updated 30th edition has just been published.

The book is a "gold mine" of recipes and practical help during infancy through age five. Here is a set of excellent tips from Ms. Lansky's book to promote children's eating of these important vegetables:

- Use up any leftover (cooked) yellow or white vegetable by mashing it, mixing it with an egg, and cooking it like a pancake or baking it in a muffin tin.
- Sprinkle shredded cheese over each spoonful of cooked vegetables. Or better yet, let your little cheese lover do the job.
- Puree steamed vegetables and add to simmering broth for a creamy soup.
- Add moderate amounts of finely chopped vegetables to a cheese omelet.
- Be creative. Artistic food ideas often inspire young eaters. Use greens (broccoli, peas, and lettuce) as treetops and pretzels as trunks. Half of a cherry tomato can be the center of a sun or a clown's nose. Shredded carrot can look like hair. Creating fun names for foods can also be effective.
- Hide pureed vegetables (in moderate amounts) in meat loaf and spaghetti sauce. Hide a little puree under melted cheese on pizza, or mix it with mashed potatoes (especially effective with a little cauliflower).
- Mash some canned black beans into meat used for hamburger or meatballs.
- Make sweet-potato chips. Place 12 thin, unpeeled sweet potato circle slices on a microwave rack. Sprinkle with cinnamon sugar and microwave 4-5 minutes.

With permission from *Feed Me I'm Yours* by Vicki Lansky (Meadowbrook Press, 2004, \$10.00)

### For More Information

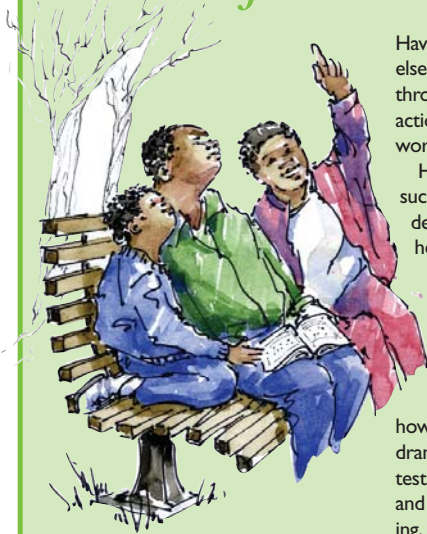
*The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two* by William Sears, MD, and Martha Sears, RN, with James Sears, MD, and Robert Sears, MD (Little Brown, 2003, \$21.95)

*Caring for Your Baby and Young Child: Birth to Age 5* by The American Academy of Pediatrics, Steven P. Shelov, MD, Editor-in-Chief (Bantam, 2004, \$20.00)

*Dr. Spock's Baby and Child Care* by Benjamin Spock, M.D., updated and revised by Robert Needleman, M.D. (Pocket, 8th edition, 2004, \$18.00)

*What to Expect in the First Year* by Heidi Murkoff, Sandee Hathaway, Arlene Eisenberg (Workman Publishing, 2003, \$15.95)

## LAST CHILD IN THE WOODS: *Saving Our Children from Nature-Deficit Disorder*



by Richard Louv (Algonquin Books of Chapel Hill, May 20, 2005, tentative price \$24.95, hardcover)

Have you even found someone else's writings that helped you think through why you took certain actions? I did, with the extraordinary work of Richard Louv.

He tells us that disorders such as depression and attention deficit disorder (ADD) can be helped through the powerful therapy of nature. I have neither problem but my cares are often lifted in my beautiful garden, 38 years in development.

Richard Louv also explains how environmental education dramatically improves standardized test scores and grade point averages, and develops skills in problem-solving, critical thinking, and decision making. He suggests that creativity is stimulated by childhood experiences in nature.

Briefly, my oldest son who spent many summers with my father and brother on a beautiful, New York State, 250-acre grape farm, and who is now Chief of Vascular Surgery in a prestigious hospital, said recently as we traveled beside acres and acres of gorgeous grapes, "Mom, I can remember every grape vine we put in the ground to make that vineyard!" Three of my sons built sturdy tree forts on the "back forty" in the woods at the farm. Louv praises the value of such experiences.

