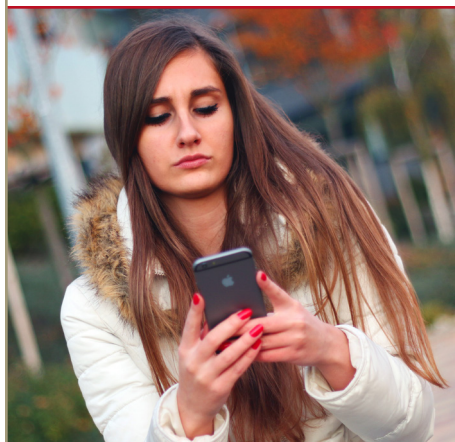




# TAKE CARE

## HEALTHY TIPS FOR THE HOLIDAY SEASON

Winter means colder weather, holiday celebrations and family get togethers. Keeping your kids healthy, warm and entertained during this season can be challenging. Here are a few tips for a successful and healthy holiday season.



### Developmental stages of Adolescence Topic 1: Things to watch for and understand about your teen as you wonder what is normal and when you should be concerned.

#### Is my teen normal? Dr. Jennifer Salerno

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.



CHILDREN'S HEALTH *foundation*

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[ch-foundation.org](http://ch-foundation.org)

If I had a dollar for every time I've heard that, I would be writing this on my own private island. As a healthcare provider and founder of **Possibilities for Change**—an organization dedicated to transforming teen health—my team and I have found that while most parents ask this question, many don't know how to define normal. Believe it or not, there is a fundamental level of normality with teens—yes, those outbursts and “experimental” behaviors are considered a normal part of growing up. If parents understand the good, the bad and the beautiful parts of their teens, they are better equipped to talk with their teens about risky behaviors that come with being teens (which I will explore in a later article). But, for now, let's dive into what is happening in our teen's bodies causing them to act certain ways.

#### Why are they so moody?

The biggest thing to remember when you are frustrated with how your son or daughter is behaving is that they have no control over the tremendous changes happening in their bodies. They are riding a roller-coaster of highs and lows. Think about what it is like to go through menopause and middle age (or what you've heard about it), multiply that by 100 and put yourself in an environment where all of your friends and co-workers are going through the same thing. Sounds horrible, right? That is what our teens are dealing with every day.

#### When will the “teen behaviors” end?

The process of extreme growth and change starts around 9 years old and goes all the way through 21. The biggest changes (challenging you as a parent) happen between the ages

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of 13 and 17. In fact, there are four types of development that teens go through as they are changing from children into young adults:.

- Physical (body changes)
- Cognitive (thinking skills)
- Emotional (feelings)
- Sexual (changing desires)

### What if my teen's development in one area seems out of whack?

It's common for one area of development to move faster or slower than another. For example, your son or daughter may develop physically, but their cognitive and emotional development may still need to catch up. Everyone has known, or knows, a teen that physically looks like an adult but emotionally and cognitively still acts like a child. This can be very frustrating as you, or other adults, expect more mature thinking and control over emotions from teens that look like adults on the outside than from teens who do not. Early development in one area (having the body of an adult) doesn't mean that a teen is equally developed in all areas (being able to think and reason like an adult). Development in each area is a gradual process with stops and starts. Growth spurts will occur in different areas of development (like physical growth and emotional growth) at different times.

There is an entire chapter dedicated to each stage of development in my new book, Teen Speak, a how-to guide for real talks with teens about sex, drugs and other risky behaviors, but here are the basic facts:

### Physical Development: What you need to know

- Teens experience a tremendous amount of physical growth during adolescence. Growth in height during adolescence averages 8 inches.
- A teen boy's lean muscle mass greatly increases due to the rising levels of hormones like testosterone. Teen girls continue to develop muscle mass while also adding body fat. During adolescence, girls' percentage of body fat will increase. This additional fat is deposited in the midsection (hips, buttocks, and chest) and can be upsetting for some girls. Increase in weight during adolescence for both girls and boys averages 45 pounds.



