

Ask the Experts

Katy families' questions answered by local experts

Q: Germ-Proofing

How can I germ-proof my home? Is it possible to go overboard with sanitization?

We expect all kids to be exposed to some amount of germs every day. Some germs can cause illness, like the particles your body produces when you cough or sneeze, and some germs can be helpful, like the bacteria living on your skin that help protect you. Studies have shown that exposure to germs can even help to lessen the development of allergies. The best bet is to let your kid be a kid and not worry too much about them playing in the dirt. Focus on teaching good hand hygiene habits, like washing hands after using the restroom, coughing, sneezing, or touching something that a sick person has also touched, to keep the bad germs at bay.



Dr. Afshan Dehlavi, MD, FAAP

Dr. Lisa White, DO, FAAP

Sprout Pediatrics
18338 Kingsland Blvd., #210
Houston
281-599-7334
sproutpedi.com
See ad on page 51

Q: Veggie Wars

Should I be alarmed that my child never wants to eat vegetables?

There is no reason to be alarmed. A lot of their hesitation is simply a behavioral attitude that can be changed. If your child doesn't like every vegetable that's okay, but encouraging vegetable avoidance or giving them "hidden" vegetables through smoothies or baked goods can defeat the purpose of consuming the nutrients in raw vegetables, and is not recommended. Encourage vegetable acceptance by talking about vegetables in a positive manner, visit a local farmers market, or go on a vegetable scavenger hunt at the grocery store.



Dr. Sara Rizvi, MD

Urgent Care for Kids
23730 Westheimer Pkwy.
281-392-3033
urgentcarekids.com
See ad on page 41

Q: Picky Eaters

My child is a picky eater. Should I force her to finish her meal?

No. Forcing a child to eat beyond their limits can lead to unhealthy habits and even obesity. Every child and person has a different metabolism, if your child is able to grow and develop at a normal rate, then he or she is probably eating enough. Check with your pediatrician regarding your child's growth percentiles to see if he or she is gaining height and weight at an appropriate rate, and make adjustments if necessary.



Dr. Danny Le, DO

Fulshear Family Medicine
7629 Tiki Dr.
Fulshear
281-346-0018
fulshearfamilymed.com
See ad on page 113

If you have a question for our panel of experts, email editor@katymagazine.com.

Special thanks to our panel of Katy Magazine experts Afshan Dehlavi, MD, FAAP; Danny Le, DO; Sara Rizvi, MD; and Lisa White, DO, FAAP.

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