

Health is a Journey!!

What to expect at 10 Years Old!!!

Where will **YOUR JOURNEY** lead??? Choose **DESTINATIONS**, **PATHWAYS**, and **GPS HABITS** to get there....

One Day at a Time!!

The **Healthiest Kids** work for these “Destinations” on the **JOURNEY**: How are **YOU** getting **HEALTHY** with these **DESTINATIONS**?



SKILLS: Things you can do and learn and use to make things better



BELONGING: Being a useful part of a group to make things better

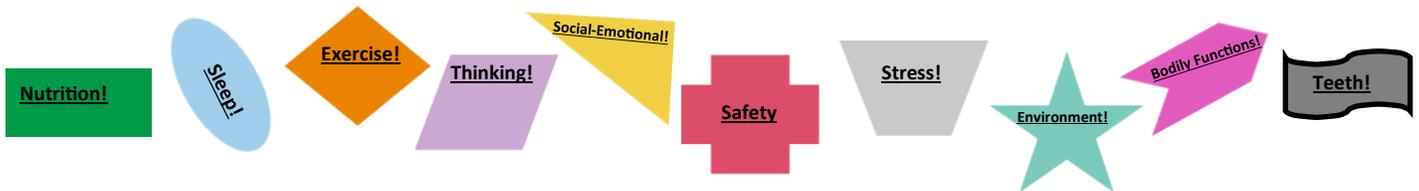


GIVING: Giving your time and talents to make things better



INDEPENDENCE: Thinking and acting on your own to make things better

The **Healthiest Kids** choose Short Term Goals or **PATHWAYS** to do everyday to be Healthy. Which will you Choose to develop?



The **Healthiest Kids** choose Daily Habits, called **GPSs** (Gene’s Problem Solvers!) to get the **Pathways** done to reach **Destinations**!

Pathway-Nutrition

- ◇ Stop the Pop! Delete the Sweet! Vamoose the Juice!
- ◇ BMI less than 85... Percentile
- ◇ Toddlers; Take the Dip... in BMI
- ◇ Otter Drink your Water!

Pathway-Exercise

- ◇ Quit the Sit!!
- ◇ Be Heroic-Do Aerobic...Exercise!
- ◇ Go the Distance with Resistance
- ◇ Lengthen to Strengthen!
- ◇ Fetch the Stretch

Pathway-Sleep

- ◇ 10 hours a night
- ◇ No media in the bedroom

- ◇ Ways to go to sleep

Pathway-Teeth

- ◇ Don't share Spit!
- ◇ “Give a Swig” after eating/drinking
- ◇ Brush/floss 1-2 times a day

Pathway- Social/Emotional

- ◇ Share with /Help Others
- ◇ Smile/laugh
- ◇ Be thankful
- ◇ Read others’ emotions

Pathway- Cognitive (Brain Thinking)

- ◇ Make your Thought Stream Supreme!
- ◇ Read to Succeed- Perceive and Achieve- Solve and Evolve
- ◇ Math is the Path—Attention = Extensions & Dimensions

Pathway- Environment and Safety

- ◇ Use sunscreen
- ◇ Wear seat belts
- ◇ Don't smoke or use drugs
- ◇ Are you Mired in the Media Mélange?
- ◇ Disaster Drills

Pathway- Stress

- ◇ Practice WAIT!
- ◇ Pick a Calm the Qualm technique

Pathway-Bodily Tasks (each TSK may have a specific need, like working on Constipation, or urine accidents, or asthma... so... fill in the blank!)

- ◇ “Spy Inside” for a particular problem, like headaches or stomachaches— or just feeling Yucky!

One Day at a Time! START HERE →

for **YOUR HEALTHY JOURNEY!!!**

So... **Pick** something **HEALTHY** to work on this year!

What is it?

How will you do it?

Make a plan!

TELL DR. GRETA about!!!!

Parents— Give that Kid a hug!



Kids— Give your Parents and Grandparents a hug!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Health is a Journey!! One Day at a Time!!



THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

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10 Years Old— WOW! Getting ready to JUMP into Puberty!

MORE INFO IN DEPTH.....

The 10 Year Visit!! All Aboard for the Adolescent Express...**The wildest ride you may take as a parent, fueled by Hormones!!!** And monitored by.... **The Grumpiness Factor!!!!**

So, what is Puberty, and does it have to be a lot of Stress and Grief for Everyone?

Puberty = the changes from child to adult, that are triggered by chemicals in the body, called Hormones.

And no, it doesn't have to be TOTAL Stress and Grief, however, I don't know of any family who has escaped a little of both. But the families who survive are those who have good Healthy Habits in place!

