

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



Practical Parenting

5 Ways to Help Your Kids Grow into Healthy Adults

To grow into healthy, capable adults, kids need to learn to function independently by solving problems and interacting with the world.

Despite this, it's often one of the hardest things for parents to allow their kids to do. After all, good parents are supposed to help their kids reach their full potential, providing assistance wherever they can. But what if some of that parental guidance is getting in the way of a child gaining the very skills they need as an adult?

That's why the American Counseling Association suggests that parents allow kids try new things, solve their own problems, and make mistakes. When kids are allowed to "fail forward," they learn the important social, cognitive and emotional skills they need to better navigate the world, and thrive as adults. But in today's fast-paced and demanding world where kids clearly need some parental assistance, it can be difficult to know when helping your child in the short-term may be beneficial and when it may be hindering their long-term potential.

Here are five ways to support your kids and help them grow into healthy, capable adults:

Model the right behaviors. As they say, monkey see, monkey do. From day one, your child is watching to see how you and other adults interact with the world. According to the American Psychological Association, modeling the kind of behaviors you'd like to see in your kids is important. Your kids are looking to you to show them how to behave, so you need to lead by example. So whether it's adopting healthy eating habits or dealing calmly with a stressful day, it doesn't matter what you say about appropriate behavior: Kids are paying extremely close attention to what you actually do.

Practice makes perfect. When your child encounters some kind of challenge, whether it's not being invited to a classmate's birthday party or receiving a bad grade, it may feel natural to swoop in and manage the situation. But as noted by child therapist, Beverly Amsel, PhD, when you try to fix things for your child, you take away the opportunity for them to learn how to deal with the

issue on their own. Instead of reaching for the phone, sit down with your child and talk to him or her about how to best handle the situation. You can even encourage rehearsals where your child can practice what they will say or do in order to better manage what's happening.

Empathize...but not too much. It can be difficult to witness your child being angry or in pain. Experts such as Jeffrey Bernstein, author of *10 Days to a Less Defiant Child*, note that it's important to validate your child's feelings. However, it's also important not to go overboard and escalate feelings of unfairness or sadness. Instead, find ways to let your kids know you understand how overwhelming those emotions can be, but then help them discover positive, healthy ways to manage those feelings.

Let your kids make mistakes. This is a tough one. No matter how awesome your kids is, they are going to make mistakes. Since you likely have the experience to see many of these mistakes coming from a mile away, it's OK to gently point out potential pitfalls. However, according to Bright Horizons, an organization that offers solutions for today's biggest education and family challenges, kids who grow into capable adults need to be able to make mistakes in order to learn important skills such as emotional regulation, resilience and coping skills. Sometimes, the best way to teach your kids the most important life lessons is to stand back and let them fall on their proverbial faces!

Help them build healthy habits. As noted by BrainMD, studies show that kids who are encouraged to eat a balanced diet and exercise regularly are more likely to perform well academically — and keep those habits later in life. But helping your child pick up healthy habits goes beyond just eating vegetables. Parents can model other healthy behaviors such as saving money, prioritizing responsibilities over play, and successfully communicating with others. By putting a premium on the habits that will support a healthy life as early as possible, you can help better ensure your kids will succeed when they walk out the front door.

Health & Fitness

Your First Assignment: Starting the School Year Off Right

With the end of summer approaching, it's time to get you and your kids ready for school. Your family can start the school year in the right way by adding a few key items to your summer to-do list.

Get physical. The American Academy of Pediatrics (AAP) recommends scheduling your children's annual physicals before the summer ends. This way, you can make sure that all their vaccines are up to date and that you're ready to knock out any school-required forms for sports and extracurricular activities.

Set a schedule. Approximately two weeks before the school term starts, get back on schedule with regular meals and bedtimes. This can help ease your kids back into the school routine and reduce stress for the whole family.

Plan a rehearsal. It's very common for kids to be apprehensive about starting a new school year. That's why the AAP recommends attending back-to-school nights and orientations to help your kids familiarize themselves with new teachers and classrooms. You can also encourage your kids to rehearse any situations that may be making them nervous — whether it's talking to new kids, asking teachers for help, or figuring out how to stay organized and maintain good study habits.

Get packing. You can also do your part to protect your kids' backs from undue strain. The AAP recommends choosing a padded backpack with wide shoulder straps, reminding your kids to always wear both straps, and teaching them to organize and clean out their bag regularly so it doesn't become too heavy.



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Prep Time
10 minutes

Cook Time
15 minutes

Total Time
25 to 40 minutes

Serves
2

August Recipe

Charred Peach and Feta Flatbreads with Frisée Salad

The only things sweeter than summer peaches are those same peaches charred in a frying pan or on the grill. By pairing them with sautéed shallots, they can be easily used in savory dishes like these wholegrain flatbreads. Salty, creamy feta, a pleasantly bitter frisée-almond salad, and a sweet yet tart balsamic drizzle round out the toppings, creating a snack that's sure to please everyone at your next backyard BBQ or at a delightful dinner for two on any weeknight.

Ingredients

2 organic peaches or other stone fruit
1 or 2 organic shallots
2 wholegrain lavash flatbreads
1½ ounces crumbled feta
2 tablespoons balsamic vinegar
1 head organic frisée or other chicory lettuce

1 organic lemon
4 or 5 sprigs organic fresh basil
3 tablespoons roasted almonds
Kosher salt and freshly ground black pepper
Olive oil

Tools

Medium bowl, large frying pan, sheet pan

Instructions

1. Prep and cook the peaches and shallots

Position a rack in the center of the oven and heat the broiler.

