

PEDIATRIC
ASSOCIATES



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Monthly Newsletter

September 2007

*This Months Topics: La Plata County Boys and Girls Club
Registration Information, Eating During the School Day and
Good Study Habits, Cautions for TV and Computer Time, and
The Importance of Family Meals.*



BOYS & GIRLS CLUB
OF LA PLATA COUNTY

The **Boys and Girls Club** has finally come to Durango!

Club & Registration Basics

The Club is a quality after school program for students in elementary through high school.

Hours of Operation:

Mon-Thurs 3-7pm

Friday 1-7pm

Location/ Phone #:

The Armory in front of the Durango Rec Center
2750 Main Avenue 375-0010

Registration:
Saturday, September 15
10am-noon

Cost:
\$5 for the rest of 2007
(\$15 for a full year)

The initial registration is limited to 60 middle schoolers and 40 elementary & high school students.

Future registrations will increase membership to 300!

If you like to...

- ? know your children have a safe, fun place to go after school
- ? have well trained professionals guiding your children
- ? have your kids' homework done (& done well!) by the time you pick them up
- ? provide your child the opportunity to participate in our 5 core program areas: Character & Leadership Development; Education & Career Development; The Arts; Health & Life Skills; & Sports, Fitness & Recreation

...then you would like The Club!



EATING DURING THE SCHOOL DAY

- ?? Most schools regularly send schedules of cafeteria menus home. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- ?? Try to get your child's school to stock healthy choices in the vending machines.
- ?? Vending machines choices can also be modified to eliminate high-fat and empty-calorie munchies and provide healthy snacks that include more fresh fruit and low-fat dairy products, as well as water instead of sodas and juices with high fructose corn syrup.
- ?? Each 12-ounce soft drink contains approximately **10 teaspoons of sugar and 150 calories**. Drinking just one can of soda a day increases a child's risk of obesity by 60%. **Restrict your child's soft drink consumption.**



DEVELOPING GOOD HOMEWORK AND STUDY HABITS

- ?? Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- ?? Set aside ample time for homework.
- ?? Establish a household rule that the TV set stays off during homework time.
- ?? Be available to answer questions and offer assistance. But never do a child's homework for her.
- ?? To help alleviate eye fatigue, neck fatigue and brain fatigue while studying, it's recommended that youngsters close the books for 10 minutes every hour and go do something else.
- ?? If your child is struggling with a particular subject, and you aren't able to help him yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

SCREEN TIME: Not recommended for children under 2 years of age. 1-2 hours for those over 2.

- ?? Set limits on the amount of TV your child watches as well as how long they are in front of a computer and/or playing video games. Be firm. Limit children's screen time to an hour or two daily.
- ?? Hide the remote. Eliminate channel surfing which encourages passive viewing.
- ?? Keep TV's out of your youngster's bedroom. Children should watch their favorite shows in a central area of the home.
- ?? Whenever possible, videotape programs and watch them later. Fast forwarding through commercials will shave ten minutes off of every hour of TV viewing.
- ?? Discourage repeated viewings of the same video. The graphic language, violence and sexual content of movies rated PG-13 and R can have a cumulative effect on a child if they're watched over and over again.
- ?? Harness the power of television in a positive way. TV can be a valuable tool for learning and expanding one's awareness of the world.
- ?? Make use of ratings systems to know whether or not a program or movie is appropriate for your child.

For more information on back to school tips visit the American Academy of Pediatrics website at www.aap.org.

IMPORTANCE OF FAMILY MEALS – “PROJECT EAT”

A study, called “Project Eat,” recently conducted by the University of Minnesota has found that adolescents benefit from family meals in many aspects. Family meals provide routine, consistency, and lessons in communication skills, manners, nutrition and good eating habits says Maria Eisenberg from the school of Public Health. Eisenberg and colleagues examined data from a survey of **4,746 middle and high school students** during the 1998-99 school year in the Twin Cities area of Minnesota. Surveys included the student's feelings on well-being, drug and alcohol abuse, depression, lifestyle choices and how often they ate meals with their families. Of the students surveyed 26.8 % reported eating 7 or more meals with their families within the previous week and 33.1 % ate with their families only 1-2 times per week or never. Eisenberg confirmed that those kids that had **more family meals together** were **less likely to use tobacco, alcohol and marijuana**. They had **higher grade point averages**. Those who had more family meals were also **less depressed** and **less likely to think about suicide or make suicidal attempts**. Eisenberg states, “the likely reason for this benefit is the family meal serves as a formal or informal ‘check in’ time when parents can find out what is happening in their children's lives...”

To find out more about this study read the August issue of the [Archives of Pediatrics and Adolescent Medicine](#). To learn more about Project EAT visit www.epi.umn.edu.

Community Calendar and Events

Sept. 10th, 17th, 24th, Oct. 1st - Infant Massage- Tender Loving Touch is holding it's next Infant Massage class series starting Monday Sept. 10th class is from **6pm-8pm**. You will learn all the strokes you need to know to give a loving and nurturing massage to your new infant within four Fridays. The fee is \$45.00 for four classes. Infant massage fosters attachment and bonding between the infant and parent, relieves tummy discomfort associated with colic and relaxes the baby plus it teaches parents their baby's cues and creates a foundation for communication. This class is for parents with babies 3 weeks to pre-crawling age. Nicole Johnson is a certified infant massage instructor through the International Association of Infant Massage. For more information call the **Mercy Family Birth Center**.

Sept. 25th -Craniosacral Therapy clinic led by **Dr. Paul Lee** will be held at Pediatric Associates of Durango from 1:30PM – 4:00PM. Children who are covered by CHP and Medicaid will be given a free session. Co-pay is the only required payment for insured patients and the remainder of the balance will be paid by your insurance company or handled by Dr. Paul Lee. Dr. Lee will be performing the therapy with his students. Please call Pediatric Associates of Durango at 970-259-7337 to schedule an appointment.

Pre-school story time every Wednesday and Saturday at 10:30am at the **Durango Public Library** @ (970)-375-3380.

Craft Time - Every Friday morning at **The Durango Children's Museum**. The Museum will present two separate crafts, one for toddlers and one for pre-school age and up. Pre-registration is not required. Museum members do not pay a fee; non-members pay standard admission to the museum to participate in Craft Times.

Tumbling Tots- Sun Ute Community Center, **every Tuesday** from **10:00-11:00 for 1-5 year olds**. Come join us during this hour of interactive play and tumbling time. Come play with balls, hula hoops, parachutes, singing songs, and just fun with your child. For ages 1-5, \$4.00 admission fee. If you have any questions about the class call the Sun Ute Community Center at 563-0214.