



Tips for your child's success in school

It should come as no surprise that success — or failure — at school starts at home. Studies have linked poor academic performance to factors such as a lack of sleep, poor nutrition, obesity, and a lack of parental support. The good news is that those same studies also show higher test scores for students who live in homes where healthy habits, regular routines, and good communication exist. These few tips can help your child develop the best possible foundation to succeed in school.

1. Enforce Healthy Habits

To help your child have the best chance at doing well in school, make sure she follows healthy habits at home. Choose a bedtime that will give your child plenty of sleep, and provide a healthy breakfast each morning. Encourage exercise, and limit the amount of time she spends watching TV, playing video games, listening to music, or using the computer.

2. Stick to a Routine

Most kids thrive on structure and will respond well to routines that help them organize their days. Your routines may differ, but the key is to make it the same every day so your child knows what to expect.

3. Learn Always

Home education is a critical part of your child's overall learning experience. Look for ways to teach your child throughout the day. For example, cooking combines elements of math and science. Use the time when you make dinner as an opportunity to read and follow directions, to discuss fractions, to make hypotheses and to examine results.

4. Expect Success

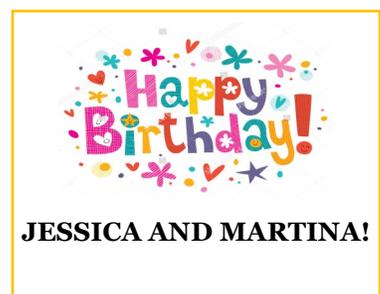
Perhaps the most important way you can support your child's efforts at school is to expect them to succeed. That doesn't mean that you demand they be the best student, the best athlete or the best artist. Rather, let them know that you expect them to do "their best" so that they'll be proud of what they can accomplish. If you make that expectation clear and provide a home environment that promotes learning, then your child will have a greater chance of becoming the best student they can be.

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Ten-Tips-for-Your-Childs-Success-in-School.aspx>



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August 2016



CARING WELL NUTRITION AND YOUR CHILD'S HEALTH

Thursday, August 25th, 2016

7:00PM—8:30PM at Middleton Pediatrics

Dr. Michael Middleton

&

Meghan Moran, MS, RD, LD, CEDRD

Topics include:

- Nutrition's role in overall health
- How to establish good eating habits in your children
- Picky eaters
- Identifying eating disorders and common nutritional issues in children in adolescents
- Cultivating healthy body image

Points of discussion will allow for Q&A

Limited space available

Please RSVP to Kelli Coon if you plan to attend at

kelli@middletonpediatrics.com

407-284-6460

NATIONAL BREASTFEEDING AWARENESS WEEK (AUGUST 1ST-7TH)

A father's support is important to successful breastfeeding!

The first few weeks of breastfeeding are the most challenging. Moms are often exhausted and/or experiencing discomfort from childbirth. It is during this time that fathers can be most helpful. Dad's thoughts are important in deciding whether their baby will be breastfed. Many fathers say it makes no difference how mom chooses to feed their baby, until they learn the difference between breastmilk and formula. Once dads realize that breastmilk is the best for their babies, they usually encourage mom to nurse.

Just a few of the many difference and benefits include:

*Formula has only about 60 ingredients; breastmilk has over 200

*Breastmilk has many ingredients that cannot be put into formula

*Many illnesses that babies are exposed to are reduced or prevented by breastfeeding

*Moms who nurse often have less depression after the baby is born and breastfeeding can lower the risk to mom of certain cancers later in life

*Breastfeeding saves money

A few special ways dad can be involved and help support are:

*Changing a baby's diaper

*Get mom something to drink, eat, and/or read while she's nursing

*Take over child care between feedings so mom can get some rest, or have a little time to herself

*Do grocery shopping and share in-household chores

*Tell your partner that she is doing a good job and that you think what she is doing is important

*Share with friends and family that your partner is doing something unique and wonderfully important for your baby

http://www.mother-2-mother.com/just_for_dad.htm

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Visit us at:

middletonpediatrics.com

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Middleton Pediatrics Welcomes...

Lucy Aitcheson!!



Middleton Pediatrics is thrilled to introduce the newest member of our team! Lucy is an advanced registered nurse practitioner (ARNP) that has recently joined our pediatric team. She is from Birmingham, Alabama and we are excited for her to share her talents with the Middleton Pediatrics family! For more overview on Lucy's biography please see the "MEET OUR TEAM" section on our website.

Education: University of Kentucky for her Bachelor's & the University of South Florida for her Master's

Hobbies: Taking day trips to the beach with her family along with reading and running

Favorite Restaurant: Del Frisco's

Fun Fact: Lucy started gymnastics when she was five years old and continued through college at the University of Kentucky