



# Sesame Family Newsletter

September 28, 2005

The nonprofit organization behind Sesame Street and so much more



## For Parents

[Healthy Habits, Healthy Kids](#)  
by *Jordan Brown*

Couch potatoes, arise!  
It's Child Health Day.

### Featuring:

- [Paging Dr. Daddy](#)
- [The Fun of Fitness](#)
- [Nutritious and Delicious](#)
- [One Toothbrush, Three Languages](#)
- [A Brotherly Birthday Gift](#)

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### Games and More: **Healthy Fun**

Staying healthy with favorite Sesame pals.

- [Your Amazing Body](#)
- [Elmo Goes to the Doctor](#)
- [Cold in My S'nose](#)
- [My Healthy Ways](#)
- [Weekly Trivia](#)

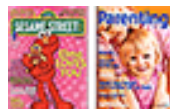


### From the Workshop



[Your charitable gift to support Sesame Workshop will pave the way for Sesame Street...](#)

### Sesame Store



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McDonald's: A Proud Sponsor of Sesame Street



For years, Sesame Street has nurtured the wellbeing of children through learning, laughter and wonder. [McDonald's](#) is happy to be a sponsor, hoping to inspire kids everywhere to learn and to live more balanced, active lifestyles.

[Read all about it!](#)

## Healthy Habits, Healthy Kids

## PAGING DR. DADDY

**I've been a sound sleeper my whole life.** I can snooze through almost anything--a blaring TV, screaming fire engines, you name it. So, when my son Finn was born nearly five years ago, I was surprised (and relieved) to discover that the only noises that instantly wake me up are my children's nighttime calls for help.

This situation reared its head one night last week. Around 2 AM, I heard Finn's worried voice by my bedside asking, "I'm not sure if it's snotties or blood." The word "blood" ripped my wife Ellen and me right out of REM sleep. In an instant, the light was on and we were staring at blood splotches on Finn's pajama top and face. It was obvious what had happened. Finn had yet another nosebleed--not uncommon for our son. Knowing the routine, we got a tissue, and helped Finn hold it against his nose to clot the blood, all the while reassuring him that everything was okay.

Ellen and I are grateful that nosebleeds are the worst of Finn's medical problems and that he and his younger sister Olivia are usually quite healthy. Not to tempt fate, we try to be proactive about our children's nutrition and fitness, and urge them to eat a variety of foods, and get plenty of exercise.

October 3 is Child Health Day--a day created to help parents and other caregivers think about the different ways they can help children make smart choices about nutrition, exercise, sleep, and hygiene. It's also a day to remind parents about the value of vaccines for preventing the spread of infectious diseases. Child Health Day has prompted Ellen and me to explore new ways to encourage healthy lifestyles in our children.



### KEYS TO KEEPING KIDS HEALTHY

Some crucial childhood health advice that no family should be without.

### TAKE-AWAY TIPS: TWO LITTLE HEALTH LESSONS

Teach your kids the most important stay-healthy habits.

### READY-FOR-HEALTH CHECKLISTS

Be ready for anything on the road or at home.

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## THE FUN OF FITNESS

**The last time I went for my annual physical, the doctor was impressed that I had lost weight and was looking fit.** My blood pressure was down, and my lung capacity was up. While I was delighted to hear this news, I was shocked. I hadn't been to a gym in years, and only jog occasionally. When my doctor asked, "What have you been doing to keep in shape?" I smiled, and said: "Fatherhood."

Anyone who has gone to the supermarket with an active 4 year old and a lively 11 month old knows it can be an Olympic event. And, keeping the kids engaged at the playground always involves lots of running, lifting, and



### HELPING OVERWEIGHT KIDS SLIM DOWN

Give healthy snacks, encourage exercise, and set

carrying. And, as I've mentioned in previous newsletters, Finn loves to imitate different modes of transportation when we go to camp, or school. One minute he's a fast train zooming over the sidewalk, the next he's a rocket, blasting his way to the park. In short, exercise is a wonderful by-product of having fun outside. On rainy days, one of our favorite ways to pass the time is crank up the stereo and do wild and crazy dances.

[a good example.](#)

**MOVIN' AND GROOVIN' -  
DANCING AND LEARNING!**  
[Tips to stimulate your  
children's interest in dance.](#)

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## NUTRITIOUS AND DELICIOUS

**Last year at preschool, Finn was surprised to learn that one of his best friends was allergic to chocolate.** We explained that some people's bodies get sick when they eat certain foods. "But how can Buddy be allergic to chocolate?" Finn wondered. "It's so delicious!"



