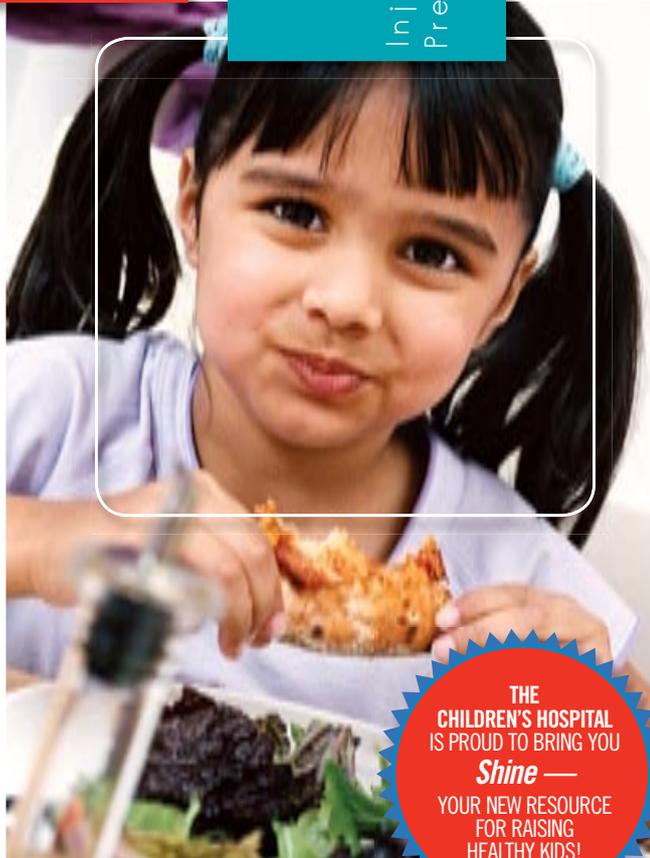




A PARENT'S GUIDE TO HEALTHY, HAPPY KIDS



THE CHILDREN'S HOSPITAL IS PROUD TO BRING YOU **Shine** — YOUR NEW RESOURCE FOR RAISING HEALTHY KIDS!

healthy eating habits start early!

Let's talk about one of the most important relationships in your child's life — the relationship with food. Children will carry their eating habits into adulthood. What do you need to know to help your child build a strong foundation for good health? Find out.



You want your children to be healthy today and every day for the rest of their lives. Help them start off on the right foot by teaching them to eat healthy foods. This three-step plan can help you instill great eating habits and a healthy outlook on food in your kids.

1 Mix It Up

"Kids, especially younger ones, eat whatever is available at home," says Cinda Nab, RD, clinical dietitian at The Children's Hospital. "It's important to have a variety of nutritious foods readily available to ensure they're getting all the carbohydrates, proteins, fats, vitamins, minerals and fiber their growing bodies need."

Quick Tip: Introduce only one food at a time, combining each new food with familiar foods. Encourage your child to eat new foods, but accept his or her refusal of a new food and try again in a few weeks. Get artistic — have your child help you use vegetables to turn a pizza into a smiley face. Colorful foods are not only fun to look at — they often pack more of a nutritional punch.

2 Get in a Groove

Establish a predictable schedule of meals and snacks. Family meals are a comforting ritual for both parents and kids. When children are allowed to eat while watching TV or engaging in other activities, they often begin to eat for reasons other than physiological hunger. The consistency of eating at the table at regular intervals helps children learn about fullness and hunger.

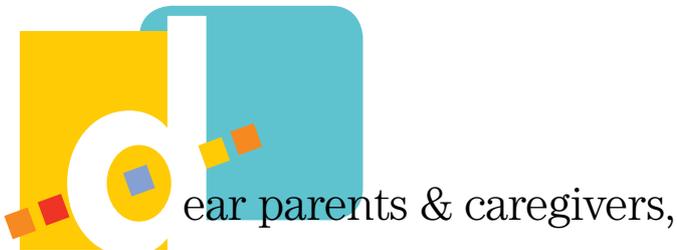
"If your child refuses to eat, tell him or her that you will not provide food again until the next scheduled meal or snack time," says Nancy Krebs, MD, MS, pediatrician at Children's.

