

Nutritious Nibbles

Veggie Quesadillas with Cilantro Yogurt Dip

Ingredients

- 12 soft corn tortillas (6 inches)
- 1 1/2 cups cheddar cheese, shredded
- 1 cup corn kernels (fresh, frozen/thawed, or canned/drained)*
- 1/2 cup beans, black or pinto (canned or cooked; drained)
- 1/2 cup cilantro, chopped
- 1 carrot, shredded
- 1 bell pepper, finely chopped
- 1 jalapeno pepper, finely minced (optional)
- CILANTRO YOGURT DIP
- 2 cups plain nonfat yogurt
- 1/4 cup cilantro, finely chopped
- 1/2 teaspoon salt

Directions

1. Preheat large skillet over low heat (250 degrees in an electric skillet).
2. Divide cheese, corn, beans, cilantro, shredded carrots and peppers between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
3. Place one or two folded tortillas on a dry skillet and heat until cheese is melted and tortilla is slightly golden, about 3 minutes.
4. Turn over and cook other side until golden, about 1 minute.
5. Remove to a plate and repeat until all tortillas are heated.
6. Mix together nonfat yogurt, cilantro and salt to make the dip.
7. Cut each quesadillas into wedges and serve immediately with the dip.
8. Refrigerate leftovers within 2 hours.



*Notes

One large ear of corn makes about 1 cup of cut corn.

**Spread fun.
Not Flu.**

Even healthy kids of any age can get seriously sick from the flu, and they can spread it to family, friends, and others. Everyone 6 months of age and older should get a flu vaccine every year.

For more information, visit <http://www.cdc.gov/flu>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Reasons to Get a Flu Shot

While how well the flu vaccine works can vary year to year depending on the season, there are many reasons to get a flu vaccine every year.

- 1** Flu vaccination can keep you from getting sick from flu.
- 2** Getting vaccinated yourself can protect people around you who may be more vulnerable to flu. (See full list of people at high risk of serious flu complications)
- 3** Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalizations.
- 4** Vaccination helps protect women during pregnancy and their babies for several months after they are born.
- 5** Flu vaccine can be life-saving. In 2017, a study in the journal *Pediatrics* was the first of its kind to show that flu vaccination also significantly reduced a child's risk of dying from influenza.
- 6** While some people who get a vaccine may still get sick, there is data that suggests flu vaccination may make your illness milder if you do get sick.

A newsletter from your Pediatrician and CHILDREN'S HEALTH *foundation*



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Why Perfectly-Behaved Kids Are Totally Overrated

by Dr. Whitney Casares, MD, MPH, FAAP, Pediatric Associates of the Northwest

My daughter and I have a little joke going today. She keeps telling me how perfect her art creations are:

“Look at this little cat I painted,” she tells me at the pottery painting studio. “It’s just perfect. Ooh, and how about this beaded necklace I made earlier? I did it absolutely perfectly.” She laughs and grins up at me, smirking.

She’s seen me bristle at that word enough times to come to the conclusion that it is my least favorite. I’m all about effort over accomplishment at our house and she knows it, thankfully.

When we think about our kids’ behavior (tantrums, manners, whining) versus the things they are able to do (ride a bike, spell a word), the anti-perfection rule should hold just as strong. More times than not, though, we’re less forgiving in that area. Our goal is well-behaved kids all the time, every time. While that would be nice, it’s not realistic and it’s not fair.

Why It’s Not Realistic

Ok, here’s the deal. Are YOU on your A-game every single moment of every single day? Do you sometimes feel incredibly tired, incredibly hungry or, just generally, not in the mood to play nice? It’s the same for your kids – get this- because they are humans, too. I feel like about 10% of the time (and that is probably a gross underestimate), I have to make a conscious effort not to get offended, to try to say something in a nicer way than I am thinking it or to change my behavior as I consider how my actions will affect other people. Remember, your kids do not have the benefit of years of practice with social intelligence like you do.

Also, toddlers and elementary school kids are more sensitive little creatures – some more than others- than you are. I often describe my daughter like a high-end race car. When she’s running well and she’s in her groove, oh man, she drives like a million bucks. When she breaks down, it takes a specialty shop and a crew of 20 to get things back in motion. So it is with most kids. Snacks, sleep and a lot of one-on-one attention throughout the day? No problem. They will use their manners til the cows come home and wow you with their stellar behavior. Woke up on the wrong side of the bed? Good luck, my friend.

