



Pedia Tracks



Tracking What's New For You!

Spring 2014

Heroes in the Home

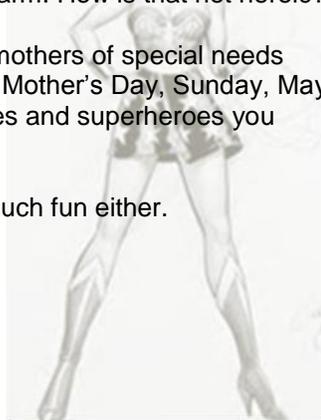


The word 'hero' is everywhere these days and is tirelessly overused by the media. However, if you define 'hero' as a person who puts the needs of others ahead of his own, someone willing to make great sacrifices for others, then no one is more deserving of that title than mothers.

Every mother experiences labor to give birth to her children*; gives up the comfort of sleep and food to care for them and would do just about anything to protect them from harm. How is that not heroic?

If all mothers are heroes, then mothers of special needs children are super heroes. This Mother's Day, Sunday, May 11, give a salute to all the heroes and superheroes you know.

*Or C-Sections which are not much fun either.



Spring 2014 Gilding the Lily

If you were able to plant some bulbs last fall you will soon be reaping the rewards of your labor. One by one the different bulb varieties will emerge from the ground and burst into colorful blossoms. For many of us, this is the reward for being deprived of green, growing things from mid-October through early April.

Some folks prefer a 'quiet' garden in spring and are content with ferns and emerging hosta foliage. But others want all the flowers and colors their gardens can hold. If you fall into the second group here are some other 'voices' you can add to your spring choir.



Azaleas and fragrant blue woodland phlox create backyard magic

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While spring bulbs can only be planted in the fall, there are other spring-flowering plants that you can get and plant this spring and summer (although they might be past their bloom cycle when you plant them.) Woody shrubs like Lilacs, Magnolias, Forsythia, Rhododendrons and Azaleas make springtime extra special with their gorgeous and often fragrant blooms. They are spectacular and come in a wide variety of colors and sizes. Since these guys are shrubs, they don't die back in the winter and you need to realize that they will be a presence in your landscape year round. Therefore, choose a planting site wisely. Rhododendrons retain their leaves all year while the others drop their leaves in the fall. Check with your County Extension Service for advice on planting Rhododendrons, Azaleas, and Magnolias since they have some special requirements.

In addition to flowering shrubs there are a large number of perennials that bloom early and can be worked into your garden scheme. Many but not all early-blooming perennials are woodland plants and do best where they will receive some shade after the trees leaf out or planted in beds with eastern exposure.



Close up of an azalea blossom

When selecting an early-blooming perennial remember that it is only going to bloom that one time in the spring, although some have longer bloom times than others. Plan for this by placing them where you can dress them up with annuals later on, or choose varieties with attractive foliage that will make a statement throughout the season.

Oh, give us pleasure in the flowers to-day;
 And give us not to think so far away
 As the uncertain harvest; keep us here
 All simply in the springing of the year.
 ~ Robert Frost

For rock gardens and sunny spots:

Aurinia, Aubretia, Arabis, Iberis, moss phlox
 Pasqueflower, Bergenia

For shaded sites, woodlands, and naturalizing:

Anemone sylvestris, Aquilegia, Astilbe (some), Pulmonaria, Brunnera, Dicentra, Epimedium, Hellebore, Iris cristata, woodland phlox, creeping phlox, Polemonium, Tiarella, Trillium, Violet.

As you can see there are many perennials that you can add to your spring gardens, too many to discuss each one here. Use those seed and plant catalogues that you have been receiving to learn more about spring perennials or do some research online. Then you'll be ready for the garden centers.



The gracefully arching stems of Bleeding Heart are pretty in pink or white

Don't forget that mid to late March is the right time to wake up your vegetable garden by planting garden peas. Since rabbits are fond of pea vines make sure to put up a barrier around them.

Coping with a Scary World

Can you remember the things that frightened you as a child? For some it might have been the dark, for others it might have been the fear of something lurking in the closet or under the bed. Then too, there was always the vague fear of 'bad guys'. But did your 'bad guys' ever become flesh-and-blood beings that could appear at schools and movie theaters and shoot lots of people—including children? Or set off bombs in crowded public places?