Quick Tip: Enlist your child's help in planning at least one meal a week. This will encourage conversation about food variety, reinforce your meal schedule and let your child know that you welcome his or her input.

3 Be a Role Model

The best way to encourage healthy eating is to eat well yourself. By eating a diet rich in fresh fruits and vegetables and other nutritious foods, you set a good example for your child to follow.

continues on page 2



Our readers – parents and caregivers like you – had rave reviews for our first issue of *Shine*.

We are thrilled that you appreciate the quality content our pediatric experts shared on topics timely to the season. With this, our newest issue, we're pleased to bring you even more tips from our experts and advice you can use to help your children shine!

In this edition, we've focused our attention on issues pertinent to your child's nutrition, weight and body image. On page 3 our very own Barton Schmitt, MD, shines some light on how to handle **picky eaters**. Then on pages 4 and 5, we address two growing problems children and teens face regarding their weight, health and self-images – **obesity and eating disorders**. While we hope that your children are thriving at healthy weights with positive views of their bodies, should one of these concerns affect your family, Children's is here to help you.

We've also included useful information about the **vitamins your child needs**, how those needs change with age and some good news about **fluoride and bottled water** – all on page 6.

To share future issues of *Shine* with a friend or family member, or to share your ideas for stories you'd like to see in upcoming issues, visit www.thechildrenshospital.org/shine or call (303) 860-4643.

We can't wait to hear from you!

Sincerely,
The doctors, nurses and staff at The Children's Hospital



healthy eating habits **start early!** continued from page 1

Another way to model healthy eating is by choosing moderate portion sizes and not overindulging. However, perpetual dieting and negative commentary on your body and appearance may foster similar negative feelings in your child. If your child's weight and eating habits have you concerned about the potential for obesity or an eating disorder, read "Childhood Obesity: Should You Be Concerned?" and "A Thin Frame of Mind" on pages 4 and 5.

Quick Tip: Maintain a positive approach to nutrition by making mealtimes enjoyable for your child. Teach your child fun ways of gauging appropriate portion sizes in terms that he or she can relate to. For example, one serving of meat, poultry or fish is about the size of a small box of crayons.

For more information about healthy eating, call Children's clinical nutrition line at (303) 837-2691.

picky eaters

by Barton D. Schmitt, MD



How do I know if my child is a picky eater?

A. A picky eater refuses certain foods, especially vegetables and meats. He may complain or whine about what is served. He can make mealtime unpleasant for his entire family.

Q. **What causes kids to become picky eaters?**

A. It is normal for most young children to dislike foods with a bitter or spicy taste. Sometimes children dislike foods because the foods are difficult to chew. Picky eaters, however, are finicky about the majority of foods.

Q. **How long does it last?**

A. Most children who are picky eaters will grow out of it. They start trying new foods during the early school years because of peer pressure. If you try to force your child to eat a food he doesn't like, the problem will last longer.

Q. **How can I help my child?**

A. *Allow occasional substitutes for the main dish.* Acceptable ones are breakfast cereal, yogurt or a simple sandwich. If the only meat he will eat is chicken, keep a supply in the refrigerator for a protein source. Never become a short-order cook or prepare any special foods for mealtime. For your peace of mind, give him a daily vitamin (ask your child's physician to recommend a supplement that best meets your child's needs).

Don't worry about vegetables—just encourage more fruits. Fruits and vegetables are from the same food group and can largely replace each other without nutritional harm to your child.



Bart Schmitt, MD

Barton Schmitt, MD, FAAP, is a board-certified pediatrician at The Children's Hospital. He has been practicing medicine for 40 years and has received two distinguished awards from the American Academy of Pediatrics, including the Child Development Award in 1994, followed by the Education Award in 2004. A father of four and grandfather of eight, he most recently completed the 3rd edition of Your Child's Health, now available in bookstores.