In the late '60s, I became attuned to the writings of great naturalists and vowed to bring environmental change where I could. My chance came with the availability of 10 acres, home to several ecological systems, and owned by the Birmingham School System. Scores of students continue to visit the Birmingham

Environmental Center, 35 years after its founding.

All of my five children were taught to garden—I'll admit some felt more blessed than others cutting the borders out of the iris—but today three out of five have beautiful gardens and a fourth has chaired a major environmental group concerned with the Hudson River Valley. My youngest son is a Ph.D. plant breeder traveling the world to supervise acres of the plants he has developed. He was 7 years old when we were working on the Environmental Center.

Please read Richard Louv's brilliant, encouraging book and engage your children in a meaningful way in the natural world. As your children grow, and especially when they are adults, you will see the results of your efforts—adults who are creative, caring, and sensitively aware of a world that needs their attention.

Alice R. McCarthy, Ph.D.

## DR. EDWARD HALLOWELL *Author of Delivered from Distraction*

He bounced to the front of the gym, acknowledged his host (Eaton Academy in Birmingham, Michigan), said kind words about others who were writing about Attention Deficit Disorder (ADD) and gave the audience of 300 a taste of the contents of his new book, *Delivered from Distraction*.

Dr. Edward Hallowell (Ned) is probably one person who has thought more deeply about ADD than others because he has lived with the disorder since childhood and has three children with ADD.

As an aside, I was so impressed with Dr. Hallowell's earlier book *The Childhood Roots of Adult Happiness* (Ballantine, 2002) that I asked him to write an article for our Fall 2003 *Healthy Beginnings* newsletter. You will find that posted on our web site at [www.bridge-comm.com](http://www.bridge-comm.com). The article and his new book give you perspective on the man who stood in front of a large crowd

gathered in spite of abysmal, sleeting, nighttime weather.

As Dr. Peter Jensen, who is a Professor of Child Psychiatry and Director of the Center for the Advancement of Children's Mental Health at Columbia University/NY State Psychiatric Institute, says, "In this remarkable volume, Ned Hallowell and John Ratey bring the latest information on ADHD to homes and hearts everywhere, conveying the burgeoning scientific information with humor, hope, and clarity. This book is certain to be a classic for the next decade, and one that the estimated 7-8 million adults with ADHD can draw upon again and again for wisdom, perspective, and practical approaches."

During his presentation, Dr. Hallowell explained that ADD (ADD is the old term most often used; ADHD includes hyperactivity or impulsivity in the disorder) is a gift. The difficulty comes from the "wrapping" on

the ADD and "unwrapping the disorder."

In the "unwrapping" process, Dr. Hallowell discussed how important it is to find talent in every child or adolescent and set that person on the path to mastery "instead of another chance to fail." He says that unwrapping ADD takes creativity and patience and maintaining a positive goal, while changing the negative. "It takes a while, he says, for talent to emerge."

"Children with ADD need strong mentors so they don't get crushed along the way," he explains. "So many times," he continued, "when a pathological approach is used real damage can occur to the child's self-esteem." He says, "The mind cares. It cares how we speak to and act toward the child with ADD. We must build on the child's strengths, not dwell on his or her deficiencies."

Dr. Hallowell urges those with an ADD child to truly connect with that child. This can be done through talking about hobbies and sports or hiking in the woods. He says that in the

context of connectivity, any type of play that involves imagination (a daughter with her doll house, for example) is helpful. Playing involves the brain, and provides an opportunity to discover talent. With practice (sports, theater involvement, etc.) mastery occurs and esteem grows. Playing can also give the child a connection to a group and this promotes emotional health.

Dr. Hallowell is enthusiastic about physical activity as exercise for the brain. Denying recess to promote more "seat" learning is fool hearty, he says. The brain must have exercise to stimulate the cerebellum (the cerebellum coordinates our voluntary movements and balance).

