

HEALTHY KIDS
HAPPY FAMILIES

Parents

Baby Sleep Solutions

So You Can Snooze Too!

How To Tell
If Your Child
Is Gifted



Eggs-tra
Cute
Easter
Crafts

Stop Whining,
Back Talk & Fighting

21 Mom-Tested Discipline Tips

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Ways
The Kids
(And You!)
Can Get
Healthier
This Month

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WEEK 7



Find serious motivation.

You're at the halfway point of our program and, we hope, feeling good about it. Now have a conversation with your partner about what's going to motivate you to stick with it. "It may be that you want to live long enough to walk your 3-year-old down the aisle the day she gets married. Or you could be looking ahead a few years to an active family vacation to the Grand Canyon, or to Washington, D.C., where you'll walk together to see all the sights," says Vance Blackburn, M.D., a family physician who participated in the AAFP's Americans in Motion-Healthy Interventions program.



Don't cover your kid's brush with toothpaste.

If you've been lining the length of your child's toothbrush with fluoridated paste, cut back. A lot of toothpaste with fluoride is no more effective at preventing cavities than a little bit, and using more than is necessary can cause white and brown spots on developing permanent teeth. Better: Use a pea-size drop, and follow with flossing at least once a day.



Grow your family.

Nah, we don't mean start assembling another crib. We're talking



Focus meals on the main course, not dessert.



Separate dinner from dessert.

"If you say, 'Eat all your dinner, then you get dessert,' you're sending the message, 'Dinner must be the yucky stuff, and dessert is the reward for eating more than I wanted,'" says Michelle May, M.D., author of *Eat What You Love, Love What You Eat*. "We're teaching kids to override their fullness signal." Instead, Dr. May advises slowing down the courses, and trying this script: "Eat now, and enjoy it. And save room—we'll have dessert a little later."

about extended family: the people who are nearly as invested in the well-being of you and your children as you are. This week, identify one new person to bring into your close circle. If you don't have the familial support you crave, let in others you trust. This is especially necessary for single parents, who may not have another adult to pitch in for relief. That could be the neighbor who

doubles as doting grandmother, or the child-free friend who would love to babysit for you sometime. "People's villages all look different," says Katherine J. Gold, M.D., of the Department of Family Medicine at the University of Michigan Medical School, in Ann Arbor. "Nobody can do it all alone, and it's healthy for kids to have other people in their lives."



Writer Gail O'Connor and family

How It's Going in My House

In reporting this installment of the series, I found myself cringing at many turns. Don't line the kids' toothbrushes with fluoridated paste? Guilty. Don't check your phone so much? Um... It's even on my bedside table while I sleep. Scale back on eating out? I love the convenience of an easy pizza night as much as any mom. Where my family—husband Dan, son Declan, 8, and

daughter Katie, 5—and I seemed to be doing okay: taking calcium, not texting while driving, and eating at the table—most of the time. As far as eating more meals at or from home: We're working on that one. Dan buys lunch at work every day, but he's making a conscious effort to pick healthier fare. We're cutting back on fast food. (I used to see the same mom with her kids at our local burger joint every time

