

Pedia Tracks

Tracking, what's new for you!

Fall 2012

Nasal-Spray Flu Vaccine Is Here

This season, FluMist[®] spray vaccine is available along with the conventional shot form. This news should make a great many youngsters very happy. Here is information about the vaccines.

Flu Shot

- Made with killed flu virus designed to protect against influenza.
- Contains the 3 strains recommended by CDC.
- Available to people aged 6 months and older.
- PYAM vaccine contains no mercury.
- Common side effects are redness, tenderness and swelling at injection site, low grade fever, or body aches.

FluMist

- Made with weakened, live virus designed to protect against the flu; delivered by one spray in each nostril.
- Contains the 3 strains recommended by CDC.
- For people aged 2 years of age and older.
- Preservative free contains no mercury.
- Common side effects include runny or stuffy nose, sore throat and fever over 100°F.

If your child has asthma, long-term health problems, any serious chronic medical condition, or if you have any questions not answered here, talk to your PYAM provider to help you decide which form of vaccine is best for your child.

Back to School for Shy or Anxious Children



Feeling awkward and uncomfortable in a new or unusual social setting is inherent in all human beings, including toddlers, children, and adults.

But how an individual copes with those moments of social uncertainty and how he responds to the stress of those situations can be an indicator of anything from a reserved nature to an anxiety disorder.

Same Thing, Only Different



Are shyness and anxiety the same thing? While they can be related they are, in fact, separate issues. For example, two toddlers start daycare for the first time. Both children are initially overwhelmed by the new and unfamiliar situation. Both children feel anxious. Their moms leave the daycare. One of the children becomes withdrawn and quieter than usual. The other child screams and cries inconsolably until his mother is called and asked to pick him up.

The first child has situational shyness and within a matter of days to weeks will adapt to his new environment, rapidly becoming his old self. The other child suffers from a strong separation anxiety and will need extra help dealing with being left at the daycare. Experiencing a new situation triggered anxiety in both children but they responded very differently. What mechanism determined their responses?

Nature vs. Nurture

This is where things get complicated because as in all things human, there are many possibilities. But when in doubt, blame genetics. Those magical twisty little bits inside us that give us curly red hair or big brown eyes

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can also dispose us to an outgoing nature or a more reserved one. Shyness can even be predicted in adopted children based on their biological mother's sociability. What's wrong with inheriting a reserved or quiet nature? Nothing--**shyness is only a problem when it interferes with a person's ability to function well or relate to others.** Children who have the tendency to be shy, can learn to deal with difficult or unusual situations whereas a child with an anxiety disorder might need professional assistance.



Certainly all children feel anxious about the first day of school. Kindergarteners will have no frame of reference for what to expect; older kids might worry about who their teachers will be, whether they will know other kids in their classes or if Math will be too difficult for them. Kindergarteners and children starting at a new school have stronger concerns than their classmates who might simply have the 'night-before-school-starts' jitters.

Strategies for Success

As a parent you know your child's nature and behavior patterns. What can you do if you think your child will have problems adjusting to school?

Reassurance Your child needs to hear you tell her that her feelings are normal and that she will be alright.

Self-esteem can be low or damaged in some shy kids. Engage her in esteem-building activities; build from one small success to another.

Social skills: Help her develop strong social skills through your example and even role-playing social situations that might come up at a party or at school.

Prepare in advance for new activities and events. Rather than springing something entirely unexpected on her, talk to her about it first and make sure she is comfortable with it.

Problem solving: It can be helpful for a child to learn that there is more than one solution to a problem—in other words, if one thing doesn't work, try another. Also, failure is okay, that is how we learn.

Practice: Help her to practice new skills and lavish her with praise especially when she tries out new things. Older kids might find it helpful to practice giving their speech to the family.

Encourage but don't push. This doesn't require much explanation, push too hard and you will get negative results.

Concentrate on small group activities. Shy kids tend to do better in small groups or even one-on-one.

Don't talk about her shyness; it will only reinforce the behavior or make her feel that there is something wrong with her.

These tips will help your child feel better about herself and help her gain the confidence to do her best socially and academically. It is generally acknowledged that most shy kids learn to cope with social situations, make friends and manage the things they need to, without professional help. But if you do not see her making progress, talk to your PYAM provider. Signs that she is struggling might include, reverting to bed-wetting, difficulty sleeping, or frequently missing school due to 'headaches' or 'stomachaches'.

National Pertussis Outbreak

This year Pertussis, commonly known as **whooping cough, has infected more American children than any other year since 1947.**

- As of late August, Washington State has seen 3,400 cases since January 1, 2012, and has now designated the outbreak there as an epidemic.
- Wisconsin has over 2,500 confirmed cases and another 1,000 probable cases.
- Minnesota has seen over 2,000 confirmed cases thus far and an unknown number of probable cases.

Today's parents are three or more generations away from having any first-hand experience with this disease. Few, if any, have seen babies and toddlers turn blue and go limp from coughing, vomiting and struggling for air day after day and night after night for three months. Some cultures refer to Pertussis as the "one hundred day cough." Infected adults and children typically get through the most aggressive phase of the disease in about a month but will continue coughing for much longer.