### Things to watch out for as your son or daughter develops physically

- Fear and withdrawal (especially in early adolescence).
- An obsessive concern about their appearance – causing them to miss school or events because they “didn't look right.”
- Excessive dieting or exercise—which can quickly lead to eating disorders.
- Being bullied, teased, or excluded by friends or other teens.

### Cognitive Development: What you need to know

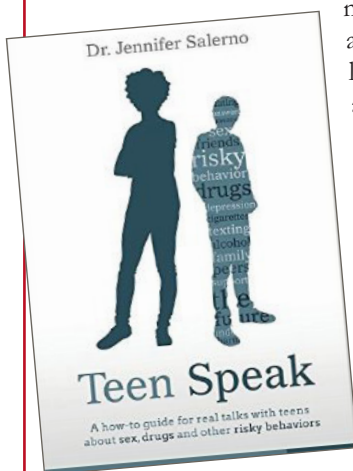
Changes in how teens think, reason, and understand can be even more dramatic than the physical changes you can see. It is normal for teens to be very black and white (or concrete) thinkers one day, and then seemingly overnight they are able to think more broadly and in shades of grey. While their cognitive abilities can appear to progress rapidly, teens don't use their new abilities consistently over time or apply them evenly across situations.

### What is normal?

New reasoning skills can feel exciting to teens and they will take opportunities to try them out with you, which won't feel as exciting for you. You will notice that your son or daughter has begun arguing with you about everything – even things you think don't matter. Keep in mind, this is a part of their development. Try not to engage in a tug-of-war with them every time they have a different viewpoint. It's also completely normal for your teen to display behavior like jumping to conclusions, acting self-centered, being overly dramatic and constantly finding fault in your position.

Parenting teens is not easy, but understanding what your son or daughter is going through and using some different ways to talk and connect with them will make it much easier. In my next article, I will explore how a teen's physical and cognitive development influences their emotional and sexual development.

*Dr. Jennifer Salerno is a nurse practitioner, an adolescent health expert, author of Teen Speak and founder of Possibilities for Change.*



**“There can be no keener revelation  
of a society's soul than the way in which  
it treats its children.”**

**– Nelson Mandela**



# Understanding and Helping those with Adverse Childhood Experiences (ACEs)










By Joel Lampert, Psy.D., Licensed Psychologist at Childhood Health Associates of Salem

Even in the most idyllic situations, humans are likely to encounter challenges, difficulties of some kind; goals that are tough to meet. There are also those who, from their earliest moments, are exposed to traumatic situations, violence, drugs or some other unimaginable fear, helplessness or horror; this is sometimes referred to as toxic stress or Adverse Childhood Experiences (ACEs).

Potential consequences of ACEs include worsened health, social and emotional problems and even death. Regardless of their background, children who are able to learn and develop resilient behaviors and ways of thinking are able to be more flexible, more adaptable, more well-regulated, are better communicators and are better able to set and achieve goals. As caregivers and parents we can make a significant difference in the life of every child, but especially those who have been touched by toxic stress/ACEs.

Knowing what to do when one recognizes a potential symptom of trauma can make a world of difference; potentially changing the trajectory of a child's life and almost certainly improving the outlook for his/her health.

