

S U M M E R 2 0 1 3

Chippenham Pediatric and Adolescent Medicine

HAVE A FUN AND SAFE SUMMER!!!

****Checkup Season is here!****

Don't forget to schedule your checkups early to beat the summer rush! A few limited Saturday spots available if we fill up during the week.



Summer Reading

Art Gallery

1st Annual Online Art Exhibit

- *Read a good book.
- *Draw or paint a picture.
- *Turn in to front staff (with permission form)
- * We will put submissions in our online gallery...check our website for your creations! Get inspired and create!

Summertime Safety Tips



- * **Sunscreen!** Even on cloudy days! Reapply every 2 hours. Shade for babies!
- * **Bug Spray** with 20-30% DEET to protect from ticks. Apply daily when outside-NO NEED TO REAPPLY
- * **Helmets** for all wheeled activities—make sure it fits properly.
- * **Water safety** swim with adult supervision only! Childproof your pool.
- * **Stay hydrated-** clear liquids/water provide the best source. Add electrolytes for exercise sessions >1 hour.



CHECK US OUT ONLINE!
chippenhampediatrics.com

- * Summer art gallery coming soon
- * Links to current topics



Hurricane Preparedness

Get your supplies!

- *Water: 1 gallon/person/day
 - *Nonperishable foods
 - *Medications/First aid Kit
 - *Tools (duct tape, battery powered-radio, knife)
 - *Clothing/bedding
 - *Important documents –Keep in waterproof seal
 - *Sanitation- bleach, hand sanitizer
- Go to cdc.gov or the library for more information!**

Poison Prevention

Recent studies show that poisonings among children have increased since 2000. Of note, the number of adult prescriptions has also increased during this time.

What does this mean? Kids have increased chances for ingesting a substance as more adults are taking more medications.

Prevention is Key!

Most poisonings happen when adults are home but children are not well supervised.

***LOCK** all medications in cabinets or containers- kids climb!!!!

*Add safety latches to lower cabinets in reach for all cleaners, dishwasher and washer pod cleaners (looks like candy)

***STORE** paint and all garage products in locked containers

***NEVER** offer medicine as a candy

* Check labels before giving child meds

***THROW AWAY** all unused prescription medication!!!

POISON CONTROL
1-800-222-1222

**** Higher risk of poisoning for ages 0-5 years old**

**** Teens risk increased with access to opioids- (controlled substances for pain)**

Which medications? All medications can cause harm if ingested for infants and children.

Recent increased risk was noted for ingestion of diabetic medications, cholesterol lowering medications, opioids, heart disease/blood pressure medications.

****Make sure grandparents, sitters and all potential caregivers child-proof access to medications and harmful substances!**

****DO NOT USE IPECAC!!!!!!!!!!!!!!**

****DO NOT MAKE YOUR CHILD VOMIT!!!!**

Source: aap.org, healthychildren.org

Eat a Rainbow !!!

Summer is THE BEST time of year to get kids to try new fruits and vegetables. There is a greater variety and many are in season. They taste better and they are cheaper. Better yet, you can even grow your own!

**** You need AT LEAST 5 servings of fruits and vegetable a day.**

****Have fruits and vegetables at every meal- 1/2 of your plate!**

**** Add them for snacks to get your daily 5. Cut up ahead of time to grab and go.**

****Visit a local farmer's market**



Show off your summer moves!

- **jumping jacks, jump rope**
- **kick a ball around, play catch**
- **shoot some hoops**
- **swim**
- **have a dance party and boogie**
- **ride a bike-helmet please!**
- **play tag**
- **run, play**
- **make up your own game**
- **use your imagination and get moving!**

Summer Reading Corner

There are so many adventures right here in the Richmond area, but with a little imagination and a good book you and your family can go amazing places right at your fingertips! Take advantage of your local libraries- most have reading incentive programs with prizes. Some school libraries are even open a specific day a few weeks over the summer. Take advantage and plan a weekly trip to the library. It's free and fun! With extra time over the summer, branch out and try different genres. *We polled our staff and our own kids for their favorites. Check out our top picks for yourself! Let us know your favorite when you drop in!*