Encourage your child to taste new foods. Research shows that a child may need to taste a new food 10 times before developing a liking for it. Trying to force a child to eat one bite of a food per year of age is not helpful with most picky eaters. Just ask your child to taste it, then trust him when he says he has.

Avoid pressure or punishment at mealtime. Never pressure your child to eat all foods or punish your child for refusing to take a bite of a new food. Also avoid begging and bargaining. If your child has a stubborn, strong-willed nature, pressure around eating can progress to a power struggle, which in turn prolongs the picky eating.

Don't argue about dessert. An unnecessary area of friction for picky eaters is a rule that if you don't clean your plate, you can't have any dessert. Allow your child one serving of dessert regardless of what she eats.

Don't extend mealtime. Don't keep your child sitting at the dinner table after the rest of the family is done.

Don't allow complaining about food at mealtimes. Make a rule that it's OK to decline a serving of a particular food or to push it to the side of the plate, but complaining or whining about it is unacceptable. Give one warning and if whining recurs, send your child away from the eating area for five minutes.

Keep the mealtime atmosphere pleasant. Make it an important family event. Draw your children into friendly conversation. Tell them what's happened to you today and ask about their day. Talk about fun subjects.

childhood obesity:

should you be concerned?

Could your child be gaining too much weight? Though it can be a hard issue to acknowledge, doing so may mean improved health and vitality for your child.



The number of overweight children has more than doubled in the past 20 years. Why the staggering number?

The average adult is eating 30 pounds more sugar and 25 pounds more fat than in 1970. This increase in fat and sugar not only affects parents' health, but also that of their children.

"Many adults do not have the willpower or the knowledge to make healthy decisions regarding their health and body weight," says Marilyn Day, MS, registered dietitian at The Children's Hospital. "Children are faced with similar decisions about food and activity – at home, in school and when they are with friends – and they often have an even harder time making healthy choices."

A PARENT'S ROLE

Because some adult health problems, such as high blood pressure, obesity, arthritis and heart disease have their beginnings in childhood, parents play an important role in influencing their child's eating and activity habits as well as future health.

Weight gain in a child can be gradual over time, and parents may not notice their child is gaining too much weight. For this reason, regular checkups are important so that your physician can track your child's weight and height and bring any concerns to light.

"A parent's job is to help by arranging physical activities for their children and providing a healthy, but not depriving, food environment at home," Day says. "By being a good

role model for healthy living, their children will learn to make better choices."

EMOTIONAL EFFECTS

If your child is overweight, take time to address the mental and emotional effects of the condition as well as the physical aspects of exercise and food choices. Being overweight can hinder your child's self-esteem, social interactions and learning environment.

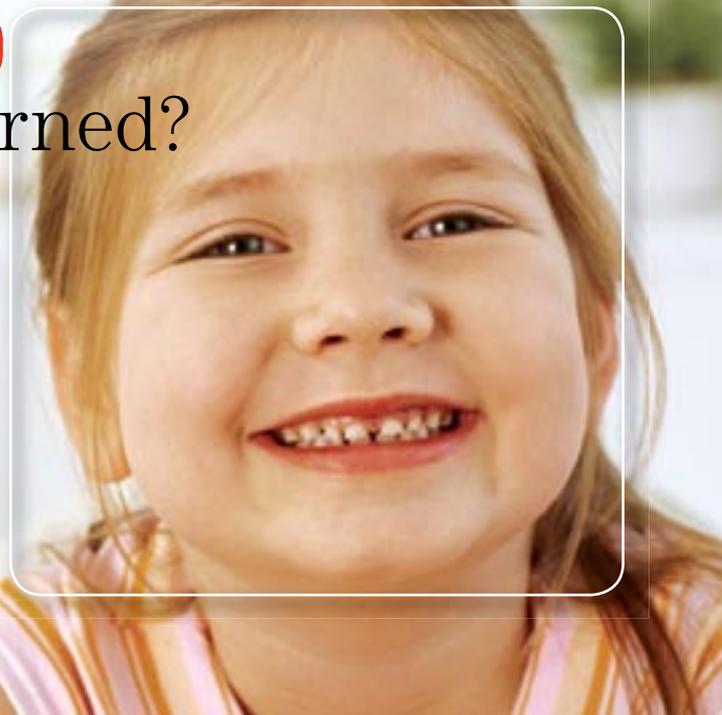
"Kids have become victims of a society that has unhealthy habits, and it really affects them emotionally," Day says. "My Shapedown participants tell me, 'I'm heavier than everyone else and I don't want to be teased,' or 'People are afraid of me.'"

