

Chippenham Pediatric & Adolescent Medicine

Spring Edition



Spring Resolutions, Family Style

Spring is about renewal and is a great time to encourage positive changes in your child.

Read 1 extra book a day/week- Check out your school or public library. Most libraries even have online options now!

Lend a helping hand without being asked. This could be as simple as a chore without a reminder, or helping a sibling when needed.

Laugh and smile more ... better yet, make someone else smile!

Make a new friend at school or in your neighborhood.

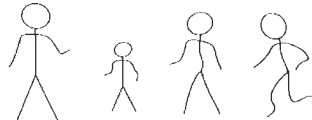
Turn lemons into lemonade. Life can throw a curveball sometimes. Show your child how to make the best of a situation and find a positive spin on a difficult day.

Get caught being good. Challenge your child to be patient, respectful and kind and take notice. Parents, be caught too!

The Spring Warm Up

The winter chill is coming to a close. Get outside and move!

Go for a family walk.



Spring scavenger hunt- look and listen!

Create a family garden: indoor pots work well too for herbs, lettuce varieties, kale. Sprout a potato in your kitchen and plant it. Try tomatoes, cucumbers, carrots too!

Family and Friends Olympics – mini races: hopping, skipping, running, three legged sack race, jumping jack marathon, crab crawl



Don't forget!

Kindergarten Registration

Check with your county/school for registration dates and requirements!

****Schedule your checkup today!**



Nutrition Bites

Fruit Smoothie

6-8 ice cubes
 1 cup yogurt (plain/vanilla, etc)
 1 banana
 1-1.5 cups fruit- fresh or frozen: blueberries, strawberries, blackberries, mango, kiwi, apple/pear slices, etc
 1-1.5 cups skim milk

Place in blender and enjoy! Get creative- mix and match your fruits.

** Choose what's in season. Make these for a healthy, quick breakfast or an after school snack.

Popsicle: place a 1-inch banana circle in bottom of a small paper cup, put a popsicle stick in the banana, pour in the smoothie, and freeze! Peel off the paper when ready to eat!

TIP: Allergic to milk? Try non-milk yogurts, soy or almond milk, super juicy fruits.

Bananas help thicken the texture of the smoothie. They are available year round, inexpensive, naturally sweet, and they are full of essential vitamins and minerals.

Buy Organic? – These super fruits have a thick outer protection peel so you do not need to pay extra for organic.



Nightmares and Night Terrors

Sleep is a critical element to your child's development. While sleeping, your child grows and the body restores itself from a hard day of work and play. *A good sleep routine is an important part of winding down before bedtime, taking care to include bedtime stories and books.*

When the daily and/or sleep routine is off, or when children get stressed or overtired, they can have difficulty with sleep. Nightmares and night terrors can be a disruption of a family's sleep. Here are some tips to tell the difference!

Nightmares

The child is alert and cries out when s/he wakes up and often remembers the dream. Usually happen later in the night/early morning.

How to respond: Offer reassurance that your child is safe immediately, provide comfort and ask what they remember. Leave a light on and try to change what may be bothering them (too dark, shadows, etc). Most kids have a nightmare at some point in their life.

Night Terrors

These typically happen during deep sleep (1st 2-3 hours) and during the transition to the next phase of the sleep cycle as a result of the maturing brain. Your child may sit up, scream and thrash, but will not respond to your help or voice. Night terrors are rare- only 3-6% of kids, and usually happen at ages 4-12 years old (but as early as 18 months old). Although uncommon, they do tend to run in families.

How to respond: Make sure your child is in a safe place. Do not wake them up or attempt to hold or calm them down – your child will be more confused and take longer to go back to sleep. Your child will usually calm down on his own, going back to the next phase of sleep.

*These can be more traumatic for parents, but the child won't remember the incident. If your child continues with these episodes, talk with your pediatrician about them. ***

Chippenham Puzzle Page

NEWSLETTER WORD SEARCH SPRING FEVER

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

BANANA
 GARDEN
 LAUGH
 SAFETY
 SPRING
 WALK

BOOKS
 JUMP
 LEMONADE
 SCAVENGER
 STORIES

EXERCISE
 KINDERGARTEN
 LIBRARY
 SMILE
 STRAWBERRY

FRIEND
 MILK
 READ
 SMOOTHIE
 VACCINE

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May 24, 2014 at 8:00 am

HPV VACCINE UPDATE (HUMAN PAPILLOMA VIRUS)

HPV can lead to cervical cancer in women and genital warts in males and females. In fact, the only way to get cervical cancer is to get infected by HPV first. Prevention is one of the most critical elements of this and all vaccines. Here is some clear information about safety and effectiveness of the HPV vaccine.

The HPV vaccine is a cancer preventing vaccine. It helps to prevent genital warts and cervical cancer.

Clinical trials noted pre-cancer changes (grades 2/3) and cancer caused by HPV strains 16/18 are reduced 100%!

**** Real-life setting:**

-With only 1/3 girls vaccinated in the US with all 3 doses, an overall 56% reduced number of strains of HPV (6/11/16/18) have been noted.

-In Australia: with 70% girls vaccinated researchers found 77% reduced number of strains of HPV.

It can take time for cancer to develop, but the research is showing that preventing the virus leading to cancer is working by vaccinating kids.

SAFETY

By the end of 2013, 60 million doses have been given.

Vaccine site discomfort is the most common problem.

Feeling faint or passing out (syncope) after the vaccine is given is rare but the most concerning side effect. Waiting 15 minutes after vaccination can help ensure safety for our patients.

There is no evidence that this vaccine is responsible for ovarian failure. There is no evidence that HPV vaccine is a cause of death.

Source: AAP News, 2/12/2014
aapnews.aappublications.org

A Secret to Success in School

A recent study at Yale University noted that a child will do better academically in school if they have more healthy behaviors.

They linked several health factors including a healthy body mass index (a measurement which takes into account your child's weight for their height given their age), family environment and having family meals. *The factor that was most predictive of doing well in school was NOT having a TV in the bedroom.*

More studies need to be done to look at reasons why but your docs here at Chippenham Pediatrics were not surprised. We can only put in our best hypotheses about why this helps:

- *Limiting TV and stimulation at bedtime, especially unmonitored
- *Encouraging reading
- *Keeping a calm and positive sleep environment and routine
- *Potentially more sleep since there is no temptation to turn on TV during various awakenings during sleep cycles.

So for good sleep and improving your child's success at school: take the TV out of the bedroom!

Study links health and academic achievement, Nathan, Aparna. Yale Daily News. Feb.25, 2014.

*** Resources for Nightmares and Night Terrors

1. healthychildren.org
2. kidshealth.org