

S U M M E R 2 0 1 4

# Chippenham Pediatric and Adolescent Medicine

Enjoy the summer! Have fun and be safe!

## **\*\*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.



## 2014 Chippenham Pediatric's Online Summer Art Gallery.....

See inside for more information! Ask the front staff for an entry form and permission slip.

## Summertime Safety Tips



\* **Sunscreen!** Even on cloudy days! Reapply every 2 hours. The higher the SPF, the better.

\* **Bug Spray** with 20-30% DEET to protect from ticks and mosquitoes. Apply daily when outside- **NO NEED TO REAPPLY** (daily showers after!)

\* **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](http://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, scissors, flashlights)
  - \*Clothing/bedding
  - \*Important documents –Keep in waterproof seal
  - \*Sanitation- bleach, hand sanitizer
- Go to [cdc.gov](http://cdc.gov) or the library for more information!

# 2014 Summer Reading Art Gallery

## 2<sup>nd</sup> 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!

*Need Inspiration? Check your local library for grade specific reading lists for your child's rising grade level. Sink into a good book, read together, and create.*



## Climb the ladder- avoid the summer slide

Are you looking for ways to keep your child's mind active this summer and retain this year's progress at school?

\*Enter the local library's summer reading challenge

\*Learn to play chess

\*Choose an interesting topic (Egypt, dogs, rockets, women in science, your favorite president, butterflies, bees) Research in the library and online (with the help of an adult). Make a poster and become your family's expert.

\*Check out the history of a place you visit this summer.

\* Staying close to home? Richmond is full of history to explore. Richmond Rocks! By Kate Hall has an amazing adventure you can do yourself.

\* Create a **summer idea book**....add your inventions, poems, rhymes, short stories, drawings, jokes and new games you make up. Share with your friends and family.

\* Pick up a few math activity books from dollar store or discount store.

\*Find a good home science project book from the library. Clear a space, put on your goggles and have fun- WITH PARENT SUPERVISION!



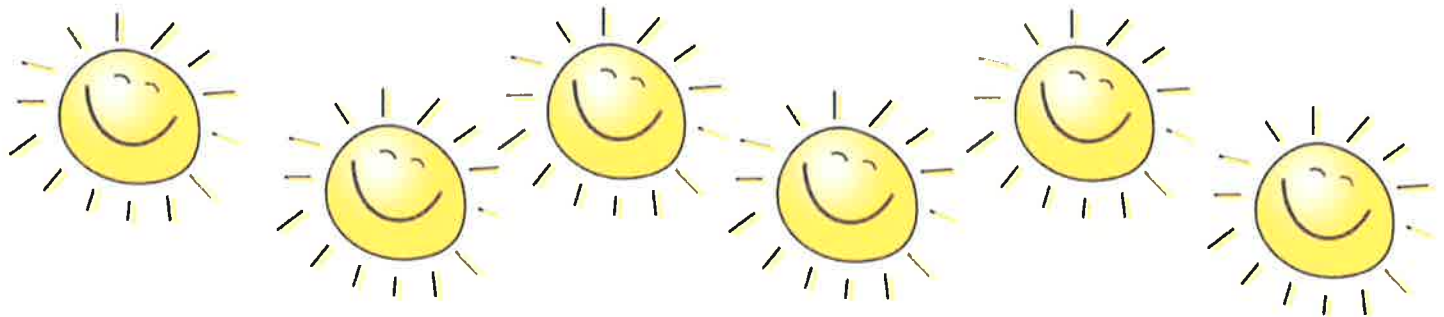
## Shady Baby

Babies are especially sensitive to sun. Wonder why? Their skin is thinner and burns more easily. Sometimes sunscreen isn't enough, so keep reading to protect your baby (and your older child)!

- \* SHADE: use an umbrella, stroller canopy, tent, a large tree
- \* Protective clothing: light weight clothes with long sleeves and pants, socks
- \* HATS- with a wide brim
- \* Apply sunscreen 15-30 minutes before going out for best protection
- \* Even cloudy days can lead to a burn, so cover up
- \* Use sunscreen even younger than 6 months old to small areas you do not cover – do not forget hands and tops of the feet!
- \* Reapply, (*yes even the water proof varieties*) every 1.5 to 2 hours to dry skin.
- \* Avoid being out from 10AM-2PM when the sun's rays are the strongest



\*Source: [healthychildren.org](http://healthychildren.org)



## Kid Friendly Summer Adventures for Your Stay-cation

\*We have amazing parks in Richmond. Choose one close to you or go out and explore a new park. Pocahontas State Park has lots of outdoor options. Have a scavenger hunt; wear your bug spray!

\*The Children's Museum, the Virginia Science Museum, Lewis Ginter Botanical Gardens, Maymont Nature Center are great in-town options for your budding scientists and investigators.

\*Soak up some history and visit one of the many battlegrounds and history museums in the surrounding Richmond area.

\* Richmond Zoo for your animal enthusiast.

\* Need to cool off? Run in the sprinkler or stay inside and go bowling with the kids. Lots of bowling alleys have summer deals & promotions.

\* Find a shady spot to have a picnic.





# Summer Fun

## Word Search



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



- |           |         |           |           |
|-----------|---------|-----------|-----------|
| ADVENTURE | ART     | BIKE      | BOOKS     |
| BUGSPRAY  | EXPLORE | HAT       | HELMET    |
| PICNIC    | POOL    | READ      | SCIENTIST |
| SHADE     | SUMMER  | SUNSCREEN | SWIM      |

**Links for more information:**  
 \*[healthychildren.org](http://healthychildren.org) (AAP parenting website)  
 \*[cdc.gov](http://cdc.gov) (Centers for Disease Control and Prevention)  
 \*[aap.org](http://aap.org) (American Academy of Pediatrics)  
 \*[www.vdh.state.va.us](http://www.vdh.state.va.us) (VA Dept. of Health)