HOW CHILDREN CAN HELP

Children's offers weight-management programs such as Shapedown that are designed specifically for children and adolescents. Shapedown is the nation's leading weight program for adolescents and children and uses a family-centered approach in a 10-week

program. Shapedown members receive counseling about making healthy food choices and participate in an exercise class that includes fun activities such as kickball and other games.

For more information on the Shapedown program or other ways to help your child with weight loss, visit www.thechildrenshospital.org/shapedown.



a thin frame of mind

Thin is beautiful, and beauty matters.” This is the message that comes across loud and clear to today’s children and teens, thanks to excessively skinny pop-culture icons. A child’s

peers can reinforce these ideals as well. As a result, children are turning away from healthy eating habits in search of this dangerous ideal of beauty. Their quest for a thin body can lead to eating disorders such as **anorexia nervosa** (a calorie-restrictive diet or refusal to eat at all) and **bulimia** (cycles of starving, leading to binging on food as hunger becomes extreme then purging the food to avoid weight gain by vomiting and/or taking laxatives).

Current research strongly suggests

adolescent psychiatrist and medical director of the Eating Disorders Program at The Children’s Hospital. “Research has shown that kids are especially vulnerable to external cues about what is beautiful and what they want to be like according to what they are exposed to in the media and what their peers value. Parents should be aware of what their kids are watching and talk to them about what they are seeing. Open communication is essential. Some common childhood activities, such as dance and gymnastics and competitive sports, where a thin body is emphasized, also heighten the risk of eating disorders.”

In addition to good communication, it’s important for parents to model good eating habits. You should also

The Children’s Hospital has one of just a few child-centered, parent-focused Eating Disorders Programs in the country. The program is unique because of the multiple levels of care and the multidisciplinary specialists on staff who are dedicated solely to the program.

that genetic and biological factors contribute to the risk of developing an eating disorder. Living in a culture where thinness is valued leads children, adolescents and adults to begin dieting. Highly restrictive dieting, combined with a relentless drive for thinness can lead to an eating disorder for some individuals.

“Awareness of the risk of eating disorders in children is the first step,” says Jennifer Hagman, MD, child and

be mindful when you talk about your weight, your child’s weight or the weight of others. Constantly mentioning that you are not happy with your body may lead to your children modeling your behavior in their actions.

If you are worried about your child’s eating habits, call Children’s Eating Disorders Program to make an appointment at (303) 861-6452.



warning signs

If you’re concerned your child may have an eating disorder, several signs may indicate one is present or developing:

- Your child begins avoiding certain foods, is eating significantly smaller amounts or is becoming overly concerned about counting calories or fat grams.
 - Your child significantly increases his or her activity level (i.e., running five miles after track practice or constantly doing sit-ups), and may become angry if you try to stop the activity.
 - You hear your child repeatedly say, “I’m fat,” or “I need to lose weight.”
 - You notice your child is losing weight or is staying at the same weight despite growing taller.
 - Your child begins to skip meals, does not eat with the family at dinner or routinely excuses herself to go to the restroom during or after meals.
- “You are the expert when it comes to your child,” says Jennifer Hagman, MD. “If you feel something is wrong, speak to your child as well as your physician. It’s hard being a parent, but ensuring the health and well-being of your child is worth the effort.”

the ABCs of vitamins

Wondering which vitamins your kids need and where to find them? Find the answers to these questions and more!

