Overall Topic:
In Heinrich Hoffmann's Der Struwwelpeter, Hoffmann attempts at illustrating lessons to children. These lesson are on how to behave and avoid the development of terrible behaviors and habits. In two short stories from Der Struwwelpeter, Hoffmann portrays the terrible consequences of being a picky eater, unhealthy eating habits, and not paying attention to the real world and being distracted. These lessons still have value in their meaning for modern day children and parents. Especially with the growing of modern day problems of child obesity, laziness, addiction to various media forms such as video games, movies, and social media.

Obesity and Picky Eating:
- Obesity has been an increasing issue for society and public health
- Among the youth in the United States, obesity has increased by 4.6% from 200 to 2016
- Picky Eating in an extreme cases is known as ARFID. Most ARFID patients also have traces of anxiety disorders
- Struwwelpeter lessons with the story Suppenkasper display the moral of eating healthy foods and the foods your parents give.

Distractions with Media and Technology on Teens and Kids:
- With the emergence and rapid growth of technology in the entertainment and media world. Children have gotten hooked on video games and social media outlets.
- In worse cases have gotten unhealthy addicted, now this also affects adults
- Therapist have assigned serve cases of addiction to impulse control disorder
- Struwwelpeter also brings a valuable lesson to this with the story, young kid being distracted and with his head in the clouds. As result almost drowns when falling into river.
- Now Struwwelpeter has dark elements to present its meanings but this story displays a greater picture of not pay attention to life and losing grasp to a distraction.

Conclusion:
Stories especially children stories will always have important meanings and lessons. Der Struwwelpeter is prime example, even though it was published in the mid-nineteenth century. The stories within this book provide essential lessons through variety of everyday issues for parenting children.