Because of events like this, children today lose the sense that the world is basically a safe and loving place at a much younger age than previous generations did. Even young children see the world through the jaundiced eyes of 'stranger danger,' terrorism, and madmen with guns, and that doesn't cover horrific natural disasters like tsunamis, earthquakes, and tornadoes.

It is possible to shelter children from natural and man-made disasters for a time, but that becomes increasingly difficult when they attend school and hear things from older kids or pick up things from television news broadcasts. While childhood anxiety is too complex to place all the blame on world events, these awful happenings can be contributing factors and parents should know how to help their children cope.

When children enter elementary school they experience



'Tremendous loss of life; thousands feared dead'

many new situations. Their world is suddenly much larger than it used to be; people make demands of them and hold them accountable for their behavior and schoolwork; they are faced with the need to acquire social skills in order to make friends and get along with classmates. In short, they are under unaccustomed pressure. All kids feel the pressure but sensitive children or kids experiencing life-altering events at home like divorce, illness, or a death in the family need only a little nudge to go over the edge.

When this happens anxiety takes over and kids can suffer from physical symptoms like headaches and stomach aches. They might suddenly balk at going to school. They might become angry and lash out or become weepy and more introverted.



ELEMENTARY SCHOOL SHOOTING

Each child responds differently to stress and anxiety. As a parent you can tell when your child's behavior changes dramatically and she just doesn't seem to be herself. If you think there is a problem, try to find out what is frightening your child. Think about what is going on in the world at the moment—is there anything particularly upsetting in the news? Chances are if you find an event disconcerting, then so does your child.

Kids need reassurance. Between the ages of six and eight years they are able to distinguish between reality and fantasy. They know that bad things can happen to people, so it is important for you to help them with a reality check by pointing out that an event that is disturbing is unlikely to happen to them. 'We don't live near an ocean therefore we don't have to worry about a tsunami.' Or 'this part of the world doesn't get earthquakes.'

In the case of mass bombings like at the Boston marathon you can honestly explain that cities everywhere have races all the time, but only once has there been an attack. Likewise with school shootings; point out to your child that every city and town has schools, thousands in fact, throughout the country, but most will never have a violent event like Newtown CT.

Here are some tips for parents:

- Parents are responsible for monitoring their child's screen time. Select a news source that is less sensational, older children can be given the facts without the graphic images and overboard commentary. Better yet, turn off the television during the time immediately following a disaster.
- Allow your child to talk with you about current events. Make the discussion part of family time. This enables kids to feel comfortable asking questions and gives you the opportunity to reassure them.

- Anticipate when guidance will be needed and avoid shows that are too graphic for your child's level of development.
- After tragic events occur point out how many people volunteer time, money and other forms of aid to help those in need. Encourage your child to find some way to help. This makes him feel in control and more secure.

Unfortunately, there will always be human tragedy to contend with and our ever-changing planet will continue to mold and reshape itself through violent forces of nature that are beyond human control. This much is true and will never change. Parents can't prevent bad things from happening, but they can give their children the tools needed to deal with them and the love and support to see them through the difficult times.

METRO OBGYN COMING TO HUDSON

Starting in February of this year, METRO OBGYN has been using the PYAM Hudson Wisconsin Office four evenings a week.

Every Monday through Thursday you can make appointments to see an obstetrician / gynecologist in the Hudson office between the hours of 5:30pm and 7:45pm.

For appointments call **651-227-9141**



Teeth Don't Bite People, Children Do!



Since there has been some attention given to dentition in this issue of PediaTracks, it might be a good idea to discuss how infants and toddlers use their teeth—in case you didn't know—teeth aren't just for chewing food, they make excellent communication devices for kids

who haven't yet developed language. For example, one quick chomp behind the knee is sure to get mom or dad's attention, or biting a playmate at daycare will dissuade that child from taking a favorite plaything.

But this is only one of the reasons infants and toddlers bite others, babies bite as a form of exploration. They try to touch, taste, and test everything they can in their quest to learn about the world. In addition to that, babies bite to relieve teething pain—chomping down hard on something counters the pressure of an emerging tooth. If baby is teething, provide him with something acceptable to bite on.



