



Volume 2, Issue 8

Get Organized, Stay Focused, Get it Done!

25 Manners Every Kid Should Know by Age 9

Growing Up

Meet Arla!

Caring Well

Session 10: A Healthy Look at Sports and Your Child with

Phil Tinder of ProForm PT, Steve Schultz of the First Academy, and Dr. Middleton

October 25, 2012
7:30-9:00PM

Topics include:

- Training for optimal performance.
- Injury prevention.
- How to help your child enjoy athletics and get the most out of them, while not losing the proper perspective.

October 2012

For the Kids

An issue for kids to read all about kid issues!

Get Organized, Stay Focused, Get it Done!

There are so many things to get done each day—cleaning your room, getting prepared for the day at school, and completing homework assignments. No matter what you're trying to do, there are three important steps to remember:

1. Get Organized
2. Stay Focused
3. Get it done

Each one of these steps can be split into a bunch of little steps, but figuring out how to do them will help you in school and later in life.

Get Organized (Get where you need to be, gather supplies)

For schoolwork, being organized includes having a place where you store all your assignments, labeling binders

and folders, and keeping a log of all assignments and when they are due.

At home, being organized is having a place where all of your things belong and putting them back as soon as you finish using them.

Planning is a big part of being organized. Create a to-do list to help you decide what you will do and when to do it. This may also help you pick what item is most important to work on first. Suggestion: Prioritize the list and work on the most important thing first.

Stay Focused (Stick with the task, concentrate)

If you're having trouble staying on task, take a short break (get a glass of water, go for a walk) but come right back.

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25 Manners Every Kid Should Know by Age 9

1. When asking for something, say "Please."
2. When receiving something, say "Thank you."
3. Do not interrupt grown-ups who are speaking with each other unless there is an emergency.
4. If you do need to get somebody's attention right away, the phrase "excuse me" is the most polite way for you to enter the conversation.
5. When you have any doubt about doing something, ask permission first.
6. The world is not interested in what you dislike. Keep negative opinions to yourself, or between you and your friends, and out of earshot of adults.
7. Do not comment on other people's physical characteristics unless, of course, it's to compliment them, which is always welcome.
8. When people ask you how you are, tell them and then ask them how they are.
9. When you have spent time at your friend's house, remember to thank his or her parents for having you over and for the good time you had.
10. Knock on closed doors -- and wait to see if there's a response -- before entering.
11. When you make a phone call, introduce yourself first and then ask if you can speak with the person you are calling.
12. Be appreciative and say "thank you" for any gift you receive.
13. Never use foul language in front of adults. Grown-ups already know all those words, and they find them boring and unpleasant.
14. Don't call people mean names.
15. Do not make fun of anyone for any reason. Teasing shows others you are weak, and ganging up on someone else is cruel.
16. Even if a play or an assembly is boring, sit through it quietly and pretend that you are interested. The performers and presenters are doing their best.
17. If you bump into somebody, immediately say "Excuse me."
18. Cover your mouth when you cough or sneeze, and don't pick your nose in public.
19. As you walk through a door, look to see if you can hold it open for someone else.
20. If you come across a parent, a teacher, or a neighbor working on something, ask if you can help. If they say "yes," do so -- you may learn something new.
21. When an adult asks you for a favor, do it without grumbling and with a smile.
22. When someone helps you, say "thank you." That person will likely want to help you again.
23. Use eating utensils properly. If you are unsure how to do so, ask your parents to teach you or watch what adults do.
24. Keep a napkin on your lap during meals; use it to wipe your mouth when necessary.
25. Don't reach for things at the table; ask to have them passed.

From: March 2011 [Parents magazine](#).

Growing Up

At what point do you grow up? We asked this question of our four children the other night, and the answers we got were the ones you would expect - 16 because that is when you are able to drive; 18 because that is when you can vote; when you are living on your own, supporting yourself.

So what is the right answer? What does it mean to "grow up"?

