Top parenting New Year's resolutions 2018



A lot of life's issues boil down to the essentials…eat, sleep, drink, pee, poop, love and learn… for your child and yourself. We are here to help you to carry out your parenting New Year's resolutions in all of these areas.

1- **Eat** Resolve to help your picky eater become less picky. Become more patient and creative in helping your children eat new foods.

2- **Sleep** Resolve to fix your child's sleep problems. Help create a reasonable bedtime routine for your baby and end night time wakenings, and help your tired teen get better sleep.

3- **Drink** This year resolve to wean your toddler from the bottle/breast to a cup.

3- **Pee** Resolve to help your child avoid urine accidents and gain a better understanding of bed-wetting.

4- **Poop** For parents of newborns: resolve to help your gassy baby. For parents of toddlers: resolve to end the battle of the potty and encourage your child to potty train in a peaceful, non punitive and non-controlling way. Help solve your child's tendency to hold onto poop, which leads to constipation.

5- **Love and Learn** to understand your child's developmental abilities in order to discipline appropriately and have reasonable expectations. Learn how and when to use "time out."For your teen, learn how to talk with them. Help your child learn to "go it alone," and calm test/school work anxiety.

As for us, we resolve to continue to be your source of dependable pediatric advice. We resolve to keep current with pediatric advances, remain honest, and treat your family with respect and care as we help you grow your children into confident, independent adults.

Wishing you health and peace in the New Year,
Drs. Kardos and Lai

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Local Peeps, come talk with us about Potty Training!



We invite you to come out on Thursday, October 20, from 9:30 to 10:30am when we will lead a discussion for parents about a topic near and dear to all toddler parents' hearts. Join us for *Potty Training: Pearls and Pitfalls* at Trinity Day School in Solebury, PA, 6587 York Rd, Upper Solebury, PA. This talk is FREE & open to the community. Attendees from outside the school must pre-register by emailing dayschool@trinitysolebury.org with "Potty Training Talk" in the subject. There's even a potty training basket that they will raffle off at this event.

We are excited about the talk. And we are thrilled to be the inspiration for a potty training basket!

Julie Kardos, MD and Naline Lai, MD

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