Baby teeth—small but deadly

As children move to the toddler stage of development they bite for other reasons. Toddlers are completely self-absorbed, reactive, and lack self-control. Importantly, they also lack good verbal and social skills so when they become overly excited or tired or frustrated they can resort to biting others.

Gender is not an issue in infant and toddler biting, boys and girls are equal offenders, but after age three, children who are still biting tend to be boys. It is not known why this is, but it could be related to the fact that boys tend to lag behind girls in speech/language development as well as social skills.

By the time children reach the age of three years, they should understand that biting causes pain and that it is something they shouldn't do.

There are some strategies that can be helpful if your child is going through a biting phase. Remember all efforts to train your child not to bite have to take place at home and at daycare. Expectations and behavior modifications have to be consistent.

If a particular child at daycare seems to be a target, as much as possible, keep the biter and victim separated. Caregivers can track incidents of biting and see if there is a pattern relating to times when the biter is tired or hungry. If this is observed to be the case, preventing the biter from reaching extreme levels of those conditions will be helpful.

It is also known that most kids don't understand biting causes others pain. Exaggerating your reaction to being bitten with a loud firm 'ouch, that hurts me,' helps the biter learn that. Caregivers should also show a great deal of sympathy and caring to victims—this too helps children understand that they are hurting others when they bite them.

Normally, as children advance to preschool age they should have abandoned biting behaviors. If they haven't talk to your provider because continued biting can point to some other underlying behavioral condition and needs to be addressed by a professional.



Get Physical with Phenology



Sometime in the future, PYAM's current patients will take over the stewardship of planet earth. Projecting forward from the situation today, we can only guess they will be facing a substantial challenge.

Many families raise awareness of the ecology by choosing to recycle paper and plastic products and by using gas, electricity, and water wisely. Schools include concern

for the health of the planet in their science or social studies curricula.

Then there is the little-known science of phenology, which studies seasonal and annual changes and is useful in tracking global climate change. With a simple notebook and color pencils or crayons, you can use phenology as an incentive to get yourself and the kids out of the house during the least appealing time of year, early spring.

Snow and rain, dark, windy days, and mud puddles all combine to make March and even April unsuited for doing much of anything outdoors and yet everyone is itching to get out. But with good boots you and the kids can walk to a favorite park or wooded area, near water maybe, two or three times a week and track and record the changes you see as the days grow longer and temperatures rise.

Did You Know? February is Dental Health Month

TOOTH CARE					
	BRUSH	AM	PM	FLOSS	POINTS
SUNDAY		★	★		
MONDAY		★	★		
TUESDAY		★	★		
WEDNESDAY		★	★		
THURSDAY		★	★		
FRIDAY		★	★		
SATURDAY		★	★		

