



Growing Strong

Spring 2009

Strong Pediatric Practice Newsletter

Issue 58

Welcome to the 58th issue of the Strong Pediatric Practice Newsletter! This newsletter is designed to provide useful information about health and safety. We will also include updates about changes in our office.

Please share your ideas with us!

Clinic Update

New Faces on AC6!

Please join us in welcoming:

Barbara Przysinda, LPN

Quianna Matthews, Clin Tech



Nutrition Corner

Tips for Healthier Living



Quit the Clean Plate Club

Let kids stop eating when they feel they have had enough. Lots of people who are parents today grew up under the clean-plate rule, but that approach does not help kids listen to their own bodies when they feel full. When they notice and respond to feelings of fullness, they are less likely to overeat.



BMI

What YOU Need to Know

"What is a BMI? And why is it important?"

In recent years, pediatric providers have started to watch each child's BMI as a measurement of their growth. A Body Mass Index is a calculation that uses a child's gender (boy or girl), height, weight, and age. The BMI is an estimate of how much body fat a child has. Weighing too little or too much can be a concern.

Across the country, a growing number of kids and teenagers have developed over-weight problems. For children and adults, weighing too much can lead to illness and health issues. There can be difficulties with running, general exercise and sleeping. Getting control of a weight problem in the childhood or teen years can help avoid becoming overweight adults with health issues like diabetes or heart disease.

If your child's doctor or nurse practitioner says your child's BMI is high, he or she will also have ideas for getting healthier. Unlike adults, kids don't usually need to diet. Eating healthier and getting more exercise can make a big difference in reaching a healthy weight and BMI. A dietitian is available to help plan nutritious foods that your child and family will enjoy.

---source used: kidshealth.org

Second-Hand Smoke Dangers



Second Hand Smoke

- ◆ Is a person's exhaled smoke or smoke from a burning cigarette, pipe or cigar
- ◆ Is more harmful to children and babies because their lungs are still growing
- ◆ Can cause infections, pneumonia, bronchitis, ear infections, sore throats and colds
- ◆ Causes people with asthma to have more asthma attacks and wheezing

What can you do?

- ◆ Don't allow smoking in your home or car.
- ◆ Make sure you child is not exposed to smoke at daycare, preschool or schools
- ◆ Stop smoking. Let your healthcare provider know that you are willing to learn more about how to stop. Your doctor or nurse practitioner can refer you to New York State's Fax to Quit Program. You can also call NY Quits at 1-866-697-8487, they will provide:
 1. Free Nicotine Starter Patch
 2. Trained professional help
 3. Provide support



Stay Active this Spring



Check out these local opportunities to get moving this spring.

Boys & Girls Club Mon-Fri: 2:30 -8:00 pm
500 Genesee St Sat: 10:00 – 4:00 pm
Rochester NY Ages 6-18 years old
(585) 328-3077 **Cost: \$11.00 per year**

Plus after-school programs at RCSD #7, #29 & Franklin HS
– Basketball, step team, baseball, soccer and golf.
Family Fun Nights & other seasonal programs.
Call for hours & Locations

YMCA **Cost: Varies**
444 Main St, East Rochester 585-325-2880
53 Lewis St, Rochester 585-325-2572
797 Monroe Ave, Rochester 585-271-5320

Microwave Oven Safety



When used properly, microwave ovens can be a safe and convenient way to heat foods quickly. But microwave oven heating can cause serious scald burns, especially for children. As a general rule, all children need to be supervised by an adult when a microwave is used in the home. Children's lower height puts them at special risk for burns, as they may reach to remove hot foods from a microwave when it beeps. They might also try to eat or drink foods that are far too hot right out of the microwave.

A few key guidelines:

- ★ Baby formulas and milk **should not** be heated in a microwave. Heat bottles in a pan of warm water instead.
- ★ Do not hold a child in your arms while removing items from a microwave oven, as well as from an oven or stove.
- ★ Stir and sample foods yourself before allowing your child to eat them if heated in a microwave. Microwaves can heat foods unevenly-cold in one spot and hot in another.
- ★ Be careful when removing a wrapper or cover from a hot item. Hot steam escaping from the container as the covering is lifted can cause a burn.
- ★ Use extra care when heating liquids in the microwave. Since the containers may feel only warm, rather than hot, they are sometimes handled less cautiously, resulting in the splashing or spilling of a scalding liquid.

Be sure that everyone in the home understands the risks involved with microwave ovens, including teens and babysitters. As your child grows older, teach him or her the safest ways to use a microwave.



Thank you to everyone who participated in our coloring contest this holiday season. We had 20 winners who each received a \$20 gift certificate. We look forward to your participation next year!

If you have any new ideas, please see
Barb Cook or Linda Howell.