## Common Symptoms of Trauma in Children and Possible Family Responses

Child Behavior	Selected Family/Caregiver Responses
 <b>Sleep Problems</b>	<ul style="list-style-type: none"><li>• Consistent sleep/wake times</li><li>• Soothing bedtime routine</li><li>• No electronics 60min before bed</li></ul>
 <b>Eating Challenges</b>	<ul style="list-style-type: none"><li>• Consistent meal schedule</li><li>• Eat meals as a family at a table</li><li>• Try a new food 1x/week</li></ul>
 <b>Toileting Difficulties</b>	<ul style="list-style-type: none"><li>• Use reward system if needed</li><li>• Trial timed bathroom use</li><li>• Seek treatment for constipation</li></ul>
 <b>Pain</b>	<ul style="list-style-type: none"><li>• Seek treatment if needed</li><li>• Reinforce being healthy/well</li><li>• Use distraction; coping; e.g., deep breathing, positive self-talk</li></ul>
 <b>Headache</b>	<ul style="list-style-type: none"><li>• Drink enough water</li><li>• Use relaxation skills</li><li>• Keep a diary to identify triggers</li></ul>
 <b>Anxiety</b>	<ul style="list-style-type: none"><li>• Recognize the fear</li><li>• Give accurate information</li><li>• Consult books, e.g., "Freeing Your Child From Anxiety" and/or "What to do When You Worry Too Much"</li></ul>
 <b>Mood Swings</b>	<ul style="list-style-type: none"><li>• Remain calm/model behavior you want to see</li><li>• Teach calming skills such as deep breathing, relaxation; exercise</li><li>• Ignore behavior you are able to; pay attention to behavior when needed</li></ul>
 <b>Trouble Expressing Self</b>	<ul style="list-style-type: none"><li>• Try using a "Feelings Face Chart"</li><li>• Model talking with emotions, e.g., "I feel happy when . . ."</li><li>• Help the child identify emotions such as: "It looks like you are frustrated when . . ."</li></ul>
 <b>Aggression/Irritability</b>	<ul style="list-style-type: none"><li>• Whisper instead of yelling</li><li>• Give specific praise for desired behavior</li><li>• Spend one-on-one time playing</li></ul>

**We also recommend these resources:**

**To learn more about adverse childhood experiences please visit:**

<https://www.cdc.gov/violenceprevention/acestudy/>

<http://www.cdc.gov/parents/essentials/videos/index.html>

## Selected Support Strategies

- Attend yearly Well Child Check-ups
- Talk to your child's doctor about frustrations with parenting
- Seek out parenting resources such as parenting class, support groups, etc.
- Stay connected in your community such as through schools, churches, groups, etc.
- Report suspected child maltreatment to the proper authorities

## What Else Can I Do?

- Seek assistance from your child's doctor
- Ask to see the Behavioral Health Consultant or Behavioral Medicine Specialist at your child's doctor's office
- Check out resources on the CHF website: [www.ch-foundation.org](http://www.ch-foundation.org)

## Kid's Corner



Chef Solus Holiday Food  
Word Search Puzzle!



APPLES  
CARROTS  
MILK  
SALAD  
SQUASH  
TURKEY  
YAMS

## Resource



**Candlelighters™**  
For Children With Cancer

<http://www.4kidswithcancer.org/>

### CANDLELIGHTERS FOR CHILDREN WITH CANCER

Candlelighters is a non-profit organization, providing support to over a thousand families affected by childhood cancer in Oregon and SW Washington. Recognizing various needs of individuals and families, we offer our support and services, without regard to economics, race, religion, choice of physician(s) or health care facilities.

## Nutritious Nibbles

### Pizzadillas With Red Sauce

These are great warm from the skillet or cold, packed for lunch with a container of sauce for dipping.

**KidsHealth**

from Nemours

#### PREP TIME:

10-15 minutes

#### WHAT YOU NEED:

4 whole-wheat tortillas (8 inches)  
2/3 cup fresh or frozen spinach, finely chopped  
2/3 cup part-skim mozzarella cheese, shredded  
1 cup marinara sauce (store-bought or homemade)  
Cooking spray

#### EQUIPMENT AND SUPPLIES:

A 10- to 12-inch skillet  
Thin spatula (metal preferred)

#### HOW MUCH DOES THIS MAKE?

4 servings

#### WHAT TO DO:

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
2. Top with remaining 2 tortillas.
3. Place skillet over medium heat. Lightly coat pan with cooking spray.
4. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
5. Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
6. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
7. Serve with marinara sauce for dipping.
8. You can wrap and refrigerate leftovers to take to school for lunch.



### Nutrition Facts

Serving Size (142g)  
Half a Pizzadilla

Amount Per Serving

**Calories 170**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**    **8%**

Saturated Fat 2.5g    **12%**

**Cholesterol 10mg**    **3%**

**Sodium 550mg**    **23%**

**Total Carbohydrate 27g**    **9%**

Dietary Fiber 4g    **15%**

Sugars 3g

**Protein 10g**

**Vitamin A 45%**    •    **Vitamin C 20%**

**Calcium 20%**    •    **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4