You've probably scoured the shelves at your local drugstore to find vitamin supplements that will give your child the best chance at good health. However, you may want to shift your focus to what you're putting in your grocery cart and on the table.

"Typically, if children eat a healthy diet, they don't need supplemental vitamins," says Nancy Krebs, MD, MS, pediatrician on staff at The Children's Hospital. "If a vitamin deficiency occurs, the child will experience poor growth, rashes, excessive bruising or some other clue that the child is not well. In such an instance, your physician can recommend an appropriate supplement."

AN ALPHABET OF VITAMINS

Vitamins are found in practically every natural food on the market.

Listed below are a few vitamins your children need, the foods that provide them and the daily amount your child needs.

SCHOOL-AGE CHALLENGE

For parents with school-age children, another obstacle stands between their children and adequate vitamin intake – school lunches and fast food. Despite years of training in the ways of proper eating, there likely may be days when children will skip a well-rounded meal and opt for ice cream and soda instead.

"You can't determine everything your children are going to eat," Dr. Krebs says. "Don't worry about every bite they take; rather, take comfort in knowing you've instilled an understanding of healthy food choices – something they'll carry with them for a lifetime."

Not sure your child is getting enough of the right vitamins? Ask your child's doctor or schedule an appointment with a nutrition expert at Children's by calling (303) 837-2691.

Something to Sink Your Teeth Into...

Thanks to recent uproar over inadequate amounts of fluoride in bottled water for protection against tooth decay, many bottled water companies now add fluoride to their water. If your child drinks lots of bottled water, check the label for a fluoride content between 0.7 and 1.2 ppm (equal to 1 mg/L) for maximum tooth-decay protection.

VITAMIN	GOOD SOURCES	AGES 1-3	AGES 4-8	AGES 9-13	AGES 14-18
A	1 cup romaine lettuce (1.36mg), 3oz. trout filet (13mg), 1 cup chopped turkey liver (31,640mg)	300µg/d	400µg/d	Males & females: 600µg/d	Males: 900µg/d Females: 700µg/d
B₆	6.3oz. steak (0.74mg), 0.75 cup LIFE cereal (0.55mg), 1 cup chopped turkey liver (1.5mg)	0.5mg/d	0.6mg/d	Males & females: 1.0mg/d	Males: 1.3mg/d Females: 1.2mg/d
B₁₂	6.3oz. steak (2.44mg), 1 cup chopped chicken (0.48mg), 3oz. trout filet (5.36mg), 3oz. salmon (2.59mg), 1 large egg (0.47mg), 1 cup skim milk (1.3mg)	0.9µg/d	1.2µg/d	Males & females: 1.8µg/d	Males & females: 2.4µg/d
C	1 navel orange (82.7mg), 1 cup halved strawberries (89.4mg), 1 cup cherry tomatoes (18.9mg), 10 strips green pepper (21.7mg)	15mg/d	25mg/d	Males & females: 45mg/d	Males: 75mg/d Females: 65mg/d
D	1 cup skim milk (2.5mg), 1 large egg (0.525mg)	5µg/d	5µg/d	Males & females: 5µg/d	Males & females: 5µg/d
E	1 cup pureed avocado (4.76mg), 2 tbsp peanut butter	6mg/d	7mg/d	Males & Females: 11mg/d	Males & Females: 15mg/d
K	1 cup romaine lettuce (1.36mg), 1 cup chopped broccoli (92.5mg), 0.5 cup Brussels sprouts (109.4mg)	30µg/d	55µg/d	Males & Females: 60µg/d	Males & Females: 75µg/d

(Note: µg = microgram; mg = milligram)



get a **healthy** start

Bagels, bananas and leftover pizza: No matter the choice, breakfast is essential for good health and good days!



