

FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

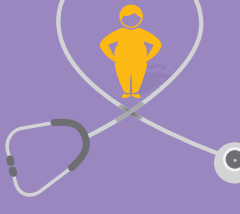
Keeping you connected to important health updates, upcoming classes and helpful resources

We are all about

Healthy kids!



September is dedicated to National Childhood Obesity Month! Along with the CDC's Division of Nutrition, Physical Activity, and Obesity, we are helping to raise awareness on the increasing obesity rates among children in the U.S. There are a few ways to encourage healthier behavior in children, including eating healthier food and snacks, limiting screen time, and making sure they get enough sleep. Even small changes can lead to big results.



This month we invited one of our pediatricians, Dr. 'Micky', to share some helpful tips on how to encourage your little ones to form healthier eating habits.



Let's Ask the Pediatrician



"Building a relationship of trust and communication with the families of children I treat is what I enjoy most about being a pediatrician." – Dr. Obradovic

Micky Obradovic, M.D. Board Certified Pediatrician

Practice Address: 191 S. Buena Vista St., Ste. 240, Burbank, CA 91505
Office: (818) 557-7278 | Office Hours: Monday - Friday: 7:00 a.m. - 5:00 p.m.



Q: My child has always been a picky eater and is overweight. How can I introduce simple foods to get my child to start eating healthier?

A: Helping your child develop healthier eating habits can be challenging. But with a few positive changes, you can help your child discover a whole new way of eating healthier, and one they would enjoy.

- Start by gradually introducing new foods with familiar favorites, such as including colorful fruits and vegetables, whole grains, and lean proteins. Be patient and persistent, as it may take several attempts for your child to accept new foods.
- Involve your child in meal planning and preparation, allowing them to choose from healthy options.
- Get creative with food presentation. Cut fruits and vegetables into fun shapes or arrange them into colorful patterns. Offer dips or sauces that your child enjoys.
- Provide praise when your child makes healthier choices, and focus on overall health rather than weight alone. Encourage physical activity and limit screen time. Help your child find enjoyable physical activities they can engage in regularly.
- Avoid buying junk food, unhealthy snacks, or sodas. If it's in the house, it will encourage unhealthy snacking. Make healthy snack options available.

Remember, every child is unique, and it may take time for them to develop a taste for healthier foods. Stay positive, be patient, and celebrate small victories along the way. If you have concerns about your child's weight or eating habits, consult your child's pediatrician or healthcare professional for guidance.



Q: Looking for a fun activity to do with your little one?

A: Download our cute coloring book [here](#) that encourages eating more fruits and vegetables. It also explains why eating each color of the rainbow is good for you.



Source: American Academy of Pediatrics, eatright.org



Now that the kids are back in school, it's important to make sure that they are ready to tackle more than just their homework. Getting yearly checkups and staying current on their vaccines will help them stay healthy and strong throughout the year. The flu season is just around the corner as well, so stay ahead of it and be ready.

Looking for a pediatrician?

Dr. Micky Obradovic is available to help you and your child with all of your healthcare needs for back to school and beyond. Give our Burbank office a call at (818) 557-7278, Monday - Friday from 7:00 a.m. - 5:00 p.m. for further information and to schedule an appointment.

For a complete list of recommended vaccines for your child, visit the [CDC](#).

This zesty recipe is *berry yummy!*

Looking for a fun recipe to make with your little one? Then look no further! These refreshing, zesty and sweet blueberry yogurt lemon bars are not only a treat but they are also deliciously healthy. This easy-to-follow recipe is perfect for little helpers in the kitchen and will have them excited about the blend of healthy flavors. Full of juicy blueberries, tangy lemon, and creamy yogurt, these bars add a healthy twist on a classic dessert. So get your aprons, roll up your sleeves, and get ready to create some sweet memories with your little one!



[Get the full recipe here](#)

DON'T BE ALARMED. THIS IS ONLY A TEST.

Nationwide Emergency Alert Test Is Scheduled for Weds., Oct. 4!



At approximately 2:20 p.m. ET on Wednesday, Oct. 4, expect to receive an emergency alert test on your phones, televisions and radios. Don't worry, there is no action required from you. The purpose of this test is to ensure that these systems of communication continue to be an effective way to warn the public about emergencies, specifically those on the national level.

FEMA and the FCC are coordinating their efforts with EAS (emergency alert system) participants, wireless providers, emergency managers and other stakeholders to minimize confusion and to maximize the public safety value of the test.

- The message that will appear on your phones will read: "THIS IS A TEST of the National Wireless Emergency Alert System. No action is needed."
- Phones with the main menu set to Spanish will display: "ESTA ES UNA PRUEBA del Sistema Nacional de Alerta de Emergencia. No se necesita acción."

[Get more information about this emergency alert test](#)

Don't hesitate. Vaccinate.

We get it. You're already feeling vaccine fatigue. But getting your flu shot will help keep you healthy to enjoy life's simple pleasures without worrying about getting sick. So, this season don't hesitate. Vaccinate.

For more information about getting the flu vaccine, visit the [CDC website](#).