Dr. Hallowell's book *Delivered from Distraction* (Ballantine Books, 2005, \$25.95) is indeed a gem. His warm, giving personality stands out in this book, written in first person; the book reveals the true genius of this physician. Dr. Hallowell's brilliant thinking can make a difference in the life of a child, an adolescent, or an adult with ADD.

## Resources for Parents

***A Walk in the Rain with a Brain*** by Edward Hallowell, M.D. (Regan Books, 2004, \$16.95) In this story, a little girl named Lucy is making her way down a rainy sidewalk when she spies, of all things, a brain—Manfred, called Fred—sitting forlornly in a puddle.

The courtly brain asks Lucy for help getting home, and as they walk along she worries that she's not smart enough. "Everyone's smart!" explains Fred. "You just need to find out at what!" Fred reassures her that each child learns and thinks differently—and that every child has special talents. If you were only purchasing the five-page discussion guide by Dr. Hallowell in this book, it would be worth purchasing. Dr. Hallowell is a leading expert on ADHD and dyslexia and learning. To find out more, check [www.drhallowell.com](http://www.drhallowell.com).

***Annie Mouse Meets Her Guardian Angel*** by Anne M. Slanina, Ph.D., (Xlibris, 2004, \$18.99) Insightful, relevant, and enlightening, this book is geared for children who have ever felt that their mothers hated them when they were yelling. It is a powerful tool that helps young children to deal with verbal abuse. At the same time, it helps parents understand the impact of yelling on young children. The book should open up conversation between young children and adults. Dr. Slanina is an expert in early childhood education.

***The Berenstain Bears Mind Their Manners*** (Columbia TriStar Home Entertainment, 2005, DVD \$14.95, VHS \$9.95) Learning manners is made easier with the help of the classic children's book characters (six episodes).

***Bullying and Teasing: Helping Children Who Stutter*** by William Murphy, J. Scott Yaruss, and Robert Quesal (National Stuttering Association, [800] 937-8888, [www.nsstutter.org/catalog/detail.php?id=46](http://www.nsstutter.org/catalog/detail.php?id=46), 2005, \$8.00) William Murphy, the lead author who has worked for more than two decades on developing speech therapy at Purdue's Department of Speech, Language, and Hearing Sciences, says "Even the children who receive therapy to help them live with stuttering continue to have negative feelings as they grow older. Their ability to communicate is still hindered by the shame and embarrassment they feel about stuttering, which is often brought on from bullying and teasing."

"Approximately 70 percent of preschool children outgrow stuttering and with early therapy the recovery rate is even higher. School age children and adults are rarely cured. However, speech pathologists can help these people to dramatically reduce the severity of their stuttering and help them to make talking more enjoyable."

For a free copy of *Special Education Law and Stuttering* and a list of therapists, call the Stuttering Foundation at (800) 992-9392 or visit [www.stutteringhelp.org](http://www.stutteringhelp.org). Under federal law, schools must provide speech therapy to children who need it.

***Consuming Kids: The Hostile Takeover of Childhood*** by Dr. Susan Linn (The New Press, 2004, \$24.95) "*Consuming Kids* should be read by every parent, policymaker, and professional who works with children."—Alvin Poussaint, M.D., Professor of Psychiatry, Harvard Medical School.

Your publisher could not agree more. The dialogue goes like this: "But Mommy, I want it!" If you have kids—and I have had five—chances are you've heard this kind of wheedling. What you may not know is that advertisers spent \$15 billion last year getting kids to nag their parents this way. Nagging, as classified by marketing research, comes in two flavors: *persistence nagging* (children repeatedly and incessantly badger their parents until they give in), and the much more effective *importance nagging* (children offer a "reason" for why they must have a particular product—a reason included in advertising, of course). This is just one of the alarming revelations that Dr. Susan Linn offers.

For those who've ever thought that Lingerie Barbie might be a bad idea, Linn offers real-life stories, developmental theory, and even lets marketing experts weigh in on their work, as she offers alternatives to the selling out of the American child.

Susan Linn is the Associate Director of the Media Center at Judge Baker's Childrens Center, Harvard University.



