

HEALTHY

Kidz

A Publication for Parents of
Elementary Students
Volume XIX, Spring 2008

Rx for Summer Fun: 1 Dose Energy + 2 Doses Imagination

Statistics show that the average school-age child spends an average of 6 ½ hours a day in front of some kind of screen- a computer, video game or television. Statistics also show that this same child spends only 30 minutes a week playing outdoors in activities not organized by a teacher or coach. With these kinds of numbers, it's not hard to understand why childhood obesity and boredom are on the rise.

Summer is the perfect time to get active and take advantage of everything your community and environment have to offer-whether that means playing in your own backyard, visiting a nearby park or even making a trip to the mountains or lake. Regardless of your family's level of adventure or how much free time is available, there is

an activity perfect for your family. Here's a list of ideas of how to make the most out of these special summer months. So grab your kids, be safe and get active! Here are some ideas:

- Sidewalk Chalk Mural
- Obstacle Course
- Water balloon Toss
- Sprinkler Jump
- Balloons Volleyball
- Alphabet Picture Hike
- Sponge Relay
- Nature Walk
- Hula Hoop Contest
- Playing Catch

REMEMBER: As a parent, it's difficult to give up control. It may be a good idea to help initiate a new game or activity, but make sure to step back, and watch your child build life skills (like problem-solving) and muscles all at the same time

Make Your Own Basic First Aid Kit



Getting ready for summer is a great time to put together a basic first aid kit with your child. Take time to discuss what each item is used for and what steps to take if an accident happens.

Most of the supplies listed below can be found at a local pharmacy or convenience store. This is a basic first aid kit. For a more advanced list of supplies and summer safety tips, check out www.safekids.org.

Supplies needed:

- Waterproof container (gallon-sized Ziploc style bags are great option)
- Antiseptic wipes
- Calamine lotion
- Band-Aids
- Butterfly closures
- Adhesive tape
- Tweezers
- Disposable gloves
- Alcohol pads
- Cold pack

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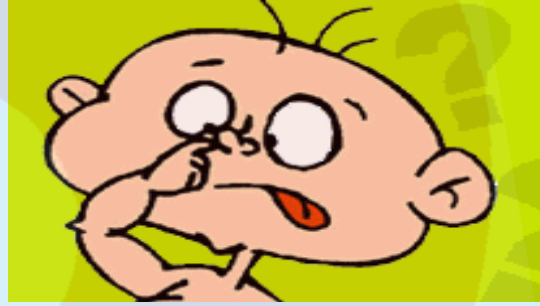
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The Good, the Bad and the Boogers!

Here are the answers to some of life's greatest (and nastiest) questions- like why swallowing gum is not that bad and why "snot" is so important to your child's health. Pick a topic below and show your child just how smart you are!

Q: What happens to swallowed gum?

A: Almost everyone has swallowed a piece of gum, but few kids have ever needed a doctor because of it. Though your stomach doesn't break it down the same as food, swallowed gum does not stay in you for seven years. In other words, it comes out the other end just like everything else. In rare cases, swallowing gum can block the digestive track and result in the need for medical attention. However, blockage is most likely when gum is swallowed along with foreign objects, like coins or with non-digestible materials like sunflower seed shells.



Q: Why is earwax important?

A: Earwax has several jobs. It protects and moisturizes the skin of the ear canal, preventing itchy ears. It also contains special chemicals that fight off infections, and acts as a shield between the outside world and eardrum. When dust, dirt and other things enter the ear, earwax stops them from traveling further. If you want to get rid of earwax, here's what you need to do: nothing. If a child washes his or her hair regularly, that is usually enough to keep their ears clean. Wiping the outside of the ear with a washcloth is also a good practice, but don't use a cotton swab or anything else to poke inside your ear. In some children, one or both ear canals make extra earwax. Be sure to mention this to your pediatrician, and they may prescribe a medicine to get rid of the extra wax.

Q: What can I do about stinky feet?

A: You might not be able to stop the smell completely, but cutting down on sweat will decrease odor. Try these steps: Be clean. Wash your feet every day and make sure they are

dry before putting on shoes. Wear the right socks. Cotton, some wool and special knits made for athletes absorb sweat and allow feet to breathe. Make sure shoes aren't too tight, and switch shoes at least every other day. Let a pair of shoes dry out for a couple of days before wearing them again. Avoid shoes made of plastic or man-made materials. These materials don't let feet breathe as well as leather or cotton shoes. If your child continues to have foot odor, you may want to contact your pediatrician.

Q: What's a "booger?"

