

Parent Talk

**formerly known as the Weekly Chatter

Playing with kids good for child, parent health

Studies (1) show that play helps children develop social skills like cooperation and empathy. **For adults, play can help boost energy and vitality and improve resistance to disease.**

Because playing can **trigger the release of endorphins** which can promote well-being and temporarily relieve pain, **research** (2) shows that **playing with family and friends can also help ward off stress and depression.**

Ideas on incorporating more time for play with your family

- Schedule time in a park or at the beach to throw a Frisbee or fly kites
- **Host a regular game night**
- Play outdoors. Go to the park, play in the dirt, go on a hike, **take a nature walk in your backyard or around the neighborhood**
- Play games like Follow the Leader, Guess What I Am, **Hide and Seek**, I Spy & Simon Says
- **Try to avoid electronic games.** Focus on the interactive activity and turn off cellular devices.

Play Helps a child...



Even if you don't have young children, you can still reap the benefits of play by arranging a play date with your grandkids, nephews, nieces, or other young relatives.

Playing with kids builds a bond that will last forever because when children are used to laughing and spending quality time with parents, they are **more likely to share their thoughts and feelings on serious matters when they are older.**

For more information

- [The serious need for play](#) (4) – ACPeds blog post
- [Benefits of play for adults](#) (5)
- [Six types of play, why it matters and what parents can do](#) (6)



Breastfeeding beneficial to heart health for women

According to recent [research](#) (7), breastfeeding has been found to **lower the risk of heart disease and stroke** in women and another recent [study](#) (8) showed that breastfeeding can even **reduce post C-section pain**. [Studies](#) (9) also show that breastfeeding can **lower risk of cancer** and [lower risk of postpartum depression](#) (10).

Breastfeeding is good for MOTHERS

- It helps with weight loss after childbirth
- It reduces the risks of type 2 diabetes and breast and ovarian cancer
- It lowers the risk of anemia

(11)

In most cases, breastfeeding is the best choice to ensure a baby's healthful mental and physical development.

- It provides all the necessary nutrients
- It's safe and requires no preparation
- It contains antibodies

(12)

[Research](#) (13) shows that breastfed children are **less likely to develop asthma, Leukemia, child obesity, ear infections, and sudden infant death syndrome (SIDS).**

For more information

- [Breastfeeding Basics](#) (14)
- [When should a mother avoid breastfeeding?](#) (15) - CDC



Talking to Teenagers about Drugs & Alcohol

#WeeklyBlogPost

According to a national [survey](#) (16) on drug use and health,

teens who have regular, serious conversations about drug prevention with their parents are around 50% less likely to use drugs than those who don't.

Knowing when and how to talk about such a deep subject with a child, whether they may be using drugs or not, is difficult.



(17)

For tips on talking to children about drugs,

**[CLICK HERE](#) (18)
and please, leave a comment!**

We love to hear from our readers and hope to receive your feedback!

Check [ACPeds.org/Blog](#) each Monday for a new post. Click [here](#) (19) to subscribe.



Don't hesitate to contact us with your questions and comments. We look forward to hearing from you.

Dear Member,

Each Parent Talk that you receive is stored on the ACPeds website at this address: <https://www.acpeds.org/parent-talk>

We invite and encourage you to share the links to these Parent Talks on your practice website, on your social media pages, or in your patient newsletters for the benefit of patients & families. Pick and choose from the list of topics or post them all!

Thank you for helping us share information that serves the Best for Children.

Stay Connected



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- 1 <http://www.parentingcounts.org/parent-handouts/information-for-parents-play.pdf>
- 2 <https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>
- 3 https://thumbnails-visually.netdna-ssl.com/the-importance-of-play-in-early-childhood_56940f046de11_w1500.jpg
- 4 <https://www.acpeds.org/the-serious-need-for-play>
- 5 <https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>
- 6 <http://www.parentingcounts.org/parent-handouts/information-for-parents-play.pdf>
- 7 <http://www.medicalnewstoday.com/articles/318020.php>
- 8 <https://consumer.healthday.com/women-s-health-information-34/birth-health-news-61/breast-feeding-may-reduce-pain-from-c-section-723266.html>
- 9 <https://www.sciencedaily.com/releases/2015/10/151028095109.htm>
- 10 <http://www.cam.ac.uk/research/news/breastfeeding-linked-to-lower-risk-of-postnatal-depression>
- 11 <http://www.paho.org/pahobranding/wp-content/uploads/2013/07/infographics.jpg>
- 12 <http://www.paho.org/pahobranding/wp-content/uploads/2013/07/infographics.jpg>
- 13 <http://pediatrics.aappublications.org/content/129/3/e827>
- 14 <https://www.breastfeedingbasics.com/>
- 15 <https://www.cdc.gov/breastfeeding/disease/index.htm>
- 16 <https://www.dosomething.org/us/facts/11-facts-about-teens-and-drug-use>
- 17 <https://s-media-cache-ak0.pinimg.com/originals/81/5d/d6/815dd69528d6a428520eaf9220e2ee54.png>
- 18 <https://www.acpeds.org/talking-to-teenagers-about-drugs>
- 19 <http://acpeds.org/subscribe>