

# Southwest Pediatrics

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*our eNewsletter for Parents and Kids*

**Our philosophy of care not only takes into consideration the health and well-being of the child, but the family as a whole.**

## Your Little Helper.



When you think of disciplining your toddler, consequences and crying may come to mind. However, it's possible to instill discipline in your child, harness his desire for independence and ease

## The Tooth Fairy Will Thank You



When your child rides a bike, you expect him to wear a helmet. But when he plays basketball, volleyball or other sports, do you expect him to wear a mouth guard?

According to the U.S. Center for Disease Control, over 600,000 youth are treated for sports-related dental injuries each year. When you compare the price of a mouth guard against the possible costs for losing and replacing a tooth, the math is compelling.

Mouth guards may seem 'uncool' now, but keep in mind that ski helmets -once rejected by youth- are now a fashion statement.

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## Learning to Sleep.

child, harness his desire for independence and ease your workload around the house.

How?

With household chores.

A short study by the University of Minnesota suggests that involving children in household chores by age four sets them up for success as adults. Apparently age-appropriate chores, coupled with positive reinforcement, helps develop self-esteem, a sense of responsibility and competence.

What's more, the earlier you engage your child in the household, the more help you can expect in the teenage years.

To reduce resistance when introducing the idea, give your tyke choices. Consider sharing the chore at first to model good technique and show that work is simply a fact of being part of the household. Don't expect perfection, just getting some involvement is a great first step.

Make sure the chore is appropriate to his age. For example, two-year olds could set the table, sort laundry or pick up toys. Three- to five-year olds could water houseplants, feed pets, or make their own beds. Most chores are appropriate with adult supervision, so you decide the level of responsibility for your child.

Not only will you get some help around the house, you'll also teach your child valua



Sleep. That legendary luxury and pastime from days of yore. Helping your child learn to fall asleep will help the whole family get more rest.

Just like their parents, children can have a hard time falling asleep if they take their worries to bed. Before tucking in, take care to address your child's concerns. Problems at school or at home can keep your little one tossing and turning into the night.

Bringing troubles up during the day helps everyone to have an easier time turning out the lights.

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