

Village Pediatrics

VOLUME 1, ISSUE 2

FALL/WINTER 2010

SPECIAL POINTS OF INTEREST:

- Flu vs. Cold
- Backpack safety
- Bullying Tips
- Amount of Sleep Needed
- Washing Your Hands
- Oh no, my child has lice



Seasonal Flu vs. Cold



What is the Flu?

The flu is a viral infection of the nose, throat, windpipe, and bronchi that occurs every winter. It spreads mainly from person to person through coughing, sneezing, or by merely touching an object that has been touched by someone with influenza and then touching your mouth or nose. It is contagious 1 day before symptoms develop and up to 5-7 days after becoming sick.

Flu Symptoms Include: Fever, headache, extreme fatigue, dry cough, sore throat, runny/stuffy nose, muscle aches, nausea, vomiting, and diarrhea.

What is a Cold?

A cold or upper respiratory infection is an infection of the nose and throat caused by a virus that can last up to 3 weeks.

Cold Symptoms Include:

- Runny/stuffy nose with yellow/green discharge
- Fever that lasts 2-3 days
- Sore throat
- Cough or hoarse voice
- Red/watery eyes
- Swollen lymph nodes in the neck

Treatment:

- Acetaminophen (Tylenol) every 4 hours, Ibuprofen (Advil) every 6 hours, or alternating the two every 3 hours
- Cough drops for children age 6 or older
- 1/2-1 tsp of honey for children age 1 or older
- Warm-water or saline nose drops and suctioning/nose blowing
- Antiviral meds must be started within 48 hours and must be prescribed by a physician.

Treatment:

- Warm tap water or saline solution nasal washes 4 times/day
- Bulb suctioning with petroleum jelly around nostrils to prevent irritation
- Acetaminophen or Ibuprofen interchangeably every 3h as needed
- Do **NOT** use antibiotics for colds, flu, most sore

The Flu Shot:

Is an inactivated vaccine (containing killed virus) that is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions. High risk individuals, especially those 6 months to 19 yrs and pregnant women, should receive the yearly vaccination between September and January. Children receiving a flu shot for the first time must have a booster 1 month after their first immunization if under the age of 9.



throats, bronchitis, and some ear infections that are caused by viruses. Rest, fluids, and OTC products are the best treatment.

Please Contact Our Office for Additional Questions or Concerns!



Backpack Safety



- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments.
- Pack heavier items closest to the center of the back.
- The backpack should never weigh more than 10 to 20 percent of your child's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.



“When your child is bullied, teach your child when and how to ask for help..”



“When your child is the bully, be sure your child knows that bullying is never ok.”

How to recognize if your child is being bullied, look for these signs:

Making excuses to avoid going to school, unexplained bruises, needing extra school supplies or money, problems sleeping, sudden loss of appetite, being very hungry after school (ask why: someone may be taking their lunch or money).

When Your Child Is Bullied

- Help your child learn how to respond by teaching your child self-respect. 1. Look the bully in the eye. 2. Stand tall and stay calm in a difficult situation. 3. Walk away.
- Teach your child how to say in a firm voice. 1. "I don't like what you are doing." 2. "Please do NOT talk to me like that."
- Do not encourage physically fighting back.
- Teach your child when and how to ask for help.
- Encourage your child to make friends with other children.

- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening, or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

How much sleep does your child need?

Sleep is very important, especially for children. Children who get enough sleep are less likely to have behavior problems and moodiness. They often develop better memory, concentration, and longer attention spans. With plenty of sleep, they may also recover from illness faster.

Amounts of sleep recommended according to age
 Toddlers/Preschoolers: 12 hrs per night and one nap.
 School-aged: 10 hrs per night.
 Teenagers: 9 hrs per night



Children who get enough sleep develop better memory, concentration, and longer attention spans.



Wash your hands for at least 20 seconds.

Wash Your Hands the Right Way!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. To ensure that you wash your hands for 20 sec, imagine singing “Happy Birthday” twice to a friend!



Oh No, My Child Has Lice.

How can I take care of my child?

- Use anti-lice shampoo-scrub scalp and hair for 10 minutes. Repeat once after 7 days to prevent re-infection.
- To make sure nits are dead, wait at least 8 hrs after using the shampoo before removing them. Back-comb using a fine-tooth comb.
- Head lice can't live more than 24 hours off the human body. Nits can live for 2 weeks. Vacuum your child's room, soak combs and brushes in anti-lice shampoo for 1 hr. Wash your child's sheets, blankets, and pillowcases in hot water. Items that can't be washed should be sealed in plastic bags for 2 weeks.
- Your child can return to school after the first treatment of shampoo. Remind your child not to share combs and hats.
- Contagiousness? Check the head of everyone else living in your home. If lice or nits are seen, or they start to get an itchy scalp rash, they should be treated with anti-lice shampoo.

Have a Safe and Fun Halloween!



S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you.

A

Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

E

Enter homes only if you're with a trusted adult. Otherwise, stay outside.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

