

DECEMBER

Kiddie Prep School News

Helping Your Child Respond to Rudeness

Borrowed from Focus on the Family.

My three year-old son and I were at the park one day when I ran into some acquaintances and their children. I introduced my son to the other kids, and a six year-old boy started calling him by the wrong name, as if to tease or annoy him. Seeing how the wrong name upset my child only encouraged the older boy to continue.

As we left, my son asked, "Why did that boy keep saying the wrong name? That's not my name." I wanted to tell him that the other child was just being rude, but since my son would likely face similar situations with other kids in the future, I recognized the incident as a teachable moment.

First I told my son that we often don't understand why people do upsetting or hurtful things. If we saw this child again, our goal would be to treat him kindly, to help him behave better by modeling loving actions. So I told my son, "I don't know why he acted like that, but you know what we should do? Pray for him!"

On the car ride home, we prayed for the boy in the park and asked the Lord to help him be kinder and treat others as God would want him to. I immediately felt better about the whole situation, as did my son. Through this experience, he learned to pray for those who try to annoy him, especially when there's nothing he can do to change the situation. Praying for others allows our children to see other children not as enemies, but as human beings with problems of their own.

Take Note!!!

- If you have not received a welcome email from KidReports—please contact Mrs. Carrie at chilty@gpnaz.org so she can make sure you get all updates and information from your Child's teacher with KidReports!!!
- Please be sure to have a change of clothes in your child's backpack for the winter season!
- December 19th: Classroom Christmas Parties
- December 24th: KPS closes at 1:00pm for Christmas Eve
- December 25: KPS closed for Christmas
- January 1st: KPS closed New Year's Day

"THE WORD BECAME FLESH AND MADE HIS DWELLING AMONG US. WE HAVE SEEN HIS GLORY, THE GLORY OF THE ONE AND ONLY SON, WHO CAME FROM THE FATHER, FULL OF GRACE AND TRUTH."

JOHN 1:14

Grace

Prayer Requests

Have a prayer need? We'd love to be praying for you!

Stop by the office and share your prayer request with us or email Mrs. Carrie at chilty@gpnaz.org—let us know if you would also like us to share it in the Newsletter for others to be praying for as well.

"For where two or three have gathered together in My name, I am there in their midst." Matthew 18:20

December Devotional

"Joy to the world! The Lord is come. Let earth receive her King.
Let ev'ry heart prepare Him room."

This Christmas, don't miss the point of celebrating Christmas. Don't be like the innkeeper who missed Jesus because he was too busy (see Luke 2). Make time for the Lord. Don't be like King Herod who was too afraid to let Christ rule his life. (see Matthew 2). Turn your heart over to Christ.

Finally, don't run your life like those in the Roman Empire, who missed Christmas because other gods took the place of Christ in their lives. Allow nothing else to take the place of worshipping Jesus Christ.

On Christmas morning we will unwrap our Christmas presents, but eventually the novelty of it all will wear off. The present that was once so precious to you will end up stuffed in the closet or handed off to someone else. A newer version of your latest gadget will arrive that has more megapixels, or is smaller, or faster, or has better battery life. In time, your Christmas gifts will mostly be forgotten. But God has given us the ultimate gift—the gift of His Son Jesus Christ.

