

The Flyer

Summer 2013

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Summer Surf'N'Turf Safety

By Victoria B. Teague, MD

As the weather heats up, families head to the water to cool off! Children must be watched constantly when in proximity to pools, lakes, the beach, and even hot tubs. Flotation devices such as “swimmies” or inner tube jackets may contribute to a child’s water fun, but should not be relied upon as safety devices. Diarrheal infections can be transmitted via pool water, so caution your child not to swallow the pool water and make sure the pool has been chemically-treated to meet recommended standards. Beware of “baby pools,” which are often not treated and a frequent source of “pink eye” in children. At the lake, children should always wear life jackets, whether in the boat or on the pier. I recommend requiring “life jackets on” as soon as children walk out of the back door of the lake house. Set “diving rules” if not posted, using particular caution in lake settings with uncertain depths and poor visibility. Of course, sunscreen during all daytime activities is a must (see sunscreen article on page 3!).

While enjoying the long days of outdoor play, use an insect repellent to avoid insect bites to your children. Remember the best insect repellent of all is CLOTHING! Light-weight, long-sleeved shirts and pants with socks and shoes will minimize insect feasting! Products containing DEET or Picaridin are very effective at discouraging insects and should be applied to clothing as well as exposed body areas (taking care to avoid eyes). The higher the DEET concentration, the longer it lasts (10% lasts about 2 hours). Concentrations up to 30% are safe for use on children over 2 months age (but probably not needed except in extremely heavily wooded areas). Generally, DEET or Picaridin products with concentrations of 7-15% are sufficient for casual outdoor play in residential areas. Insect repellents must always be washed off at the end of the day to avoid prolonged skin absorption and possible toxicity. If you suspect your child has experienced insect bites after being outdoors, consider giving a dose of Benadryl before bed to help decrease redness and swelling. Also, check your child from head to toe for ticks after play in wooded areas. Tick-borne illnesses are highly unlikely if the tick has not been attached more than 24 hours. Enjoy the outdoors, but be safe on both the surf and the turf!

Sun Safety

-Excerpted from American Academy of Pediatrics, www.HealthyChildren.org, contributed by Kenneth Chen, MD

What's the Best Way to Protect Your Child in the Sun?

- ☀ Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- ☀ When possible, dress yourself and your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts and hats.
- ☀ Select clothes made with a tight weave—they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through.
- ☀ The less light, the better.
- ☀ Wear a hat or cap with a brim that faces forward to shield the face.
- ☀ Limit your sun exposure between 10am and 4pm, when the UV rays are strongest.
- ☀ Wear sunglasses with at least 99% UV protection (Look for child-sized sunglasses with UV protection for your child).
- ☀ Use sunscreen.
- ☀ Set a good example. You can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin and eyes.



For Babies

Younger than 6 months: Use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.

Older than 6 months:

Apply Sunscreen to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sunblock with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.

- ☀ Use a sunscreen that says "broad-spectrum" on the label—that means it will screen out both UVB and UVA rays.
- ☀ Use a sunscreen with an SPF of at least 15. The higher the SPF, the more UVB protection the sunscreen has.
- ☀ Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, and hands and even the backs of the knees. Rub it in well.
- ☀ Apply sunscreen 15 to 30 minutes before going outdoors to give time for the sunscreen to bind and absorb into the skin.
- ☀ Skin can burn even on a cloudy day during any season.
- ☀ Reapply sunscreen every 2 hours. Sunscreen wears off after swimming, sweating, or just from soaking into the skin.





Teenagers Use Gummy Candy To Hide Alcohol

Chris Glorioso, NBC, New York November 9, 2011

(Article provided by Peachford Hospital)

It's a trend that has parents upset—children are soaking gummy candies with alcohol. Chris Glorioso has the warning for parents.

When a teacher at Westchester's Fox Lane High School noticed students behaving oddly in the back of the class, she quickly suspected alcohol. But there was something even more unusual about this classroom episode.