Our clever boy found a way to use this new knowledge of "being allergic" to his advantage. These days, Finn claims to be allergic to any foods he doesn't want to eat. When Finn was 2 and 3, getting him to eat a variety of vegetables was never a chore. Now, he asserts his independence by saying things like, "I don't want green beans. It turns out I'm allergic to them." Fortunately, if Ellen and I offer enough distraction, Finn will eat almost anything--including the very veggies he claims to be allergic to. To get Finn to eat carrots, broccoli, and the like, we have also had good luck with a game we discovered in a Sesame Workshop article on nutrition. Here's how it works: Present a sample of three fresh vegetables, and invite your child to test each one to see which is the crunchiest.

**ALLERGIES TO  
ANTIBIOTICS**  
[A doctor's advice on treating  
an allergic child.](#)

**HEALTHY FOR LIFE**  
[Nurturing your child's  
growing body and mind.](#)

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## ONE TOOTHBRUSH, THREE LANGUAGES

**Last but not least, regular tooth brushing is essential to overall good health.** To avoid this being a chore, we've made the experience as enjoyable for Finn as possible. Each night, Finn puts bubble gum flavored toothpaste on his electric toothbrush, and gleefully switches it ON. To maximize his brushing time, Ellen and I make a game of counting to 10 slowly as he brushes. We even draw out the last number by adding "9 and a half, 9 and 3/4s, 9 and 7/8s." We then challenge him to keep brushing while we count to 10 in Spanish and French.



Even with these games, Finn sometimes resists. When this happens, I remind him of one of his favorite brushing

**ENCOURAGING HEALTHY  
HABITS**  
[Make daily hygiene child's  
play!](#)

activities--spitting out the water like a whale spout. Sure, it makes a mess, and indulges his mischievous side, but--bottom line--he's developing a lifelong habit of taking care of his teeth.

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## A BROTHERLY BIRTHDAY GIFT

**It's hard to believe, but in a month, our daughter Olivia will turn 1.** When I called to schedule her one-year checkup, our pediatrician suggested that I bring Finn, too, so he could get a flu vaccine. She reminded me that, during flu season, Olivia will be exposed to many more germs than usual because her big brother unknowingly brings home many microbes from school.

Like many kids, Finn is not crazy about getting shots, but last year, when asked to get a flu shot, he seemed to appreciate his responsibility. He loved the power kick that his getting a flu shot would heroically protect his baby sister from "gazillions of germs."

Wishing you a healthy and happy fall.

Jordan Brown

Sesame Workshop



### PASS-ALONG ILLNESSES

[How to protect your baby against a sibling's germs](#)

### CURBING COLDS

[What you can do to avoid your child catching other kids' illnesses.](#)

### "I DON'T WANNA GET A SHOT!"

[Help your child cope with medical treatment.](#)

### VACCINES: WHAT EVERY PARENT SHOULD KNOW

[Answers to frequently asked questions.](#)

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## Weekly Trivia

**Sesame Street uses approximately \_\_\_\_\_ pairs of eyes and \_\_\_\_\_ noses per season.**

- A.100/50
- B.1,000/5,000
- C.219/180
- D.2,190/1,800

The answer is C. That's a lot of plastic surgery!

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## FROM THE WORKSHOP

From the United States to Bangladesh, Sesame Workshop is using the power of media to allow children to learn about the world around them and acquire the skills they will need to succeed in it. Whether it's letters and numbers or a concept like sharing, with kind words and the humor of puppets, the laughter and the learning are the same all over the world.

[Learn how you can help Sesame Workshop today.](#)

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### COMMENTS? QUESTIONS?

[Tell us what's on your mind.](#) Kindly note that we are unable to respond to every email received.

### ABOUT THE WORKSHOP

Sesame Workshop is a nonprofit educational organization making a meaningful difference in children's lives around the world. Founded in 1968, the Workshop changed television forever with the legendary Sesame Street. Today, the Workshop continues to innovate on behalf of children in 120 countries, using its proprietary research methodology to ensure its programs and products are engaging and enriching. Sesame Workshop is behind award-winning programs like Dragon Tales and Sagwa, The Chinese Siamese Cat, Pinky Dinky Doo and ground breaking multimedia productions in South Africa, Egypt and Russia. As a nonprofit, Sesame Workshop puts the proceeds it receives from sales of Sesame Street, Dragon Tales and Sagwa products right back into its educational projects for children around the world. Find the Workshop online at [www.sesameworkshop.org](http://www.sesameworkshop.org)

Sesame Workshop

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