

Summer

TO YOUR
CHILD'S
HEALTH

A Newsletter for Parents and Children



Messages from the Office

We have a new building on the way; take a peek on our website for a preview of what's to come!

www.childhoodhealth.com

Our excitement is growing as we watch the progress. A foundation is down and walls are going up. We are pleased to tell you that there will be plenty of parking and a bus stop within feet of the front door at our new location at 24th and D Streets! Drive by and take a peek in person if you get a chance, it's only a short distance from our present office.

Bookkeeping Reminders

Please note that when mailing payments on multiple children you may send in one check for all, however, make sure you include a name and amount to credit each child's account in the notes section. In addition, make sure you use the new system account number. This number can be found on any statement you've received since November 2004.

Insurance billing is confusing. Please keep in mind, if your child has the Oregon Health Plan, that we do not contract with Care Oregon, nor do we accept Kaiser. You must choose Marion Polk on your plan if you wish to continue care here. We also want to remind you that we are not billing secondary insurance companies, but the process is very easy for you to do. Mail a copy of your primary insurance benefits along with our billing statement to your secondary insurance company. Don't forget to complete the secondary insurance information section located on the back of our billing statement prior to mailing. Our office is still billing the Oregon Health Plan if this is your secondary insurance.

A final reminder from billing regards circumstances. These are not covered by the Oregon Health Plan. The cost is \$210.00 and must be paid at the time of visit. We except cash, money orders, and Visa/Master Cards only and cannot accept payments by installment.

Nursing Reminders

Nursing would like you to know that sports and school physical appointments are filling

up fast! If your child will be needing vaccines for school or will be participating in fall sports activities, it is wise to make your child an appointment now. Often there is a shortage of these types of appointments nearing the end of summer, so book now!

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ORGANIC FOODS MAY COST YOU MORE AT THE CHECK OUT LINE BUT TEND TO TASTE BETTER AND CONTAIN FEWER PESTICIDE RESIDUES.

Organic vs. Non-organic

Is organic really better for you? According to USDA guidelines, organic products are grown without using most conventional pesticides, synthetic fertilizers, bioengineering and radiation. Foods labeled "organic" have been inspected and certified as meeting USDA standards. Lila Ojeda, Bionutritionist and Research Associate at OHSU says studies have been unable to prove organic produce is safer or healthier than non-organic. However, when it comes to taste she and many others believe that organic is better. She said "organic tastes different...especially something like tomatoes. There's just no comparison."

If you do buy non-organic does cleaning help? While not all pesticides can be cleaned off, washing or soaking produce in water is best. Washing produce with firm skins in a drop of hand dishwashing soap and rinsing well can help clean off external chemicals. Scrubbing sturdier produce with a brush can further remove pesticides. No conclusive studies have been done on the long-term affects of pesticides so it is impossible to know what dangers they may cause later in life. According to Ojeda, it just comes down to a personal choice, and if you like supporting local farmers' and sustainable farming methods including organic growers, then shop your local farmers markets. To help limit your exposure to the pesticides found in non-organic foods, replace the fruits and veggies you like that contain higher levels of these with ones that are know to contain the lowest amounts of pesticides (see list to right of article). You can also buy organic for the fruits and veggies that contain the highest levels of pesticides and buy non-organic for those with lower levels. This may help save a few pennies at the check-out line!

Try organic for this healthy treat: Berry-Lemon Trifle

This fresh and low-cal dessert is one your family will love. The ingredients you will need are 2 cups cubed angel food cake, one 8 oz carton lemon low-fat yogurt, 1 cup light whipped topping, fresh mint (optional), and 1 cup mixed berries (such as raspberries, blueberries or sliced strawberries).



To make, divide cake cubes into 4 dessert dishes. In a small bowl fold together yogurt and whipped topping. Dollop this mixture over the cake. Sprinkle with berries and garnish with fresh mint if desired. Try different yogurt flavors or fruits to add your own character.

Produce Pesticides

The following two lists demonstrate which produce items contain the highest and lowest levels of pesticides found on non-organic produce.

Highest in Pesticides

- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes (imported)
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

Lowest in Pesticides

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cauliflower
- Corn (sweet)
- Kiwi
- Mangos
- Onions
- Papaya
- Pineapple
- Peas (sweet)

Camping anyone?

The sun is out, the water looks inviting and the tents are packed! We hope you enjoy some summer fun this year but please remember to keep safety in mind. Sunscreens, first aid kits, insect repellent, helmets, life jackets and all the other safety necessities of camping must not be forgotten when packing for a trip!



Medicine dosing safety is a must!