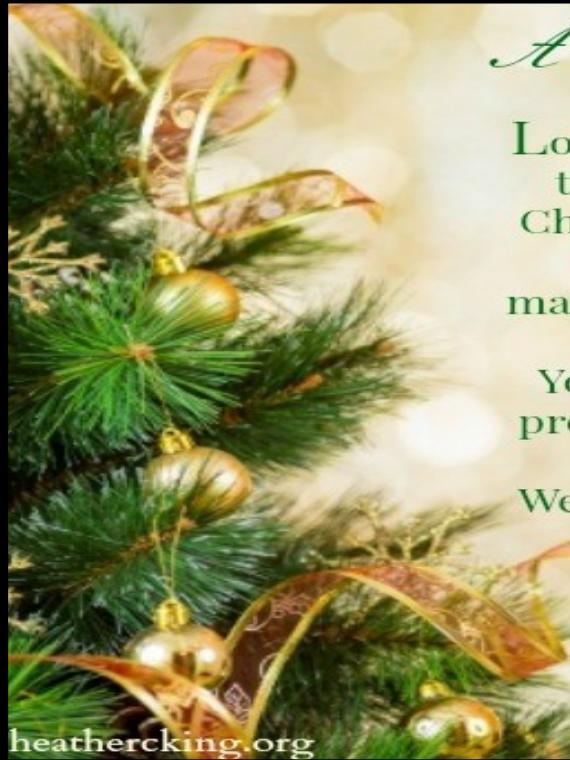
Don't miss Christmas this year. As Watts and Handel once wrote, "Let ev'ry heart prepare him room."

A Christmas Prayer

Lord, we pause here in the midst of
the busyness and excitement of
Christmas to thank You for coming
low as a baby in a Bethlehem
manger to rescue us from sin and to
offer us salvation.

Your gift to us is greater than any
present wrapped and placed under
a tree.

We thank You and worship You and
commit to seeking You first
this day,
this season,
this year.
In Jesus' name. Amen.



Breathing and ADHD

This article was shared with us by the state offices for Early Childhood Education

CHILDREN SHOULD NOT BREATHE THROUGH THEIR MOUTHS. Not while awake, not while asleep. Never.

If your child:

- falls asleep immediately after their head hits the pillow,
- snores,
- grinds their teeth,
- wakes up in the night,
- has night time accidents or daytime accidents,
- has impulse control issues,
- is hard to understand when speaking,
- has under eye circles
- has crooked teeth or a misaligned bite,
- wakes up insanely early,
- is irritable during the day,
- has a bad appetite,

Let me back it up to last year: My son, Kian, now age 8, determined, intelligent, feisty, and extremely active. He started school, no problems in Kindergarten. First grade rolled around, and we started getting behavior reports. "Kian pushed so and so" "Kian is having a hard time controlling his body". Parent teacher conferences, new reward system in place, and it seems to improve. But at home it did anything but. When Kian gets angry, he gets ANGRY. He gets fixated on little things (there is a hair in the shower, it's gross! I can't shower in there! *melt down commences*), his fuse gets shorter and shorter, and he's a picky eater who barely eats.

Second grade rolls around, and oh boy. While other kids are outgrowing their tantrums, Kian's intensify and turn into daily spectacles, triggered by the smallest thing. The behavior reports from school start rolling in. "Kian is pushing" "Kian can't control his impulses" "Kian is having a hard time staying in his seat" and it's going on and on. Almost daily. And I'm mortified. Every morning it's tantrum after tantrum, before we even get out of bed. Hitting, and throwing things, and the screaming. All the screaming. Starting at 5AM every morning. We were at a loss - how did he become this way, what could we have done different?

Kian starts seeing a therapist, recommended by his pediatrician. The therapist starts working with him, and eventually recommends ADHD testing. Meanwhile, in the background, Kian has a persistent cough that just won't go away, so we are also seeing a pulmonologist, and, against the advise of the pulmonologist, an allergist. This will become relevant in a moment. Each doctor is recommending more and more medications - 2 inhalers for the cough, an antibiotic (4 different rounds) for the postnasal drip, a steroid, and it goes on and on. The therapist is dancing around ADHD, pushing us in that direction. At a cleaning, Kian's dentist makes an offhand comment about his teeth - they were ground almost half way down, he's grinding his teeth at night.

