

# THE GREAT BODY SHOP

Come in and learn about your body!

FAMILY CONNECTION

## Balancing Busy Schedules and Staying Healthy

Find yourself going out to eat at restaurants as your family's schedule gets busier? You're not alone. Nearly half of all money spent on food in the U.S. is at restaurants. This affects health, as food cooked at home tends to be cheaper and healthier. In fact, going out 4 times a week has been found to lead to 8 extra pounds per year!

Having a busy schedule does not mean that your family has to sacrifice health. Try packing a snack, cooking meals on weekends and freezing them to be eaten later, or ordering healthier and smaller sized options when forced to eat out.

Read more about healthy eating here: [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/tips.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/tips.htm)

Learn more about nutrition with your child in the next issue of The Great Body Shop!



## Non-food Rewards

Almost all families use rewards to encourage good choices and behaviors. Food is an easy and motivating option for children, but can also create bad habits down the road.

When kids get food as a reward, they stop thinking of food as fuel for their body and more in terms of good and bad behavior. Kids start expecting food when they've done something well, which leads to poor nutrition, eating when not hungry, or emotional eating. Food rewards can also teach kids to treasure certain foods over others, such as candy over fruit and vegetables.

Non-food rewards are a great way for parents to help their child create a healthy relationship with food. Be creative in finding different ways to reward your child. Here are some helpful and cheap ideas:

- Praise
- Playdates with friends
- Special time with parents and family
- Sitting at a special spot at the dinner table
- Special outing

Using non-food rewards is also important at school. Ask your child's teacher how they use non-food rewards!

<http://www.actionforhealthykids.org/storage/documents/parent-toolkit/rewardsf3a.pdf>

## Flu Season is Upon Us!

Did you know October is the earliest month that the flu season could begin? This makes it a great time for you and your family to get the flu shot. The Centers for Disease Control and Prevention (CDC) highly recommends it!

Getting the flu shot is the single best way to protect yourself from getting the flu. It will also reduce the chances of your family and community getting the flu, and your chances of missing work or having to visit the doctor or hospital.

If you'd like to learn more about the Flu Vaccine, click here: <https://www.cdc.gov/flu/protect/keyfacts.htm>



# October Is National Bullying Prevention Month—Here Are 7 Misperceptions About Bullying

*Followed by up-to-date research by experts in the field*

**Myth #1:** Bullying is an important part of growing up

**Fact:** Since it is so common in childhood, bullying is often treated as a normal part of growing up. Any type of harm or aggression towards others should not be treated as a natural stage of childhood.

**Myth #2:** Bullying will make kids more tough

**Fact:** Research has found the opposite is actually true. Kids who were bullied often have lower self-esteem and more fear and anxiety compared with their peers.

**Myth #3:** Boys will be boys

**Fact:** This implies that aggression is natural for boys and should be tolerated. There is never a good excuse for bullying.

**Myth #4:** Kids will tell an adult if bullying gets too much to handle

**Fact:** A recent nation-wide study found that 64% of children who were bullied did not tell anyone afterwards. Children are often afraid that the person who is bullying them will retaliate for tattling, or that adults will not act in a way that will help them.

**Myth #5:** Bullying is easy to recognize

**Fact:** While it is true that physical bullying (punching, kicking, and hitting) is often easy to detect, covert bullying (shaming, shunning, leaving kids out on purpose, etc.) is much harder to identify.

**Myth #6:** Kids are just teasing

**Fact:** All kids get teased on occasion. Teasing becomes bullying when the intent is to harm the child and the child does not understand the intent of the teasing.

**Myth #7:** Ignoring will make it go away

**Fact:** Even though this seems like the easiest solution, it could actually make the bullying worse for your child. This is because it could send a message that the child is unable to do anything about the bullying and could give the person who is bullying some satisfaction.

Read about how to talk to your child about bullying here:  
<http://www.pacer.org/publications/bullypdf/BP-2.pdf>