## Especially for families of Preschoolers



***How to Get Your Child to Love Reading*** by Esmé Raji Codell (Algonquin Books, 2003, \$18.95) In this book, the author suggests a myriad of titles, themes, and activities. She also runs the popular children's literature web site [www.PlanetEsme.com](http://www.PlanetEsme.com), where she offers suggestions for books and ways to read aloud.

***Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit—When to Worry and When Not to Worry*** by Perri Klass, MD, and Eileen Costello, MD (Ballentine Books, 2003, \$14.95) In *Quirky Kids*, seasoned pediatricians provide the expert guidance that families with quirky children so desperately need. These are children with Autistic Spectrum Disorders; Asperger's Syndrome; Nonverbal Learning Disability; Pervasive Developmental Disorder; and Sensory Integration Dysfunction. The authors discuss various therapy options, coping strategies, and available medications.

"Sesame Street Presents..." is scheduled to launch in Spring 2005. The first in the series of experiential educational exhibits will be "**Sesame Street Presents: THE BODY**," which focuses on the human body, the senses, exercise, hygiene and safety. With activities, displays, and interactive areas, the exhibit will be a colorful journey exploring the human body in compelling ways. The activities are for kids toddler age to 10. Check with your museum to see when the Muppets will arrive. You can find Sesame Street Workshop on line at [www.sesameworkshop.org](http://www.sesameworkshop.org).

***Troubadour's Tales*** Story book and CD (Humane Society Press, 2005, \$18.00) can be ordered online at [www.nahee.org](http://www.nahee.org) or by calling (860) 434-8666. Storybook 5-1/2" x 8-1/2"; CD 63 minutes. This storybook and audio CD for children ages seven and up has been released by the National Association for Humane and Environmental Education (NAHEE) to help teachers, parents, and animal care professionals teach children key lessons in good character, kindness to animals, and respect for national habitats.

## We want to hear from you!

Tell us what you like about this Newsletter and how we can improve. Share your Newsletter with family and friends. Individual subscriptions, twice yearly, are \$15.00 (for parents with children in pre-K-3 grades; 4-5 grades; and 6-8 grades). See below for address.

[bridge-comm.com](http://bridge-comm.com)  
Drop in to our Web site to read Healthy Newsletters  
Over 50 back articles — FREE!

## HEALTHY beginnings

For Families of Children in Grades Pre-K-3

Alice R. McCarthy, Ph.D.  
Executive Editor  
Bridge Communications, Inc.  
1450 Pilgrim Road  
Birmingham, MI 48009

Sales and distribution information:  
(800) 808-9314 (8:30 am-4:30 pm - EST)  
E-mail: [bridgecomm@aol.com](mailto:bridgecomm@aol.com)  
Web site: [www.bridge-comm.com](http://www.bridge-comm.com)

The goal of this newsletter is to help parents and caregivers teach children to make health decisions and to support the teaching of health in our nation's schools. A coordinated school health program includes health education. Please contact your child's teacher or principal with your questions.

Illustrations: Mary Douse  
Designed by: Indenticomm LLC, Rochester, MI

Reviewers for the *Healthy* Newsletters: Charles J. Barone, II, MD, F.A.A.P., Chair, Pediatrics, Henry Ford Medical Group, Michigan; Barbara Bates, RN, Consultant; Louis Constan, MD, Saginaw, Michigan; Marty Doring, School Health Coordinator, Bay-Arenac ISD, Michigan; Wanda Jubb, Ed.D., formerly Michigan Department of Education and Centers for Disease Control; Mary Jo McEvoy, Consultant, Work Life Benefits, UAW-GM Child Care Program, GM Tech Center, Warren, Michigan; Patti-Steele Kefgen, School Health Coordinator, Macomb ISD, Michigan; Donald B. Sweeney, Director, Michigan School Health Foundation.

“The foregoing health information is made available to us from Bridge Communications Inc., 1450 Pilgrim Road, Birmingham, MI, 48009, (800) 808-9314. Only a single copy of an article may be made and only for individual use. Multiple copying of articles is strictly forbidden through our contract with Bridge Communications Inc.”