TERMS TO KEEP IN MIND

Regression = a process that humans go through when stressed. We revert back to previous behaviors in a stage we were very comfortable with, prior to the new stress. We see 2 year olds regress when a new baby comes into the family. The 2 year old may go back to demanding a bottle, or wetting, even though having been potty trained. Puberty is a stressful time, so often the behaviors of our pre-teens are in part due to Regression. The trick is to help the pre-teen through this, without losing your cool, or sanity, or both!

Grumpiness Factor = a Dr. Greta term for an observable reason for the pre-teen's behavior. For example, poor diet, or lack of sleep may make your pre-teen act ten times worse than normal, so the Grumpiness Factor is 10! (A fudge factor for you scientists out there!) **Parents can become experts in recognizing the various Grumpiness Factors in their own pre-teens!**

Stress Management, first for Parents, then can be taught to Pre-Teens = learning to recognize and control your emotions. There are some interesting approaches available. Just Ask!

All Aboard for the Adolescent Express!!

This is your last chance to get all those Habits in place, before Regression sets in, compliments of High Octane Hormones!

HABITS and HORMONES – And the race is on! You have been working to get those Healthy Habits in place for 10 years, and in the space of a few short months, you may see it all crumbling away! Let's look at how the hormones affect the main Habits you've tried to

develop, and give you ideas as to how to combat the negative effect. These are all things parents may see between 10 years and up through 20 years of age!

1.) Nutrition Goal- 5 vegetables/fruits, 3 dairy, 2 proteins, and limited pop, sweets

Pre-Teen Tendency: No breakfast, marginal lunch and will choose pop and chips if the choice exists, after school snack of the same, or if "trying" to be healthy, (usually under duress or to get Mom off his or her back), will eat an apple or banana, may come home for supper, sort of, and will turn up nose at anything home cooked, then want to go with friends and "pig out" at the fast food place.

Result: Grumpiness Factor, at least of 2, due to Brain Drain, due to poor balance of food groups and nutrients, not enough good calories throughout the day, and not enough water. If the "pigging out" is too extensive, the pre-teen may be at risk for overweight, or if the nutrition is too off-balance, other conditions result.

What to do? Continue to offer good healthy, balanced meals, as your habit has been. Try to make meals and family time fun. Don't make it easy to get food elsewhere, except where you want the pre-teen to purchase it. Have rules set for when the pre-teen can go out with friends and for the purpose of the outing. If you've been able to have good fun mealtimes in the past, and the pre-teen is used to eating with the family daily, chances are, the habit will generally stick, though there will be some ups and downs.

2.) Dental –This hopefully won't be a battle, if you've been going to the dentist regularly, and the child has developed a brushing/flossing pattern. If it starts to be a problem, just subtly remind the pre-teen that he or she wants a dazzling smile and good breath, to greet his or her friends!

3.) Sleep- Up to 10 hours is often needed in order for a pre-teen not to avoid a Grumpiness Factor of 10. Pre-teens often need more sleep, however than younger kids, because their bodies are going through such changes. I think an awful lot of Adolescent behavior and grumpiness is due to not getting enough sleep. Also, for reasons, unknown, the Adolescent Internal Clock shifts, and wants the poor kid to stay up late, then he or she has a TERRIBLE time waking/functioning in the morning. This pattern seems to stay until about the mid to late 20's then slowly reverts back to what the child could do before puberty, (which was to wake everyone in the house up by 6

AM!)

What to do? Stay strict with the bedtime schedule you've established before, except for special occasions, and don't let the pre-teen sleep in until noon on the weekends. If the pre-teen needs to do that, he or she isn't getting enough sleep during the week. Be sure there aren't so many nighttime activities that the pre-teen can't get the needed 10 to 12 hours a night. If you watch closely, you may be able to tell by watching the Grumpiness Factor.

4.) Exercise -At least 30-60 minutes of moderate to strenuous activity 5 times a week (is everyone laughing? This is a joke, isn't it? Who can get pre-teens to exercise like this?) Sports can help, but you may need to resort to such sneaky things as parking a long way from your destination, and have the pre-teen do extra leg work with numerous trips (after all, we all know parents aren't too bright, so it stands to reason they aren't organized enough to get things ready for one trip, so it takes 2 or 3 trips up and down the stairs! You get the idea!)

5.) Physical Grooming – Pay attention to your child's physical appearance, such as skin, hair, teeth, and the changing needs with bathing, etc. Watch to be sure all the chemicals used aren't harmful.