The Children’s Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children’s health outcomes. Please ask your provider for more information.

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Why It's Not Fair

Perfect – it's the new standard for moms (and dads), right? Lean in – to your job, to your mothering, to your appearance, to your relationships. Be everything, all at once. It's just impossible to meet the expectations of this world. So, why would we want to put that on our kids, too?

Especially when it comes to our young girls, it's up to us as parents to make sure they understand that, when they look in the mirror, they are absolutely beautiful even if they are not perfectly attractive. That they matter because of their INNER value, not as the result of some complicated mathematics equation that takes into account their external and internal points, with external carrying significantly more weight. That they are worthy of love and respect, no matter what they look like.

Also, as much as we may not want to admit it, a lot of our parenting responses and actions come from other people's potential judgements about us. I will be the first to acknowledge that, sometimes, I am really just worried that other people will think that I am not a good parent when they see my child in action. Just because I'm a pediatrician doesn't make me exempt from those feelings of, "I bet those other moms are watching this play out right now and are thinking, 'What a hot mess.'" I have to remember to put my pride aside.

What Is Possible

Alright, so does that mean we just let our kids do whatever they want and run all over us and everyone else around us? Absolutely not. Consistent behavior management is still key. It means this: instead of our focus being only the way our child is acting right at this moment (which leads to irritation), our focus should be on the future adults we want our kids to be (which leads to patience and goal-oriented coaching). If the future, not the present, is our priority, we will be less frustrated as we guide and encourage our kids. We'll also show our children that we are imperfect as well, but we're constantly working on our own behavior and actions. It's the first step when dealing with most whining and meltdown troubles.

That shift requires a little more thoughtfulness, and a little better understanding of child development. It's worth it to read up on why kids sometimes "flip their lids" when they get overwhelmed or overly-emotional, as Daniel Siegel puts it in *The Whole-Brain Child*, to figure out how to provide wholesome foods on a consistent basis and to focus on healthy sleep habits and consistent physical activity.

My daughter, bless her heart, looks up at me from her mountain of beads on the art table.

"Okay, mommy," she giggles. "My art is not perfect. It's just awesome."

"That's right, baby girl," I say. "It's perfectly imperfect."

Whitney Casares, MD, MPH, FAAP is a pediatrician and a mom to two young girls at Pediatric Associates of the Northwest in Portland, OR. Every day, she tries to balance taking care of work, her kids and herself, laughing at the craziness of the early years with young ones. Her passion is helping parents find their way to confidence and success as they raise their kids. Being a modern parent is a challenge and an adventure - Dr. Casares knows it first-hand. She developed *Modern Mommy Doc* to inspire, educate and encourage moms and dads so they can win at parenting without losing themselves.

Fever - Myths vs Facts

by Dr. Catherine Chiu, MD, Medical Advisor at Children's Health Alliance



Many parents fear fever. They believe that fever is dangerous and will hurt their child. Fever is actually helpful and is part of our body's defense mechanism in fighting off illness. A normal body temperature is 98.6°F (37°C). Fever by definition is a temperature of 100.4°F (38°C).

Here are the most common fever myths explained:

- Myth:** Fever is dangerous
Fact: False. A fever is the result of your child's immune system being "turned on" to help fight an illness, like a common cold. Viruses and bacteria are temperature sensitive and thus a higher body temperature is actually beneficial in helping your child get better.
- Myth:** Fever can cause brain damage in my child
Fact: Fevers caused by illness do not cause brain damage on their own. Only temperatures above 108°F (42°C) can cause brain damage. This usually only occurs due to external causes of high body temperature (For example a child left in a car with closed windows on a hot day)
- Myth:** The fever will keep rising if I don't give my child medicine
Fact: This is incorrect. The brain has a thermostat and most fevers from infection usually do not go above 103°F-104°F (39.5°C - 40°C). The fever may occasionally reach 105°F, and although this is a "high" fever, it is not harmful to your child.
- Myth:** Fevers should always be treated with medicine
Fact: Fever is helpful and only needs to be treated if your child is uncomfortable
- Myth:** My child must be very sick because he still has fever after medicine
Fact: Medicine will typically bring the temperature down by 2-3 degrees. Thus, if your child has a temperature of 104°F, he will still have a fever after medicine (101°F-102°F). This is not a cause of concern.
- Myth:** If the fever doesn't go away with medicine, my child must be very sick
Fact: Fever is only a symptom and tells us that the body is fighting off an illness. Whether it goes away with medicine or not does not tell us how ill your child is. What is more important is how your child looks and acts.