Please remember to read the labels of ALL medicines used for kids! Our triage nurses receive many calls from callers who are unaware they have been giving wrong amounts to the wrong ages of children because they weren't sure how much to give. Please keep in mind when in doubt consult your Red Book, www.childhoodhealth.com, or call a triage nurse for advice.

helpful tips

Remember to enforce to your children that taking meds is non-negotiable. Parents must be firmly "in charge." Keep in mind, kindness with positive consistency is a must.

Never allow power struggles when giving meds. Your child has no choice when medicine is being taken. Children can easily sense when a parent "means business." Be kind, firm and matter of fact.

Gently immobilize or have a helper hold a child if needed. Keep in mind, the earlier a child realizes that med refusal is NON- NEGOTIABLE, the more likely she/he will take medicine!

dosing hints

Read the pharmacy label carefully, and use a device marked with ml's to measure a correct amount of medicine. Never use droppers from different medicines or eating spoons.

Remember to watch out for measurements in the medicine dosing guidelines.

1 teaspoon equals 5 ml
1 tablespoon equals 15ml
1 cc equals 1ml

Hollow-handled medicine spoons and plastic medicine syringes (droppers) may help make you more accurate when measuring your child's meds. These are often provided by your pharmacist or can be purchased.

giving meds

If your child can sit, place them on your lap with their right arm behind your back, and hold their left arm with your hand. Hold firmly and keep them upright to avoid choking.

If your child is a toddler having them lie flat and dripping the medicine onto the back of their tongue may be the only way! Drip it slowly into the cheek of infants to avoid gagging. DO NOT squirt quickly into mouth.

If meds taste bad try giving it to them cold which can cut the taste. Mix in something sweet to disguise the taste, and you can even let your child choose. Follow the meds with your child's favorite drink with lots of hugs and praise.

School Shot Requirements

The State Immunization Advisory Committee has decided on two changes to school vaccines requirements. Please be aware that your child's entry into school may be delayed if shots are due!

The first change involves the Hepatitis A vaccine. This will now be required for all school-aged children and those planning on entering kindergarten. While catchup time will be allowed for children presently enrolled in school, it is still important to make sure your child is up to date on this vaccine. Please call and speak with a triage nurse if you are unaware of you're child's present Hepatitis A status. We are scheduling appointments for this required vaccination.

A second updated school requirement involves the DTap Vaccine. A new 'older kids' tetanus booster is replacing the old tetanus booster and will be required for all children after the age of 11. The new tetanus booster, adds protection against pertussis (whooping cough). If it has been more than five years since your child's last tetanus booster and your child is at least 11 years old, call the office. Remember, keeping your child's vaccinations up to date is very important to their health, and changes to school requirements such as help protect your child from vaccine preventable infectious diseases.

Summer Water Safety

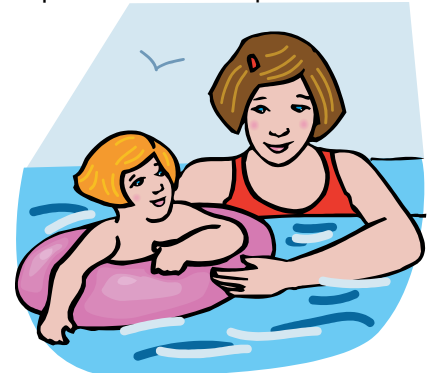
The weather is warming up quickly and kids are asking to spend more time outdoors. Parents should prepare to have safe fun around the water by making swimming kid-friendly.

Safety at home is a priority. All children 4 and older should learn to swim. Instruction is readily available through your local YMCA and Red Cross. Even if your child knows how to swim they still need supervision around the water! A fence should always enclose backyard pools. Investigate neighbor pools/spas if your child plans on playing there. Always be aware of local ponds or creeks that may also attract your child's curiosity, and talk to them about the dangers of playing around these bodies of water without adult supervision.

Proper pool behavior must be discussed. Horseplay can lead to injuries and children should not be allowed to push or play rough. Never dive into areas that are not marked for this as low water levels can lead to serious neck injuries, paralysis or even death of your child. Watch out for the hot water in spas as children can become overheated much quicker than adults when exposed too long to high water temperatures. Finally, be prepared for an emergency: learn CPR and keep rescue equipment and a phone located near the pool.

Enforce the need for adult supervision and swimming skills when away from home too. Beaches, lakes, creeks and rivers pose potential hazards. Teach your child to never swim alone, and to always have a responsible adult or older teenager looking out for them. Deep water, strong currents, and undertows often occur suddenly and unexpectedly so keep them out of any water you believe may be dangerous. Special footwear may also be needed for areas where broken glass and garbage, slippery seaweed or jagged rocks are present.