Growing up happens in a number of different ways. When a pediatrician talks about growing up, the emphasis is typically on growing up physically, and this usually refers to puberty. This is the time when one goes from a kid-type body to an adult-type body, and this type of growing up can be easily observed. But in reality, growing up is so much more than physical. Kids need to grow up mentally (e.g. learning to read, understanding grammar, communication skills, etc.), emotionally (not throwing tantrums on the floor when you don't get your way), relationally (learning to think about the needs of others, not simply what they can do for you), and even spiritually (considering the bigger questions of life such as faith, purpose and reason for existence). And these do not necessarily happen simultaneously. Someone can be fully grown physically but emotionally still be at the level of a little kid. And someone can still be waiting for their growth spurts but already have learned how to be selfless, thoughtful and serving in their relationships, thus being very mature and grown up in that area.

More than a license, a puberty stage, or a birthday, growing up is probably most characterized by responsibility. When someone begins to make good decisions and be responsible for the things in their life -- their health, their schoolwork, their pets, etc. -- we say that this person is growing up and becoming "mature" (mature means "ripe", as in a fruit that has fully grown and is ready to be picked).

Why do people grow up at such different rates? Physical growth is affected by a lot of different things (genetics, nutrition, sleep, etc.), and similarly there are many factors that determine how one grows up in other areas. We have all heard stories of people who, perhaps due to the death of a parent or poverty hitting the family, had to "grow up quickly" and assume responsibilities earlier than expected. Conversely, we probably know people who are advanced in age but have not started acting responsibly and people will refer to them as "never having grown up." No matter your story, kids are made to mature, and if this doesn't happen, there is a problem.

One important point that should be mentioned - growing up doesn't mean being serious all the time. Grown ups can certainly be too serious sometimes, worry too much about stuff, and we certainly don't want that for kids. You can be both mature in your decision-making and fun-loving in the way you live.

In reality, growing up is not an event but a process -- a process of taking more and more responsibility for how one's life turns out. So no matter how old you are, if you are able to read this then there are decisions you can make today to start "growing up" -- deciding to keep your room clean; do your homework and remember to hand it in; put limits on yourself with video games so you can enjoy them without going overboard; drink more water, less soda; be a peacemaker among your siblings and your friends; drive responsibly; and on and on. Once you start making some of these decisions on your own, you are starting to grow up -- and that is a healthy thing to do!

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Don't watch TV or check e-mail; those things will likely keep you sidetracked for much longer than you intended. If you get stuck, ask yourself "What do I need to do now?" Keep asking yourself this question and finishing one task at a time until the whole project is finished.

Get it Done (Put on the finishing touches)

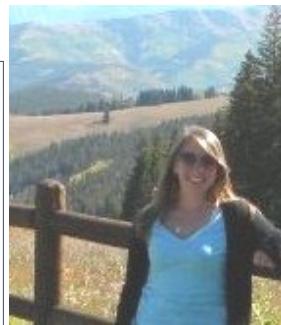
The only thing better than being organized and focused is being done! Check your assignments or chores for any mistakes and make final corrections. This is also a nice time to check off that item on your to-do list so that you can keep track of what else needs to be completed, such as checking your work, preparing your things for the next school day, completing your chores, or getting a head start on assignments and tasks that are due at the end of the week.

Take Responsibility

Part of growing up is learning to take charge of your responsibilities. It is okay to ask for help at times, but it is important to complete your work on your own. It is difficult to learn new skills when someone is doing the work for you. This will set you up for success when you are in a situation where parents or adults aren't able to assist you. Keep in mind, if you are struggling, never be afraid to ask for help! These tips will guide you in taking charge of your work by helping you stay organized, stay focused, and get it done!

www.kidshealth.org

Team Spotlight: Arla Cook



Hometown: Windermere, FL

Education: Bachelor of Science in Nursing from Palm Beach Atlantic University

Pet: 1 dog, Autumn

Favorite Day of the Week: Sunday because it's my relaxation day and I get to spend time with my family.

Favorite Book: *Redeeming Love* by Francine Rivers

Favorite Season: Fall with the leaves and cool weather

Hobbies: "Pinterest"-ing, spending time with family and friends

Favorite Holiday: Christmas. I love decorating and baking and buying gifts.

Favorite College Football Team: Ohio State Buckeyes

Favorite Quote: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Phil 4:6

Why she loves work at Middleton Pediatrics: I am a kid at heart and I love the opportunity to spend my days working with kids.

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