

Your Back to School Shoe Shopping Guide

Even if your children haven't outgrown their shoes from the end of the last school year, chances are that a summer full of outdoor play and active camp days has made sure their feet are in need of some new footwear.

Here are some rules to live by when shopping for a new pair of school shoes:

Before even trying on a shoe, test it for the following: a stiff heel (press on both sides of the heel to make sure it doesn't collapse); a flexible toe (bend the shoe with your hands to make sure it can move with your busy child's toes); a rigid middle (try to twist the shoe. If it twists along the middle, put it down and try a different pair.)

Always purchase new shoes. Hand-me-downs or used shoes have already formed to another child's feet and won't give your little one the right fit.

Get measured: have a professional in the store measure both of your child's feet. If one is larger than the other, size to the larger foot. You should also shop later in the day, when feet have swollen and are at their largest.

Wear the pair: have your child wear the type of sock he or she is most likely to wear with the new shoes you're selecting in order to ensure a good fit at every wearing.

Go for immediate comfort: your child's feet should feel good in new shoes right away. A breaking-in period is a myth that you should forget about.

5 Tips for Kids' Studying Success

It's back to school time here in Houston, which means homework battles and test-stress are right around the corner. Want to help your children make it through the academic year with ease? Here's our top tips:

1. **Get Organized.** Kids are really busy these days, and it's easy to forget about tests and assignments. Make sure your child has a planner—students should write down assignments, appointments and to-do lists; review the planner together (for younger students) or encourage independent review before school and bedtime.
2. **Make a Designated Study Area and Time.** Help your child stay focused by providing a quiet, well-lit, space in the home. If you really want to foster learning, ban all screen and/or phone time until the schoolwork has been completed.
3. **Develop a Study Plan.** When a test or project is assigned, have your child take a calendar and devise a plan to accomplish certain tasks or study goals on each day leading up to the deadline.
4. **Look Into Group Study.** Working in groups can help students achieve better understanding and work more productively—as long as groups are small and focused, not large and overly social.
5. **Teach Active Reading.** When your child is given a reading assignment or is expected to review for a test, ask him or her to write down the main idea of each review section; make sure the student is looking up unfamiliar words or concepts. After completing each section, have your child write a summary in his or her own words. You might even have your child generate (and answer!) some possible exam questions.

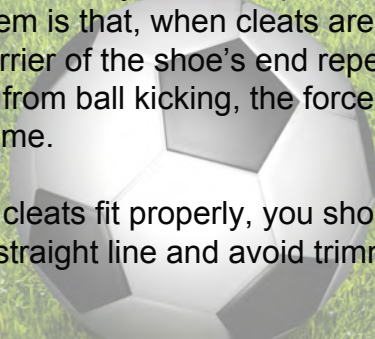
Keep Kids' Feet Safe for Fall Soccer

Do you have kids hitting the soccer field this fall? I think soccer is a great sport for kids, but you do have to take a few precautions in order to avoid injuries.

One of the most common problems I see in serious soccer players are ingrown toenails. Even though ingrown toenails are fairly common in kids, they are also pretty easy to avoid. The key is to practice proper toenail trimming, wear appropriately fitted soccer cleats and always engage in careful training (never take the field when injured).

The fit of children's soccer cleats is key in avoiding ingrown toenails. All too often, older children that are very serious about the game often prefer wearing a snugly-fitted cleat because they think it improves their feel for the ball and the field. The problem is that, when cleats are tight, children's toes ram against the hard barrier of the shoe's end repeatedly. When you factor in additional pressure from ball kicking, the force can redirect the growth of the toenail over time.

In addition to ensuring that your child's cleats fit properly, you should carefully monitor his or her toenail trimming. If you trim toenails in a fairly straight line and avoid trimming them too short, you should be able to avoid an ingrown toenail.



How to Pack a Balanced School Lunch (That's Still Tasty)

We all know the horrors of certain cafeteria lunch offerings, but if the thought of packing school lunches every day is giving you the shakes, don't worry—just try some of these easy lunch ideas for your kids. Not only are they fairly simple to prepare, they also manage to provide balanced nutrition and appeal to even your pickiest eater.



Smoothies

Smoothies are a great way to sneak fruits and veggies into your child's diet while still giving them a 'treat' meal. The trick to keeping smoothies safe for lunch is to prep them ahead of time then freeze them in insulated containers. Pack a frozen smoothie in the morning and by lunch it will have melted enough for your child to sip away.

Dipping sticks

Dipping is fun for everyone—just think about the addictive nature of munching on chips and salsa. For a healthier play on this traditional favorite, pack a small container of salad dressing or yogurt. Then cut up fruit, veggies, cheese or meat into long bite-size sticks that kids can easily grab and dip away. Bonus points if you can pack a literal rainbow of dipping options.

Breakfast Reruns

Kids love breakfast, so why not translate some favorites to the lunch bag? A hardboiled egg is nutritious and easy to transport—pair with some fresh fruit and veggies and you've got a winning combo.

Shape Shift

If your kids turn up their noses at healthful sandwiches made with whole grain bread, proteins like cheese or meat and perhaps a slice of lettuce or two, look to the baking aisle. Taking a cookie cutter to that sandwich into a surprising new shape may make all the difference to a picky eater.

Involve your child

Ask your kids to help pack lunch, allowing them to choose some favorite items, and you'll be surprised at how much more of that meal gets eaten!

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This summer was a busy one for both Ariel and Daniella.

Daniella spent another wonderful summer month at camp in Pennsylvania. This being her third summer there, she already had many good friends there. She's hoping to visit some of them during the year and is already talking about returning next summer.

Ariel had the adventure of a lifetime! He was part of a youth group trip to Israel. After an orientation in New York, the group toured Israel from north to south visiting historic and religiously significant sites. The tour is organized by a group called Yachad, a Jewish inclusion youth group that brings teens like Ariel together with teens with mental and physical disabilities. Ariel is very involved with our local Houston chapter and chose this wonderful program to experience his first time in Israel.

To learn more about the wonderful work that Yachad does, visit www.yachad.org.

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July's Answers:

5	3	4	6	8	1	9	7	2
7	8	6	2	9	3	5	4	1
9	1	2	5	4	7	8	3	6
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3	5	9	1	6	4	2	8	7
4	2	3	8	7	5	6	1	9
6	7	1	9	3	2	4	5	8
8	9	5	4	1	6	7	2	3

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our August 2017 Newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along a friend or loved one who You think may benefit from the information

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