And then lightening struck, right at the perfect time. I stumbled upon an article that changed our life. The article was about the connection between ADHD, sleep disordered breathing, and mouth breathing. Every word in this article sounded like Kian. This led me down a rabbit hole of research (the majority of which was done right in our back yard at the National Institute of Health) where I learned the following:

-Mouth breathing is NOT NORMAL and has long term consequences for health. I'll repeat, because this is important - MOUTH BREATHING IS NOT NORMAL, NOT DURING THE DAY OR AT NIGHT. When a child breathes through their mouth, their brain (and body) is not getting enough oxygen. At night, this lowered oxygen saturation is detrimental to the quality of sleep and their brain's ability to get enough rest.

-When the mouth is open, the tongue cannot rest in the correct place. Over time this can lead to incorrect development of the upper jaw - narrow and high palette, a recessed lower jaw (over jet and overbite can form), speech problems (r/l mispronunciation) and misaligned teeth. These developments narrow the airways and worsen the problem. Medical professionals have a term for the resulting 'long' face caused by these changes - 'Adenoid face.'

-When sleeping, in addition to the decreased oxygen, the recessed jaw can cut off the airway completely and contribute to sleep apnea in children. To compensate, the body wakes the child and pushes the jaw forward, resulting in disrupted sleep cycles and tooth grinding (bruxism).

If any of this is raising red flags in your mind, if this sounds like your child, if your child has been diagnosed with ADHD, please see an ENT and get a sleep study. It may just change your life.

Breathing and ADHD continued

Here's the kicker:

-Sleep deprivation in children and ADHD exhibit the same symptoms. The EXACT SAME SYMPTOMS. Studies have been done (thanks, NIH) where they took medicated ADHD kids, fixed the sleep disordered breathing, and within 6 months 70% of the children had seen a resolution in symptoms and were no longer medicated. As in, their 'ADHD' was cured. Because it wasn't ADHD. In 70% of children. Let that sink in. This means that 70% of those children had been misdiagnosed with ADHD, when they actually had a treatable sleep disorder.

-Stimulants - Of course they work, until they don't. If you are sleep deprived, taking a stimulant will of course help you focus and feel 'normal.' But the brain is never fully resting - and hence the side effects that pop up 'nervousness, agitation, anxiety, sleep problems (insomnia), stomach pain, loss of appetite, weight loss, nausea, suicidal ideation. Imagine yourself with, let's say, three days of sleep deprivation. Now multiply that times 100. Now throw a stimulant in the mix. How do you think you'll feel once you start coming down from that?

The list goes on and on.

Our story has a happy ending.

After a visit to an ENT and a sleep study he was diagnosed with sleep apnea and sinusitis. He got exactly 0 minutes of REM sleep during the first study, and oxygen saturation in the low 80%, and his sinuses were 90% blocked. We had no idea that Kian had a headache daily, but it was just his normal so he never thought to tell us. Kian had his tonsils and adenoids removed and the change was immediate. He could breathe through his nose as he came out of surgery, where he couldn't when they wheeled him in.

We have seen a complete 180 in behavior. No more angry tantrums, no more fixation on little OCD things, it's been an enormous change. And we haven't even finished the second step - fixing his jaw and tongue issues that developed during the course of undiagnosed sleep apnea. Our follow-up sleep study? 360 minutes of REM sleep, and oxygen saturation above the minimum threshold. No behavior reports in school. His appetite has exploded, he's no longer a picky eater, and he had a huge growth spurt 2 weeks after the surgery. He still has mild sleep apnea, but the frequency in the night was cut in half, and the duration of each episode was cut in half. If we see this much of a change now, I can only imagine how much it will improve once we cross the finish line.

Here's why I am sharing: No one, in my 12 years of parenting, ever told me any of this. All the signs were there, right in front of our eyes, and I had no clue. Kian's pediatrician, who we loved and trusted, never said a word. The therapist had no clue, the pulmonologist, the allergist, even the ENT and sleep doctor didn't believe me when I insisted he be seen for this invisible health issue. Not during any of our regular appointments, or during any of our sick child appointments. And not until we have tangible proof with sleep study results and sinus imaging did anyone believe. I had to find this, diagnose this, and push for treatment myself. And thank God I did.

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