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# YOUR GROWING CHILD

A newsletter for families of Partners in Pediatrics Ltd.  
An affiliate of Children's Hospitals and Clinics of Minnesota

## Picky Eaters—Is This a Problem We Can Solve?

*We all hope that the ability to eat healthfully would be genetically imprinted in our children. Sadly, this is rarely the case. This is part two of a two-part article about getting your picky child to eat well.*

**Motivate.** You can offer incentives to your children to do what you ask. I do not recommend using food as a reward like saying, "If you eat your peas, you can have dessert" but rather, "If you eat your peas, you can have 10 minutes of tickle time or an extra book at bedtime tonight."

If they still refuse, then do not give them a reward but remind them, "You could have earned an extra bedtime book tonight but you chose not to eat any peas, so maybe we will try again tomorrow." If you give in later, you just taught them that you do not mean what you say.

Follow through immediately if they do comply by eating some of what you asked them to eat. Leave the dishes on the table and go play tickle time for 10 minutes as promised or go pick out that extra book for bedtime now and set it out for later.

Remember to give verbal praise again as well, "I am so proud of you..." Desserts, if given should be a small portion, not enough to fill up on. Make sure "desserts" most of the time are a healthy option like yogurt, or a little cheese and crackers or a small bowl of fruit.

**Provide healthy choices.** Do not buy junk food at the store. Children cannot hold out for junk food if it is not in the house. If you know they love to fill up on Goldfish crackers all the time, do not buy them at the store for awhile. Make your choice for healthy food for the *whole* family.

Try to keep fresh fruit and veggies on hand for quick snacks. Cut them up and keep them in the refrigerator ready to go. Why eat chips with lunch sandwiches?

Change it up and offer apple slices or fruit instead.

Drinking too much pop? Then don't buy it. Keep a pitcher of cold water available. Fill up sports bottles of water and keep in the refrigerator for quick access when looking for something to drink.

Model the behavior you want to see. Try new foods yourself. Discuss what you liked or disliked about them. Watch what you eat, what do you snack on? What do you drink every day? Your kids are watching you, too. Make sure your kids do not get

more calories from snacks than they do from meals.

**Be creative.** Find ways to incorporate more fruits and veggies. Try smoothies made with fruit or vegetable juice. Add spinach to your Ranch dressing to use as a veggie dip. Use vanilla yogurt for a fruit dip. Cut up veggies (really small if needed) to add to your spaghetti sauce or lasagna. Have fun at the dinner table. Find ways to engage your child. Pretend the broccoli are trees and you are a giant eating the trees.

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## Dr. Bukstein and Dr. Nichols Retire and Will Be Missed



**Dr. Jim Bukstein**

Dr. Jim retired October 1<sup>st</sup>, 2014 after a long career at *Partners in Pediatrics* and before that at *Pediatric Associates*. Jim has practiced at our office for his entire career after completing his residency at Case Western Reserve Hospital in Cleveland, Ohio. Over the past 15 years, he has been seeing his patients at our Brooklyn Park office.

Over his career, Jim has cared for

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**Dr. Gary Nichols**

On September 30, 2014, Dr. Gary Nichols retired from practicing at *Partners in Pediatrics*.

Dr. Nichols began his medical career graduating from the University of Michigan Medical School and completing a pediatric residency at Riley Hospital for Children in Indianapolis, Indiana.

He joined *Oakdale Pediatrics* in 1982 and

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## Dr. Bukstein Retires

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generations of families with dedication, a calm demeanor and pediatric expertise. Jim has always been a “go to” person for questions about complicated patients. He is known for being the “whistler” as he makes his rounds visiting his patients while whistling a happy tune!

As Jim retires, he will be able to pursue his many interests. He is an avid biker (always wearing his helmet!!) and has organized the PIP bike tour, including PIP staff, spouses and their children.

He has a wonderful singing voice and has participated in a number of choirs, including a barbershop quartet. Lately, he has been supervising a youth choir to pass on his passion to younger singers. Jim, along with his wife Marlene, is active in various volunteer organizations, generously donating his time and efforts.