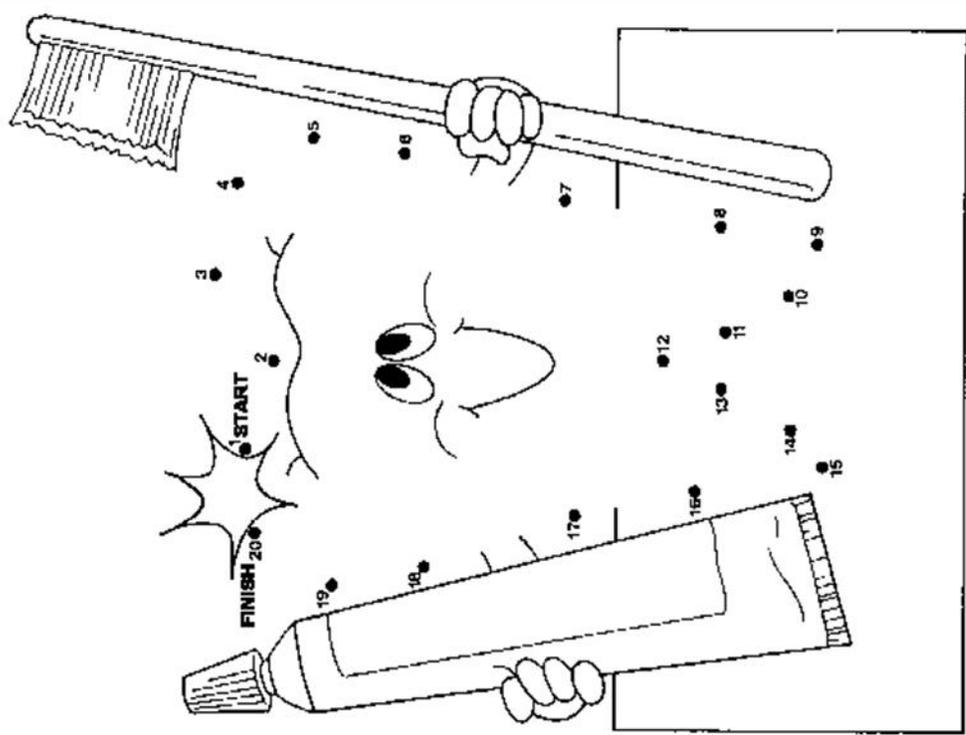
NAME: _____
 WEEK OF: _____





Pointing Kids in the Right Direction
www.KidPointz.com

TOTAL POINTS: _____



Which birds can you see? Record the dates of seeing robins, egrets, wrens and other species as they return. How about ducks and geese?

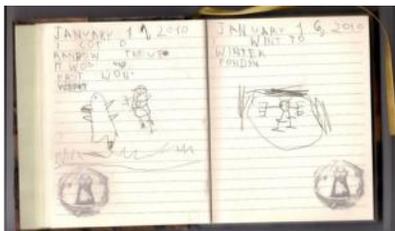


If the site you select has a pond or lake, when does ice out occur? When do you start seeing frogs and tadpoles? What day did you first hear a chorus of spring peepers?

There are so many changes going on at this time of the year. Trees produce buds that become blossoms and leaves. Early blooming flowers shoot up out of the ground—plain flowers like dandelions and unusual ones like pussy willows. You can include things like:

- Tracking daily temperatures—highs and lows
- Recording rainfall totals
- Bird species
- Flower species

Nature journaling exercises all the senses: the sounds of spring—the drip drops of melting icicles, the rush of flowing water; the smell of moist forest soil and the fragrance of flowers; and all the sights of an awakening world—lawns and trees dressed in green and gaily-colored flowers. In addition to all this, is the exercise you will get walking to and from your designated site. Not only does a nature journal help children understand the cycle of the year but it also helps them develop a deeper respect for the world around them. The simple process of keeping a nature journal is one of those rare activities good for both the body and the soul.



You can tailor how technical or complicated your journals will be by the ages and abilities of your kids. Here is just one website that you might find helpful: www.Playfullearning.net. You can download sample pages and entire journals from this and other organizations.

Remember, this is a sloppy, wet time of year with the snow pack melting and spring rains falling. Be prepared to deal with wet gear. Hopefully you all know about PEET—the best friend a mother has in winter and spring months. Some models are electric while others simply rest on top of the heating vents in your floors.



Ask a Provider about Dental Hygiene



Doctor Megan Kinder, DDS, explains why dental health care should begin earlier than you might have thought

People frequently assume that since baby teeth eventually are replaced that they're not important. However, this is incorrect. Your child's baby teeth help them chew and speak normally. They also hold space in the jaws for the adult teeth that

come in later. Starting infants with good oral care can help protect their teeth for decades to come.

A baby's teeth start to come in when the baby is around six months old. By age three, most children have all 20 baby teeth. Baby teeth will later be lost and replaced by adult teeth as your child develops and grows. Children will first lose their bottom front teeth around age 6 and by age 13 will have replaced all baby teeth with their adult teeth.

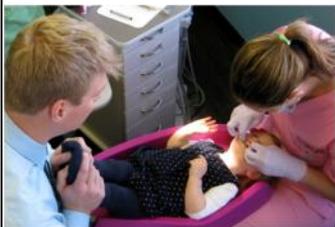
The first signs of teething typically appear around 4 months, with an overdrive in saliva production and everything within reach going in the mouth. As teeth begin to erupt, some babies will have sore or tender gums. Rubbing your child's gums with a clean wet gauze or finger may help. A clean, chilled teeth ring (don't dip it in sugar, syrup, honey or other foods) may also ease tender gums. If these methods don't work, you might want to give your teething baby a small dose of children's pain reliever, **but check with your doctor before giving your baby any medication.**

Tooth decay can begin as soon as a baby's teeth come in. Tooth decay has become an epidemic among our youngest children and can lead to cavities and pain. When it comes to cavities it is the frequency of sugar more than the quantity. Babies have a higher risk for decay if their teeth are in contact with sugary liquids often or for long periods of time. Don't put your child to bed with a bottle or cup of milk or juice, unless you plan to brush their teeth before they nod off. Bacteria in the mouth feed on the sugar in these drinks and release acids that can attack teeth and cause cavities.