Parenting Support

Apps

Try CDC's FREE Milestone Tracker app today...

Because milestones matter!

- Illustrated milestone checklists for 2 months through 5 years
- Summary of your child's milestones to share
- Activities to help your child's development
- Tips for what to do if you become concerned
- Reminders for appointments and developmental screening



Learn more at cdc.gov/MilestoneTracker



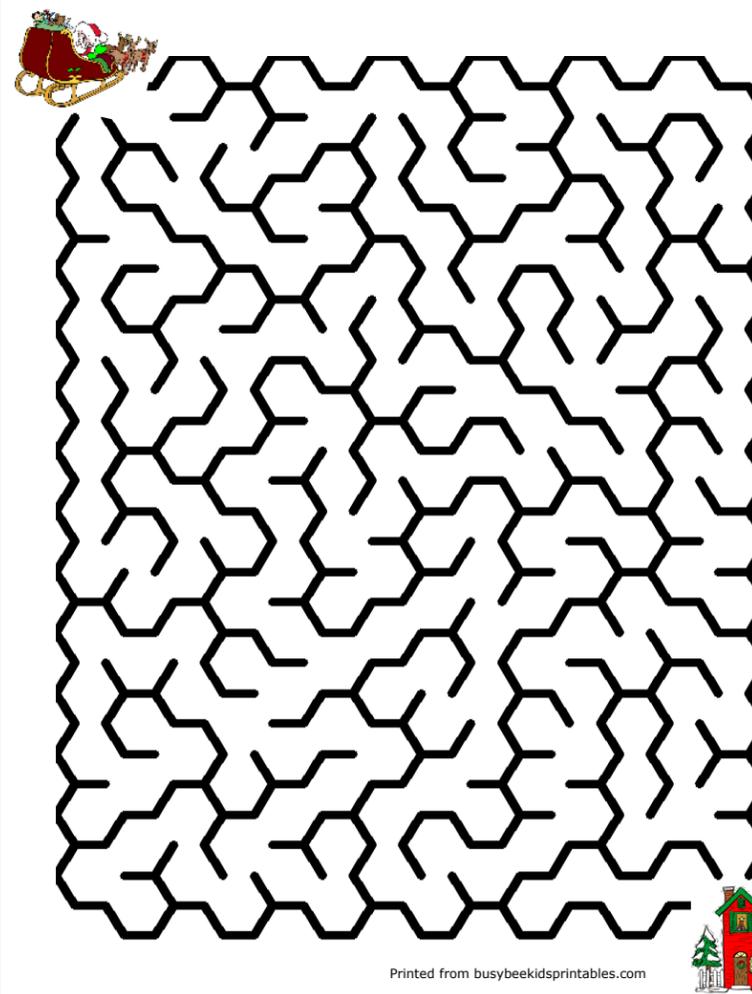
Know Bullying.

Research shows that spending at least 15 minutes a day talking with your kids can build the foundation for a strong relationship, develop their resilience to peer pressure, and help prevent bullying.

App Features

- **Conversation Starters:** Start easy, meaningful conversations with your children.
- **Tips:** Learn strategies to prevent bullying for ages 3-6, 7-13, and teens.
- **Warning Signs:** Recognize if your child is engaging in bullying, being bullied, or witnessing bullying.
- **Reminders:** Talk with your child when the time feels right: a quiet moment on the way to school or a game, during dinner, or relaxing outside.
- **Social Media:** Share successful strategies and useful advice via Facebook, Twitter, email, and text messages.
- **Section for Educators:** Prevent bullying in the classroom and support children who are being bullied.

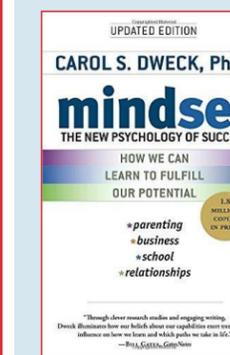
Help Santa get to the House in time!



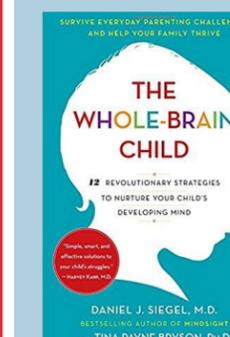
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Books



Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.



The Whole-Brain Child offers age-appropriate strategies for dealing with day-to-day struggles.