A: The technical name for the sticky, slimy stuff inside the nose is mucus. Your nose and sinuses make about a quart of mucus every day. Mucus has the important job of blocking tiny things like dust, dirt, germs and pollen from entering and infecting your lungs. After this stuff gets stuck inside the nose, mucus surrounds it and the tiny hairs inside the nose (cilia) help move everything to the front of the nose or the back of the throat. All this clumped together is most commonly referred to as a "booger." To get rid of excessive mucus, it's best to blow out of your nose and into a tissue. Tell your child that picking his or her nose is a bad idea because boogers contain lots of germs, and that's not something you want to share.

TOP TIPS FOR MORE EFFECTIVE PARENTING

Raising children is one of the toughest and most fulfilling jobs in the world, and the one for which you may feel least prepared. Below are Tips #7-9 in a three-part series. Here are suggestions on how to be a more effective (and enjoyable) parent from child psychologists, teachers and parents.



7. BE FLEXIBLE AND WILLING TO ADJUST YOUR PARENTING STYLE.

It's common to feel "let down" by a child's behavior, but it may be due to unrealistic expectations. Parents who think in "shoulds" (like "He should be potty-trained by now" may find it helpful to talk to other parents or their pediatrician before letting this become a stressful issue.

A child's environment has a big impact on his or her behavior, so it may be possible to change a behavior by changing the environment. If you find yourself constantly saying "no" to your child, look for ways to restructure the surroundings so that fewer things are off-limits.



8. SHOW THAT YOUR LOVE IS UNCONDITIONAL.

You are responsible for correcting and guiding your child. But how you communicate the rules makes all the difference in the world. Avoid blaming, criticizing or fault-finding.

Undermining a child's self-esteem can quickly lead to resentment. Instead, strive to nurture and encourage, even when you are disciplining your child. Make sure he or she knows that although you expect better behavior next time, you love them no matter what.



9. BE AWARE OF YOUR OWN NEEDS AND LIMITATIONS AS A PARENT.

It's time to face the fact that there is no perfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities and vow to work on your weaknesses (for example, "I am loving and dedicated but I need to be more consistent with discipline." Focus on the areas that need the most attention rather than trying to address everything all at once.

Most importantly, admit it when you're getting burned out. Make time in your schedule to do things that make you happy as a person (or as a couple). Focusing on your personal needs does not make you selfish; it makes you well-balanced and a better parent.

For more parenting tips visit www.etch.com.

Chick-fil-A 10-Second Tip

Jazz up tedious household chores with some music. Get your feet moving, act silly and have fun!

When to go to the Emergency Room

Summer offers wonderful opportunities for children to be more active. Unfortunately, with activity comes injury, and this is why summer is also referred to as “trauma season.” It’s important to keep in mind that emergency departments are equipped to care for children with minor illnesses as well as those with life-threatening injuries. Because of this, patients with a less severe problem usually will have to wait until more critically ill patients are treated. It is appropriate to come to The emergency department when your child’s pediatrician is not available and in sudden and serious situations such as:

- A head injury that resulted in loss of consciousness, vomiting or problems with balance or coordination
- An injury that has caused numbness and tingling or pale skin color
- An injury that will probably need an X-ray and casting
- Complications related to a chronic medical condition such as diabetes or asthma
- Difficulty breathing or gasping for breath
- For an infant up to three months old, any change in color, especially paleness or bluish color around the mouth and in the face

Although a trip to a hospital’s emergency room is usually unexpected, there are a few things parents can do to prepare for a visit. Be sure to always have a child’s Social Security number, current medication (dosage and schedule), and insurance information. A parent will be asked to provide this information about a sick or injured child. For more information on visits to the Emergency Department, visit Children’s Hospital’s Web site at www.etch.com.



Class Schedule and Information

With so many choices and decisions to make about a child’s health, parents and caregivers don’t have all the answers. That’s why Children’s Hospital offers Healthy Kids classes.

A monthly CPR class teaches life-saving techniques every caregiver should know, while Safe Sitter classes make sure teenagers know appropriate and safe babysitting techniques.

SAFE SITTER	CPR CERTIFICATION CLASS
Saturday, May 17 9 a.m.-3 p.m.	Monday, May 12 6-10 p.m.
Saturday, June 21 9 a.m.-3 p.m.	Monday, June 21 6 - 10 p.m.
Saturday, July 19 9 a.m.-3 p.m.	Monday, July 21 6 - 10 p.m.

Signing up for classes is easy. Just call:

Healthy Kids Hotline (865) 541-8262

For more information and class schedules, visit www.etch.com.



... is a quarterly newsletter for parents, published by East Tennessee Children’s Hospital.

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Editor

This newsletter is a part of Children’s Hospital’s Healthy Kids Community Education Campaign, which serves as a resource for parents, offering classes, literature and other opportunities for learning how to improve children’s health. For more information about Children’s Hospital’s Healthy Kids Campaign, please call the community education line at (865) 541-8262.

Correspondence regarding the newsletter or Children’s Hospital’s Healthy Kids Campaign may be addressed to:

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