

Terrible Two's

Two Times the Fun

Middleton Pediatrics
Turns Two!

Caring Well Session 11

*Learn from the past,
set vivid, detailed
goals for the future,
and live only in the
moment of time over
which you have any
control: now.*

-Denis Waitley

Two Times The Fun

Welcoming your second child into the family can be an exciting time filled with much joy, and with the excitement might come nerves regarding how your first child will respond to sharing his or her time with you. You may worry that he or she will not take to the baby, or perhaps you worry that you will not have time and energy to give each child enough attention. These feelings are all normal and won't last forever.

Your first child may experience many different emotions. Feelings of excitement and jealousy or resentment are normal in young children. Toddlers are unable to verbally communicate feelings, and therefore you may see these emotions come through in the form of misbehavior or regression after the baby is born. They may try to get your attention through new behaviors such as thumb sucking or baby talk, or forgetting recent milestones such as potty training. You may also want to avoid teaching new skills such as toilet training or transitioning from bottle to cup, or enrolling your child in new extra-curricular programs shortly after bringing the baby home. In older kids, you might notice them expressing these feelings through misbehaving, throwing tantrums, refusing to eat, or testing your patience. These emotions and actions are all normal and usually pass as your family adjusts to having two children.

It is important to prepare your child for your second addition. Additionally, emphasizing the important role an older sibling plays can help your child cope after the baby comes. Here are a few ideas to help your family transition from one to two children:

- Let your older child pick out items for the new baby's room. This is especially important if your kids will be sharing a bedroom.

January/February 2013

Middleton Pediatrics Turns 2!

Terrible Two's

Temper tantrums are a normal part of child development during the toddler years. Your 2 year old (or 15 month old or 3 year old) cannot adequately convey his or her feelings, frustration, anger, which is why they "get it out" by kicking and screaming, often throwing themselves on the floor or stomping up and down. Depending on your child's temperament, it can be a very trying couple of years.

Here are some things to try:

- 1) Stay calm - this is tough, but resist the urge to yell back or display anger, as it can exacerbate the situation. Walk out of the room if you need to take a minute to calm down.
- 2) Try to prevent the tantrum - if you see frustration mounting in your toddler, try to distract him or her to diffuse the situation. Sometimes even changing locations can help.
- 3) Ignore small displays of anger, such as kicking, screaming, or

crying. If you're at home, make sure your child is safe and stand nearby while they throw the tantrum. If in public, take your child to the car or take them home.

- 4) If your child is kicking other people or throwing things, remove them from the situation and firmly let them know that these behaviors are not okay.

What not to do:

- 1) Do not give in to the behavior. This reinforces to your child that the tantrum is okay and gets them what they want. Set rules and be consistent. If you waiver in upholding set rules, it confuses your child.
- 2) Do not punish your child for the tantrum, as they may then bottle their anger and not learn how to deal with their emotions. As they grow, they will be able to better handle their emotions.

- Find a special gift your older child might like to share with the baby, such as a favorite book or two, or a photo of the sibling for the baby's room.
- Pick out a special gift for your older child, such as a special chair for him or her to sit in while you're feeding the baby.
- Arrange special one-on-one "dates" for you and your older child. This can be something like a trip to the library or grocery store, or simply reading a few extra stories at bedtime.
- Role-play or read stories throughout your pregnancy that will help your child understand what's happening in the family. There are several books written especially for toddlers that can help your first child prepare to be a big brother or big sister.
- Explain to your older child that new babies cry, sleep, and need diaper changes frequently. This can help them know what to expect when the baby comes home. Assure your child that although the new baby needs lots of attention, there will still be plenty of time and love for him or her.
- Reinforce your child's "big brother/big sister" role in the family, and let your child revel in this new role.
- If possible, bring your child to one of your prenatal visits or to watch an ultrasound. If you are giving birth in a hospital setting, ask about sibling visitation after the baby is born.