Board Books/Picture Books	Chapter books	Chapter books
<u>The Very Hungry Caterpillar</u> and other Eric Carle books	<u>Magic Tree House</u> series	<u>Time and Again</u> - high school
<u>Goodnight Moon</u>	<u>Charlotte's Web</u>	<u>The Lightning Thief</u> series
<u>The Belly Button Book</u> , <u>Snuggle Puppy</u> (Sandra Boynton books)	<u>Trumpet of the Swan</u>	<u>Fudge</u> series by Judy Blume
<u>Mike Mulligan and His Steam Shovel</u>	<u>All of a Kind Family</u>	<u>Ramona</u> series- Beverly Cleary
<u>Lily Brown's Paintings</u>	<u>Harry Potter</u> series	<u>Chronicles of Narnia</u> series
Dr. Seuss books- All of them!	Betsy-Tacy Series	<u>Inkheart</u>
Curious George books	<u>Little House on the Prairie</u> series	<u>The Apothecary</u>
<u>Harold and the Purple Crayon</u>	<u>The Boxcar Children</u> series	<u>The Mysterious Benedict Society</u>
<u>Lola at the Library</u>	<u>Diary of a Wimpy Kid</u> series	<u>Wonder</u>
Fancy Nancy books	<u>Nancy Drew</u> series	<u>Hatchet</u>
<u>Magic School Bus</u> series	<u>Anne of Green Gables</u>	<u>The Hound of Rowan</u>
<u>Henry and Mudge</u> series	<u>The Giving Tree</u> - poetry	<u>The Anybodies</u>
<u>Skippyjon Jones</u> books	<u>Gregor the Overlander</u>	<u>Liar and Spy</u>
<u>Where the Wild Things Are</u>	<u>Junie B. Jones</u> series	<u>From the Mixed-Up Files of Ms. Basil E. Frankweiler</u>
<u>On the Day You Were Born</u>	<u>Mrs. Mike</u>	



Tip! Create a quiet reading corner in your home. Ask your child to help choose the small space and decorate with art inspired by his/her reading. Add a pillow for comfort, grab a book and READ!



BABY READING SPOTLIGHT

Start reading from birth. Sound crazy? Babies love the rhythms of your voice and can learn to love reading from the start. Here are a few tips to get you and your child started!

****Board books are a great start. Point to words and pictures. It is OK to put the book in the mouth.**

Believe it or not, that is part of exploring reading as a baby!

****Ask your child questions as you read, ask her to point to a picture, ask "what is that", "what does it do?" Give your child a chance to ask questions too...it means they are thinking and listening!**

****Talk about the parts of a book: "This is the cover, spine, etc", "The title is...", "The author/illustrator is.....".**

****Squeeze it into your bedtime routine every night. Even a short bedtime book provides family time and a fun way to wind down and end the day with learning.**

****Babies like repetition so do not be surprised if they choose the same book(s) over and over. It's ok!**

****Keep books within reach of your baby on the floor, lower bookshelf, a book box, etc.**

R E A P V D F A G B O E B O D
 B O O R K E P A O K X S U L N
 C P K E G K G O M E L Y G R B
 H Z O V D C K E R I T X S H V
 K V E E K S L C T E L R P X Q
 P X J N B D I A F A I Y R K F
 W D C T Z S R A G Z B U A O C
 V O Q I E T S Y U A O L Y H V
 J V B O R S U N S C R E E N F
 G P R N T E M L E H S C V S Z
 J E V T I U R F Y T K M I W S
 L B D R I A P K L U P E R C T
 T Z F N N W R A P U Z Z O Y I
 S H G D M U N D Z U E O V K I
 I E S I T C O I N R J L S R R

Summer

Fun

Word

Search



Word Bank

art books bug spray checkup exercise
 family fruit helmet prevention rainbow
 safety sunscreen swim vegetables

Find the hidden message!



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Links for more information:

- *healthychildren.org (AAP parenting website)
- *cdc.gov (Centers for Disease Control and Prevention)
- *aap.org (American Academy of Pediatrics)