Most important, Jim will have more time to spend with Marlene, his children and his grandchildren! Though we will miss him, we wish Jim all the best for the future as he enters this next chapter of his life.

—Howard Bach, MD

## Healthy Eating for the Picky Generation

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Play *I Spy* or word games during the meals. Talk to your teen and tell them about you or things that you admire about them. Talk about favorite meals that you remember from your childhood or your parents’ favorite meals.

Use this time to catch up on each other’s lives. Ask more than just yes or no questions. Thank your child for helping to clear the table or doing the dishes, even if it is their chore.

### Remember:

*Your child will not starve.* They may skip a meal if they are being stubborn or get mad and throw a fit but they will want to eat again later. Most toddlers eat well at one meal a day and the rest of the meals can be hit or miss.

When considering how they eat, look at the whole week not just one day. Often kids eat well one day and not as well the next. We want kids to learn to eat when they are hungry and not to eat if they are not hungry-but they can still sit at the table and be part of the conversation.

*Make sure they are not filling up on fluids.*

Limit fluids prior to a meal. Especially milk. Reserve milk for mealtime and use water in-between. No fluids 30 to 45 minutes prior to a meal or your child may feel full prior to the meal.

If they drink a lot of fluids during the meal, then cut back on what you offer them. The daily recommendations for calcium vary by age and we provide them in the well-child checkup handouts. Children need milk every day but don’t overdo it.

*Always eat meals at the table.* Do not sit on the couch in front of the television or let your toddler come up to you for a bite to eat, then go and play. If they are hungry then bring them to the table to eat.

*Make meal time a social time.* You may even really look forward to meal times again.

*When things are difficult talk to your provider.* Special needs kids need a special approach. Some “picky eating” may actually be a food texture issue and not a taste or picky eater issue. Talk to your doctor about special strategies or referrals to therapy for food aversion or other feeding problems.

*Set the mealtime stage properly.* Be attentive to your child, relaxing and not getting upset, unplugging from electronics and TV. Motivate your child with what works best, providing the healthy foods and getting rid of the junk foods. Most of all be creative and find new ways to offer those foods they may not particularly enjoy.

—Cathy Chadwick, MD

## We Say Goodbye to Dr. Nichols

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continued on into *Partners in Pediatrics*.

When he started he covered both the pediatric and neonatal intensive care units which often meant sleeping in the hospital to monitor critically ill infants and children.

As our board-certified specialist in pediatric sports medicine, he has been our “go to” man for any orthopedic questions and an easy referral for our patients needing the specialized care of a sports medicine provider. He demonstrated his unique ability to connect with the patients and families with the confidence that only his years of experience and dedication to sports medicine could deliver.

He carried this skill and dedication outside the walls of PIP to the many high school sporting events he attended as the team physician providing sideline coverage for those high school athletes.

Dr. Nichols has carried this dedication to patient care even farther beyond the walls of PIP to missions around the country and around the world. He served as a physician for the U.S. Olympic Team in Salt Lake City in 2002, at the annual Iron Man Triathlon in Hawaii for many years and locally for the Twin Cities Marathon and the Lifetime Fitness triathlon.

In more recent years, he has begun to do work in the international community in Haiti, Ghana, Nepal and Tibet. The stories he has shared of his work in these areas are both heartbreaking and inspiring. He led a PIP group of providers and staff to Haiti this past spring.

As we sadly bid farewell to Dr. Nichols, we wish him well in his continuing endeavors to serve on medical missions around the country and around the globe and in his other passions of travel and adventure.

—Megan Jennings, MD

### Partners in Pediatrics

#### Appointment Hours

Monday through Friday 8 a.m. to 5 p.m.

#### Pediatric Ready Care Hours Walk-ins Welcome!

**Monday through Friday**  
8 a.m. to 5 p.m. all clinics

**Monday through Thursday**  
5 p.m. to 8 p.m. Maple Grove

**Saturdays and Sundays**  
8:30 a.m.—12:30 p.m. Maple Grove only

**Brooklyn Park**  
763•425•1211

**Calhoun**  
952•562•8787

**Maple Grove**  
763•559•2861

**Plymouth**  
763•520•1200

**Rogers**  
763•428•1920

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