Healthy Resolutions for Kids in 2013

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.

Kids, 5-12 Years Old

- I will drink water every day, and drink soda and fruit drinks only on special occasions.
- I will apply sunscreen before I go outdoors on bright sunny days, especially when I'm outside playing sports.
- I will try to find an activity (like basketball, soccer, playing tag, or riding my bike) that I enjoy, and do it at least three times a week.
- I will always wear a helmet when bicycling, rollerblading, or scootering.
- I will wear my seatbelt every time I get in the car.

Kids, 13 Years Old and Up

- I will try to eat two servings of fruit and two servings of vegetables every day, and I will drink sodas only on special occasions.
- I will take care of my body through physical activity and good nutrition.
- I will choose non-violent T.V. shows and video games.
- I will help out in my community through volunteering or by joining a group that helps people in need.
- When I feel angry or stressed out I will take a break and find constructive ways to deal with the stress such as exercising, journaling, reading, or talking with a parent or friend.
- I will never use a cell phone or text message while driving, and I will always wear my seat belt .

Middleton Pediatrics' 2nd Birthday

On January 24, Middleton Pediatrics celebrated its 2nd birthday. It was on that day in 2011 that we started seeing patients, and like all birthdays, this is a great time to both look back and look ahead.

LOOKING BACK

Some of the highlights of the last two years include...

over 14,000 visits,

a few thousand flu shots,

10 Caring Well sessions,

and probably 10,000 lollipops handed out.

More importantly, we have made so many new friends, been able to share the joy of so many births, as well as felt the pain of walking through some of the difficult situations that our families and patients have experienced.

During the last year, our team has expanded by two. Lauren Freeman, one of our pediatric nurse practitioners, joined us in January of 2012, and Arla Cook brought her skills as a registered nurse to our team. Both have been huge gifts to us, and hopefully you have had the opportunity to meet them.

Additionally, Christine May had her second child (another girl, Olivia) in October of this year and returned from maternity leave this month.

LOOKING AHEAD

Every year promises to bring new adventures, most of which you have no way of

predicting. Obviously, more changes in healthcare seem to be likely in 2013, and this will undoubtedly be a frequent topic in the national and local conversations about medicine. While we are working to stay abreast of these changes, our mission for the coming year is unchanged. We hope that the care your child receives from us will continue to be both personal and excellent.

As we discuss with parents at well child visits in the office, children's health is characterized by appropriate growth and development. Likewise, we are excited about the "growth and development" of Middleton Pediatrics during the last two years. Like a growing child, we are constantly learning new things, trying new things, sometimes falling down, but growing every day. A few things we are excited about on the horizon of the coming year include: expanding the use of our Patient Portal (which can now be accessed easily from your smartphone); continuing to find better and more convenient ways to communicate with our families, both during the visit and outside of it (appointment reminders can now be received via text message); continuing to pursue national certification as a patient-centered medical home; expanding our Caring Well program with a few new topics (see information in this newsletter about our next session) and repeating some of the ones from the first year; and many more.

The entire team here at Middleton Pediatrics finds it such a joy to provide pediatric care, and we believe that with this privilege comes a lot of responsibility. While we don't always do it perfectly, our goal is to improve each year. Your child deserves nothing less. We have been honored to serve your families and look forward to the year ahead.

Caring Well Session 11

Thursday, February 21, 2013

7:00PM-8:30PM

In light of some recent tragedies, there has been a lot of recent media attention given to the issue of children's mental health. As part of our ongoing Caring Well series, we are hosting a discussion with Dr. Robert Goldstein, pediatric and adolescent psychiatrist, to discuss this further and provide some guidance on this very important topic. Some of the issues to be discussed include:

- What does mental health look like?
- How can we as parents cultivate our child's mental and emotional health?
- What are some "red flags" in our children's behavior that we as parents should be aware of and concerned about?

Limited space is available. Please RSVP to kelli@middletonpediatrics.com

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