Studies show that eating breakfast helps children to be more alert and active throughout the course of the day. Before your kids head off to school or day care, here are a few breakfast ideas – from the traditional to the unusual – to get them going.

THE TRADITIONAL

- yogurt with fruit or nuts
- French toast, waffles or pancakes (try whole-wheat varieties)
- hot cereals such as Cream of Wheat® or oatmeal
- eggs

THE UNUSUAL

- breakfast taco (shredded cheese on a whole-wheat tortilla, folded in half and heated)
- fresh fruit and cream-cheese sandwich
- grilled cheese or peanut butter and jelly sandwich
- leftovers such as pizza or pasta

THE QUICK

- whole-grain muffin
- trail mix with nuts, dried fruit, pretzels and dry cereal
- fresh fruit

how to chat with your **children** about...

things they shouldn't put in their mouths

Whether it's their hands, clothes or even the remote control, children ages 2 to 5 will put just about anything in their mouths. Here are a few tips for helping your child understand what he or she shouldn't chew on for safety's sake:

Offer a substitute teether. Tell your child that if she feels the urge to chew on something, a teething ring is her only option.

Give an incentive. Calmly explain to your child that if he can't be a "big boy" and stop putting things in his mouth, then he's not old enough to have the "big-boy" toys he wants.

Use a bitter taste as a teaching tool. If your child has a common object that she puts in her mouth, try covering the object with a safe nail-biting treatment that has an unpleasant taste.

With a little time and reinforcement, your toddler will soon learn to stop the behavior.



cran-apple oatmeal

Here's a good-for-you oatmeal recipe with a little zing that your children are sure to love! Makes 4 servings.

Ingredients

- 2 cups fat-free or 2 percent milk
- 1/3 cup dried cranberries
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup quick-cooking or old-fashioned oats, uncooked
- 3/4 cup chopped apple
- 2 tablespoons sugar substitute or three packets sweetener
- 2 tablespoons chopped pecans (optional)
- 1/2 teaspoon vanilla

Directions

Combine milk, cranberries, cinnamon and salt in medium saucepan. Bring to a boil over medium heat, stirring occasionally. Add oats and apple. Simmer, uncovered (5 to 6 minutes for old-fashioned oats or 1 to 2 minutes for quick-oats), stirring occasionally until most of the liquid is absorbed. Remove from heat. Stir in sugar substitute, nuts and vanilla.

Source: American Diabetes Association

Nutrition Information

Servings: 2 (1/4 cup)	Cholesterol: 5mg
Calories: 350	Sodium: 437mg
Total fat: 4g	Carbohydrates: 64g

kids need care especially for them



Children aren't small adults — they need medical attention that centers on the special needs of their growing bodies, whether it's for a sprained ankle, a weight-management concern or a serious illness. At The Children's Hospital, kids are at the heart of **everything** we do.

Physicians are relieved that families in the Denver metro area — as well as their own families — can turn to Children's for all of their children's medical concerns. Take a look at what two physicians, both voted "Top Docs" in *5280* magazine, have to say about our hospital and its care centers.

"All children need unique care when they're ill, and the only people who really know how to give that special touch are those at Children's who care for young lives every day."

— Jody Mathie, MD, pediatrician, Cherry Creek Pediatrics in Denver

"My children — who are in college now — have received wonderful care at Children's, and I would go again if I could. Each specialist at the hospital is dedicated to treating children's conditions from the most general to the most complex."

— Jay Markson, MD, pediatrician, Children's Medical Center in Denver



a parent's guide to healthy, happy kids

The Children's Hospital
303-861-8888

www.thechildrenshospital.org

To subscribe to *Shine* or to have your name removed from the mailing list, visit www.thechildrenshospital.org/shine or call (303) 860-4643.



The Children's Hospital

The Children's Hospital Association
1056 East 19th Avenue B080
Denver, CO 80218-1088

Nonprofit Organization
U.S. Postage
PAID
Denver, CO
Permit No. 4081