Bedford Police Detective , Joseph Communale said the teacher soon realized the kids were drunk on alcohol-laced gummy bears.

The discovery at Fox Lane High School unfolded about a year ago, and since then the growing popularity of so-called boozy bears has been evidenced by websites and YouTube videos teaching kids—and even some adults—how to infuse the candies with liquor.

Drug and alcohol counselors worry liquor-soaked gummy candy could make it more appealing for teenagers to take their first taste of alcohol.

Ellen Morehouse, executive director of the Student Assistance Services Corporation, a nonprofit that supplies counselors to Westchester high schools, said the coupling of underage drinking with candy could be especially dangerous because it removes one of the prime reasons young teens avoid alcohol: the taste.

“Masking alcohol makes it easier for the teen to ingest the alcohol because, first of all, most teens, if they're drinking for the first time, don't like the taste,”

Morehouse said. “The alcohol burns all the way down.”

Research published by the National Institutes of Health found teens who take their first drink of alcohol before turning fifteen have a forty percent chance of becoming alcoholics compared with teens who wait until they are seventeen before consuming their first alcoholic beverage.



PAJC is Now Sending Text Reminders



Please reply “Yes” to confirm your child’s appointment. If you are bringing more than one child for an appointment, remember to confirm for the earlier appointment time. Thank you!



Summer is a GREAT time to schedule your child’s physical exam. This exam is especially important if your child is playing sports in the fall or starting a new school.

Please contact our office to reserve your appointment time today!

Heart Smart

Dr. Kenneth Chen and Nurse Paige Payne visited Dave's Creek Elementary School's 4th Grade Career Day. They shared with students the real heart of the matter—
What the heart is, What it does, and
How to keep it Healthy.



Here are a few Heart Smart tips for the entire family!

- ♥ Eat a Healthy Diet
 - ♥ Eat more Fruits and Veggies...Fuel for your Body!
 - ♥ Choose Low Fat Foods
 - ♥ Decrease Junk Food and Fast Food
- ♥ Drink Water and Lowfat Milk
 - ♥ Limit Sodas and Juices...Most are Loaded with Sugar
- ♥ Incorporate Activities into Your Day
 - ♥ Be Active at Least 1 Hour Per Day...Move your Body...Have Fun!
 - ♥ Limit the Use of TV and Video Games to Less Than 2 Hours Per Day
- ♥ Get Plenty of Sleep
 - ♥ Get At Least 8-9 Hours of Sleep Each Night
- ♥ See your Doctor for Your Yearly Check Up
 - ♥ Monitor your Blood Pressure
 - ♥ Check your Cholesterol Levels



Following These Simple Heart Smart Tips Can Help Keep Your
Entire Body Happy & Healthy!

Two of a Kind

Excerpt from *Everything I need to Know About Parenting I learned from My Puppy*

by H. Norman Wright

Submitted by Victoria B. Teague, MD

Puppies and children are so alike. They look around their world with amazement. “Wow! What a place to explore and conquer.” And they both want to feel safe and secure. But, how does this happen?

Enter the world of a puppy. He wants to be led. He wants to know who’s in charge of this show. Who can he depend on: You. You’re the leader of the pack. Puppies want leadership. They defer to leadership. But as soon as he knows you’re the top dog, what’s the first thing he does? Of course, he challenges you. He wants to know if you’re capable of leading him. He wants reassurance. And his challenge will come at any time, especially when you’re tired or frazzled. If you’re unable to lead or are inconsistent your life will be miserable. When a puppy controls a person, well, it’s not a pretty picture. When your puppy pushes and challenges, gently stand your ground and reaffirm, “I’m the one in charge.”

Children will do the same. They will challenge the rules to see if you mean what you say. If you don’t reinforce the rules, you both lose. You lose respect, control, and the power to lead your child. Your child loses security and direction.

Let them challenge. That’s part of growing up. It’s their way of gaining the reassurance they desire.