Cleaning your child's teeth is an important step toward preventing cavities. Cleaning helps remove plaque, a sticky film of bacteria that builds up on teeth. After each feeding, wipe the baby's gums with a clean, damp gauze pad or washcloth. This will remove plaque and bits of food that can harm erupting teeth. When your child's teeth begin to erupt, brush them gently with a child sized soft toothbrush and water. Position your child so you can see into the mouth easily. You might want to sit, resting your child's head in your lap. It is especially important to have the toothbrush be the last thing that touches their teeth before bedtime.

If your child is under two years old and you use toothpaste with fluoride, use only a small (rice size) amount. If your child is three to six years old use a pea size amount. Help brush your child's teeth until he or she is at least six years old. Begin flossing when your child has two teeth that touch. Floss sticks are a great way to make flossing easier for the child and adult.

As soon as your child's first tooth appears, schedule his or her first dental visit. **Children should visit the dentist before their first birthday.** Treat the first visit as you would a well baby check up. It's best to meet the dentist when your child is having no dental problems- don't wait until it's an emergency.



Having a well baby check up at this age connects your child to a dental home, a place where you can take them from year to year. This helps the dentist get to know your child's and your family's specific needs in order to provide the

best care.

During the first visit to the pediatric dentist, the dentist will assess oral health risks, including the risk for or presence of cavities. The dentist will talk to the parent about oral hygiene for the child, including brushing, flossing, and fluoride and avoiding high-risk dietary practices.

Good oral hygiene and having a healthy balanced diet are important for your child's teeth. As children get older and start taking care of their own teeth, make sure they brush and floss well each day. Set a good example for your child by brushing your own teeth twice a day, flossing daily, and visiting the dentist regularly. Start your child now on a lifetime of good dental habits.

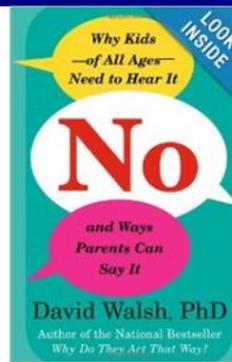
The Parenting Book Shelf



Dr D reviews: **No, Why Kids – of All Ages— Need to Hear It and Ways Parents Can Say It** by David Walsh, PhD, is a brilliant and thoughtful look at the concept of *No* and how it helps mold our children into healthy, happy, self-confident people. This book is ideal for parenting kids of all ages and for educators as well. In

the first chapter Dr. Walsh describes why, “*No* builds a foundation for self-discipline, self-respect and respect for others, integrity, perseverance and a host of other character traits that lead to a happy, productive life.”

“Skillful parenting means saying *no* when we ought to. Part of loving, caring for, and guiding our kids is helping them harness their powerful urges, wants and desires. Other-



wise their out-of-control emotions can overrun and control them rather than the other way around. Kids need the coping skills of a well-placed *No*...It's important to know when and how to use *No* so that, instead of stunting your children's growth, *No* helps them bloom and become more vigorous, strong, and productive.” This is a comprehensive guide to help parents raise kind, competent and motivated children.

Dr. Walsh begins by reviewing child development and the brain. He explains how to set loving limits and expectations for our children. He discusses how to build “healthy” self-esteem instead of just making our children feel good. He debunks the self-esteem myths that we find throughout the lay press. He details the research around self-esteem and teaches us how disappointment, discouragement and frustration are essential to build character and true self-esteem. He reviews the concept of resiliency and its essential ingredients: support and connection, high expectations, compassion, autonomy and resourcefulness, optimism, flexibility and patience. He then uses anecdotes to demonstrate how we can help our children develop these essential ingredients.

After taking a good look at parenting styles in chapter 5, Dr. Walsh moves on to practicing responsible parenting and the use of *No* in individual chapters entitled Baby's First Year, Toddlers and Preschoolers, The Middle Years, The Teenage Years, and for Special Needs Children.



There is a wonderful chapter on “Taming the Gimmies” and “Raising Media Wise Kids”, both subjects that we hear a great deal about in our offices.