- Cut the peaches into lengthwise quarters; cut the fruit into ½-inch-thick wedges.
- Peel and thinly slice the shallots.

In a large frying pan over high heat, warm 1 to 2 teaspoons of oil until hot but not smoking. Working in batches if needed, add the peaches with the cut sides facing down, and cook, turning once, until lightly browned (1 to 2 minutes). Transfer to a plate. Add more oil between batches if needed.

In the same pan over medium-high heat, warm 1 to 2 teaspoons of oil until hot but not smoking. Add the shallots, season with salt and pepper, and cook, stirring occasionally until the shallots start to soften (2 to 3 minutes). Transfer to the same plate as the peaches.

While the peaches and shallots are cooking, the flatbreads can be prepared.

2. Assemble and toast the flatbreads

Brush the flatbreads lightly with oil on both sides. Place in the oven, directly on the rack, and toast, turning once, until they start to crisp (about 1 minute per side).

Working in batches if needed, the flatbreads to a sheet pan and place side by side. Arrange the peaches and shallots evenly on the flatbreads, leaving a ½-inch border around the edges. Top with the feta and drizzle with 2 to 3 teaspoons balsamic vinegar or more to taste.

Place the flatbreads under the broiler, watching closely to prevent burning, and broil until the flatbreads are crisp, the feta starts to soften, and the balsamic vinegar has caramelized slightly (2 to 4 minutes). Transfer to a cutting board.

3. Make the salad and prep the almonds

- Trim the roots off the frisée and coarsely chop the leaves.
- Juice half the lemon and cut the other half into wedges for garnish.
- Strip the basil leaves from the stems and coarsely chop the leaves.
- Coarsely chop the almonds for garnish.

In a medium bowl, toss together the frisée, basil, 2 teaspoons lemon juice, and 1 to 2 teaspoons oil; season to taste with salt and pepper.

4. Finish the flatbreads

Cut the flatbreads into squares and top with the frisée salad and almonds. Season with salt and pepper.

5. Serve

Transfer the flatbreads to individual plates and serve with the lemon wedges.



Enjoy healthy, easy recipes with organic produce and clean ingredients delivered to your door weekly. Get \$35 off your first Sun Basket delivery at bit.ly/gnpsunbasket.

Ask a Pharmacist Are Over-the-Counter Medications Safe for Kids?

Over-the-counter (OTC) medications are safe and effective for a child of the right age and weight, but recommendations for OTCs change as time goes on. That's especially true for children's remedies. As parents and grandparents, we hate to see our little ones suffer, and we feel the need to give them something to help them feel better right away. However, what we remember as being the right thing to do in the past may not be the right thing to do today. While the urge is to select a product based on the symptom relief stated on the front of the package, you need to be sure it is the right product for your child based on the age or weight range given on the back of the package.



Jim Bussis
Pharmacist
Paul's Pharmacy
Holland, Michigan

It's important to read the labeling on children's OTC medications to find the right dose. Staying within those guidelines helps keep the child safe and helps them feel better. Be sure to follow the manufacturer's directions and don't use more than the recommended dose for the child's age or weight. Some OTCs specifically note that the product should not be given to children under a certain age (which is frequently two years old) without consulting a doctor. Always using the dosage dropper or cup that is included with a liquid medication can help ensure an accurate dosage is given.

Above all, don't be afraid to ask your pharmacist for guidance on over-the-counter medication. That's why we're here!

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Local Love

Hemmingsen Drug Store

MARSHALL, MICHIGAN

"We wear many hats in the community... When there are projects in town, we strive to contribute. We want to enrich and thank the community that supports us."



How many years has Hemmingsen Drugstore been in business?

Hemmingsen Drugstore is in its 83rd year of business. Chris and Mindy have owned the store since 2016.

What has been the most significant change in your pharmacy over the past five years?

The pharmacy's most significant changes in the last five years include the change in ownership, the remodeling of the pharmacy in the fall of 2017, and the implementation of our Align to Save Time med synchronization program.

What is your favorite thing about owning an independent pharmacy?

Our favorite thing about owning an independent pharmacy is having the ability to personalize how our pharmacy practice operates by providing a high level of care to a community we've quickly grown to love.

What role does your pharmacy play in your local community?

We wear many hats in the community. Improving patient outcomes is at the top of our list of priorities. In addition to our patients, we are a partner with the free healthcare clinic that serves our community. We also try to give back in other ways, such as sponsoring the County Fair and several local sports teams, as well as a Northwoods League baseball team. We are a high-school athletics booster and support the community theatre. When there are projects in town, we strive to contribute. We want to enrich and thank the community that supports us.

What makes you unique and sets you apart from your competition?

We believe our personal service and free delivery are key differentiators that set us apart from our competition.

What unique health needs do you have in your community?

I wouldn't say the needs of our community differ from most others, but if a patient does have a unique need, we craft a solution to meet it.

What does Locally Loved mean to you?

Locally Loved is the extra mile we go to in order to ensure that the personal service we provide is returned in the form of customer voting. They are choosing us, their neighbors.