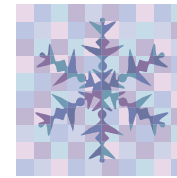


Moore Pediatrics & Associates Patient Newsletter



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CHORES FOR ALL AGES

The following comes from a handout provided by Dot Tetreault, CSW at one of her fall classes. We love this handout because having opportunities to be helpful around the house is important to a child's developing sense of responsibility and self-esteem and yet, it is not always easy to implement. First, Dot recommends that because **children thrive on routine**, it is best to give them chores that are predictable, such as clearing the table after a meal. It is also important to **teach them the new chore by using a 4-step process**: 1) narrate the job as you do it with your child watching; 2) do the job together; 3) watch, coach, and encourage as your child does the job; and 4) your child is ready to go it alone. Finally, it is important to follow through. Use predetermined consequences to help you avoid resorting to threats or anger to reinforce your authority.

Ages 2-3	Put away toys and help set the table
Ages 4-5	Get the mail, help with yard work, and feed pets
Ages 6-7	Clear the table after meals; pour own drinks and get snacks, and empty wastebaskets
Ages 8-9	Sweep or mop floor, load and run dishwasher, and run/take own bath
Ages 10-11	Help prepare dinner, mow lawn, and clean kitchen
Ages 12-14	Grocery shop (small list), prepare a dinner meal, clean bathrooms

DR MOORE'S GOLDEN RULES FOR HEALTHY LIVING

- **Half of what you eat should be fruits and vegetables.** Leave a bowl of fruit where anyone can reach it. Only serve fruits and vegetables as snacks. Take your child to the grocery store and let them choose some fruits and vegetables for purchase.
- **3 meals a day and 1-2 snacks.** Respect the food, be mindful of what you are eating, and sit while eating. Family mealtimes correlate significantly with childhood wellbeing and academic success.
- **No pop and limit the juice.** Treat liquids as a source for hydration. Grownups need 6-8 glasses of water everyday. Keep in mind that pop is a high sodium, low nutrient beverage and juice is a high sugar source relative to the other sources of nutrients that fruit provides.
- **Limit screen time (TV, computer/TV games, internet) to 30 minutes each day.** Studies are showing that increased amounts of screen time affect your child's psychological well-being. It also interferes with much-needed unstructured play time that is important for your child's developing imagination.
- **30-60 minutes of moderate to vigorous activity every day.** If you have a safe contained space for the children outside, send them out to play. Take a family walk. Play with your children: outdoor games like soccer or tag and indoor games like hide and seek.

WINTER CLASS SCHEDULE: ask for brochure to see class descriptions

All classes are held at the office.

We have had waiting lists for several of our events, so we encourage you to sign up early.

We are sorry, but we are not able to provide childcare for the adult classes.

Parenting Course with Dot Tetrault, CSW

Class Size is limited to 15. Class fee is \$120 for 8 weeks and course book.

Tuesdays February-March (6:30-8 pm): **I am, too, the boss of you:** This is Dot's popular 8 week parenting class. Class size is limited and Dr. Moore has already reserved one of those spots.

Nutrition Classes for PARENTS with Paula Herzog, RD

Class Size is limited to 15. Class fee is \$10/class or \$25/3 classes (may be combined with others)

Tues., January 16 (6:30-7:30): **New Year's Resolution**

Tues., January 23 (6:30-7:30): **Great Plate Workshop**

Tues., January 30 (6:30-7:30): **Great Plate for Your 2-5 Year Old**

Nutrition Classes for CHILDREN with Paula Herzog, RD

Class Size is limited to 6. Class fee is \$10/class or \$25/3 classes (may be combined with others)

Tuesday January 16 (10:30-11:30) **Table Time for 3's, 4's and young 5's**

Tuesday January 30 (3:15-4:15): **Helping Hands for your 5-8 Year Old**

Tuesday January 30 (3:15-4:15) **Helping Hands for Your 8-12 Year Old**

Child Development Classes for PARENTS with MaryLou Severin RN

Class Size is limited to 6. Class fee is \$10/class or \$25/3 classes (may be combined with others)

Tuesday January 9 and 23 (10:30-11:15 am): **Healthy Families: Watch them Grow! Your 6-12 Month**

Tuesday February 6 and 20 (10:30-11:15 am): **Healthy Families: Watch them Grow! Your 12-24 month**

Montessori Math Tutorial for CHILDREN with Carol White

For children in K-5. Children will meet in groups of 2-4 students and learn basic math concepts in a hands-on learning environment using specialized Montessori equipment. Students meet weekly for one hour after school. Classes are offered in 4 week sessions beginning in mid-January. A preliminary assessment is required with the instructor in order to place the child. Tutoring fee is \$60/4 weeks and there is a one-time \$30 assessment fee.