At the end of most chapters he has a Parent Tool Kit which is a series of questions that allows you to assess your own skills and attitudes which can be a rich resource for discussion amongst the parenting partners of any child. There is a synopsis at the end of each chapter of things that we want to “Do”, and things that we “Don't” want to practice as we gain the necessary parenting skills for saying *No* wisely.

Here is a practical guide full of great advice that is fun to read and full of warmth and wisdom. This book moves into my top 10 list of best books on parenting! Enjoy!

Calcium Rich Spring Recipes



Nutrition can play an important role in dental hygiene in a couple of ways. The first is eating foods that give our bodies the nutritional components or basic materials for making teeth. Dairy products, which are chock-full of calcium, come to mind along with other

sources that are not as obvious, like the following fruits and vegetables.

	Calcium per cup	% Daily Value
Collard Greens	357 mg	36%DV
Kale (raw)	137 mg	14%DV
Arugula	32 mg	4% DV
Spinach (raw)	30 mg	3 % DV
Broccoli (raw)	43 mg	4 % DV
Dried Figs	241 mg	24% DV
Rhubarb	348 mg	35% DV
Dates	15.36 mg per date	2% DV
Apricots (dried)	71.5 mg	7% DV
Prunes	75 mg	7% DV

While dried fruits are high in calcium they also tend to be sticky so that means brushing and flossing after eating things like dried figs, apricots, and prunes.

Here is something that you might not already know: without adequate amounts of vitamin D your body can't absorb and utilize the calcium you get from your diet and vitamin supplements. So to ensure that your kids' bodies are going to be able to use calcium you need to be aware of their vitamin D intake as well.

Another way in which food can benefit teeth is to provide crunchy chewing action so think of raw apples, carrots and celery and surprisingly pears. These foods in their raw state provide scrubbing action that cleans the surface of the teeth.

Did you know that water makes saliva which dilutes acids and keeps them from attacking tooth enamel? People with dry mouths have more cavities than those who have sufficient saliva. So add plain old H₂O to your list of good things for teeth. Lastly, here are some easy food combinations that are dentist-approved and kid-tested to serve your family.

Cottage cheese with pear slices on Romaine

This is a versatile combination that can be part of a well-balanced lunch or a satisfying afternoon snack. While dairy products tend to coat teeth, the raw pears help scrub them clean.

Waldorf salad using Greek yogurt and dates

Most of us are familiar with Waldorf salad but by tweaking the ingredients just slightly you can turn it into something that provides a powerhouse of goodness to your family's dentition. Almost every ingredient in this recipe directly benefits dental health! Another good thing about this recipe is that while it is too early for seasonal fruits, apples are still plentiful and relatively affordable. While on the subject of apples, remember that there are many varieties available—each one with its own distinct flavor and characteristics.



- ½ cup chopped walnuts
- ½ cup celery sliced thin
- ¼ cup chopped dates (non-sugared)
- 1 sweet apple cored and chopped
- 3 Tbsp plain Greek Yogurt
- 1 Tbsp fresh lemon juice
- Salt and pepper
- Lettuce leaves

In a medium sized bowl, whisk together the yogurt and lemon juice. Add ½ tsp salt and ¼ pepper. Then mix in all other ingredients. Serve on bed of fresh lettuce. Makes two servings.

Steamed Broccoli with Cheese Sauce

This pairing provides a double dose of calcium along with the vitamin D bodies need to utilize it, all without having to swallow a single pill.

- 1 bunch broccoli

For Cheese Sauce

- 2 Tbsp butter
- 2 Tbsp flour
- 1 cup milk
- 1 cup shredded sharp cheddar cheese
- ¼ tsp salt pepper and dry mustard
- 1 small pinch cayenne pepper



In saucepan, melt butter over medium heat; whisk in flour and cook, stirring, for 1 minute. Gradually whisk in milk and cook, whisking constantly, until thickened, about 7 minutes. Remove from heat. Stir in cheese and seasonings until cheese is completely melted. Set aside. Cut broccoli into florets; peel and cut stems into ¼ inch thick slices. Place in steamer over boiling water; cover and steam until tender-crisp about 4-5 minutes. Transfer to platter and pour cheese sauce over the broccoli.



Keester Eggs