Water parks are dangerous too! They are often crowded and rides may be above your child's abilities. Make sure they meet height requirements and follow park RULES!



Cooking with kids is fun. Here are three simple recipes that can involve your kids in the production not just the eating!

Yogurt Pops

You'll need ½ cup canned, crushed pineapple, 2 cups plain yogurt, and 1 can pineapple concentrate. To make, first drain the pineapple. Mix together all ingredients, and spoon into 6-8 paper cups. Cover with plastic wrap, make a slit in the middle and stand a popsicle stick in center of each cup. Freeze until firm and then you can enjoy this cool treat.

Fish in a Pond

You'll need ½ cup lowfat cream cheese, fish-shaped crackers and 4 celery ribs. To make, scoop the cream cheese into a bowl (add a couple drops blue food coloring and mix in if you like to make your pond blue). Place the goldfish in a separate bowl. Let your kids dip the celery sticks in the pond and then into the fish bowl to catch a fish cracker. Have fun.

Pink Lemonade

You'll need 1½ cup freshly squeezed lemon juice (about 10 lemons), 1 cup super fine sugar, 2 cup water and ¼ cup cranberry juice (for the pink). To make, strain the lemon juice into a pitcher and mix with sugar until dissolved. Add water and stir again until combined. Finish by mixing in the cranberry juice to make your lemonade pink. Pour over ice and enjoy.

Summertime Fun

Summer Camp Strategies

Overnight camp brings sun, s'mores and lifetime memories. Here are a few ideas to make preparation simple and their experience more memorable.



Packing tips are plentiful in travel guides but do you have a guarantee that your child will bring home what they took with them? One way to help your child pack for home on their last day of camp is with a reminder list. When packing at the start of a trip, take a

digital photo of each item. Print them out onto one 8.5x11-inch sheet of paper and place in a gallon-size ziplock bag. Place this in the bag along with their belongings. They can use this easy guide when packing for home so they don't miss any of their items.

Staying in touch is difficult for kids but with a postcard kit it can be fun. Fill a pencil case with markers, stickers and prestamped, pre-addressed postcards. This makes letter-writing fast and simple for kids on the go.

Easing homesickness is a concern of many parents. One idea to help curb this dilemma is with a personalized pillowcase. Print out photos of family, friends or favorite pets onto iron-on transfer paper which you can find in most craft departments. Follow package directions to press the image onto a pillowcase. Have those in the pictures sign the pillowcase with their name or a nice message with a fabric marker for a comfy reminder of home. This can be a fun conversation piece for shy campers too!

Backyard Mural

Take your artistic talents outdoors, and transform an old sheet into a gigantic canvas.

The materials you'll need are: an old bedsheet, tempera paints, paint brushes, sponges and squirt bottles.

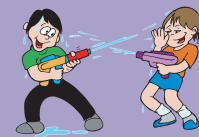
To get started, soak the sheet in water and then hang it on a clothesline or drape over a fence. Get out the paints and utensils and have at it! Create pictures, tic-tac-toe grids or just paint colorful designs. Use the spray bottles full of water to spray on designs to change them into watercolors. Best of all when you paint something you don't like, just spray it down with a hose and start over. If you'd like to do this on a smaller scale, try using old pillowcases or t-shirts.

Ladybug Inn

Help your kids get acquainted with this fun garden bug. Wash and dry a clear plastic deli container and make a series of airholes in the lid. Soak a few raisins in water for 15 minutes and then cut them in half. While you wait for your raisins to soak you'll need to make a ladybug water supply. Wet a paper towel, squeeze it out, fold it into a small square and lay it on the floor of your inn. Add a few twigs or grass for a crawling surface and your raisins. Send your kids out to the garden to hunt for their bugs. Take the lid off the inn for a moment to brush them into the container, quickly putting the lid back on. They can be brought indoors overnight where kids can use a magnifying glass to get a close-up view. Don't forget to release them where they were found in the next day or two.

Water Games

Blast the Blob



This game requires two teams. Each team places a big heap of shaving cream on their home base

(a tree, side of house, telephone pole, etc.) Play is similar to capture the flag. Using squirt guns, water bottles or anything you can dream up that will spray water, each team attempts to defend their home base while spraying away the opposing team's base. Plastic plates can be used as shields for fun.

Squirt Pong



Race to win in this fun water game. Place a ping-pong ball at one end of the yard and designate a 'finish line'. Using only a squirter, race to see who can be the first to push their ball to the finish line.

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