By far the most endangered members of the population are babies. One in every hundred babies (less than two months of age) hospitalized for Pertussis will die. One in every two hundred babies (aged two to twelve months) will also die.

Infants less than two months of age are too young to be immunized and must rely on their parents, families and neighbors to keep them safe from Pertussis. An estimated 40% of all infants diagnosed with Pertussis were infected by a parent or sibling.

Pertussis can be fatal, claiming nearly 300,000 lives worldwide each year. The decision by many parents to not immunize their children against this potentially life-threatening illness and the waning immunity of the adult population are the reasons that this deadly illness has resurfaced. Let's all do the right thing by ourselves and our neighbors, let's get immunized!

ImPACT Testing

You have probably heard of ImPACT testing and might be wondering exactly what it is and which student athletes should be using it. Good questions. ImPACT stands for 'Immediate Post-Concussion Assessment and Cognitive Testing' and was developed to help qualified practitioners make sound decisions about concussion management.



Here is how the program works: children over the age of 10 years take a 20 minute on-line test that gauges a number of cognitive functions such as reaction time, non-verbal problem solving and working memory. This initial test provides a baseline of your child's brain function so that, heaven-forbid, your child suffers a concussion, a repeat test can be performed and compared to the

pre-injury test results. If an athlete is diagnosed with a concussion, he will be tested and retested until results indicate that it is safe for him to resume normal activity, including sports.

Back to the question, "which sports merit an ImPACT baseline test?" Of course all contact sports—football, hockey and soccer and volleyball, as well as non-contact sports that present the possibility of head trauma such as skate boarding, skiing, figure skating.

Many such sports require helmets though, so why bother? The use of a well-fitting helmet that is appropriate for a specific sport can prevent many but not all concussions, or at the very least diminish the severity of an injury. But don't be persuaded that safety equipment is all that is needed.

Even if your very active child is not playing in an organized sports program, you might want to consider ImPACT testing—concussions can happen anywhere, anytime. To learn more about this program, ask your PYAM provider; or you can call the Central Appointment line (651-256-6714) to schedule the test without a referral.

The \$25.00 test is not covered by insurance and must be paid for at the time of service.

Indoor Exercise that's outside the Box

Summer's over; the last tomatoes and zucchinis have been picked (thank goodness) and the year that was 2012 is coming to an end. The final warm days of fall fade away, taking the light with them. Soon the days will be short and cold, making it easy to find excuses not to exercise.

The two greatest challenges of staying active year-round are finding a form of exercise that is enjoyable and can be performed indoors, since not everybody takes to outdoor cold weather sports.

There are many opportunities for indoor exercise. Many schools offer evenings with open basketball courts or open swim sessions. If it is within your means, consider purchasing a family membership at the YMCA



Not all hip hop music is X-rated

One off-beat possibility is dance. In many ways, **dancing is a nearly perfect form of exercise, since it works the body, the mind, and fulfills social needs** as well. Dance is incredibly varied with many styles ranging from Ballet to Zumba. It is important to keep an open mind—hip hop, for example, can be a fun, big muscle activity for every member of the family.



Yoga is another indoor, family-friendly activity that might be the exercise you have been looking for. There are classes for adults, kids, or adults with babies and small children. DVDs can

introduce this relaxing and yet empowering, exercise to your household and are readily available.

Another helpful suggestion is to switch it up a bit. On mild sunny days, bundle up the whole crew and head outside for a walk. On other days dance, have a yoga session, or go bowling. Make the concept of exercise fun by keeping it fresh and interesting.

While we are citizens of the 21st century, in a sense our bodies are not because they were designed for daily physical exertion—not sitting at desks or in front of computer screens. This fall and winter keep your family's bodies in top condition with regular exercise—and remember, it doesn't have to be conventional!

Welcome to Caylynn Wallace-Marcelle, APRN

In July of this year, Caylynn became the first Nurse Practitioner to join the PYAM staff. The timing of her arrival was perfect—just in time for the busy summer physical season.



Caylynn earned a Masters degree in nursing and then became certified by the Pediatric Nursing Certification Board. This enables her to act as primary caregiver for patients, and like a physician, she can order and interpret tests, and prescribe medications or therapies. She has always

been interested in pediatrics—even volunteering to work with children while still a youngster herself. Today, she leads an active life with her husband, two children and a pair of Italian Greyhounds. Caylynn's passion for pediatrics makes her a valuable and welcome addition to PYAM.

The Plant 'Timeshare' Plan

Every year in late August two happy events coincide—perennial plants go on sale and spring bulbs hit the garden center shelves. This fall buy the hostas, ornamental grasses and flowering perennials that you have been waiting to get a good deal on and purchase those beautiful daffodil, tulip and hyacinth bulbs at the same time.



When these daffodils are done blooming their foliage will be hidden by the hosta that will grow up right in front of them

Then take your goodies home and put your new plants on a **timeshare plan**. Here is how it works: dig a hole for your new perennial (or better still engage one of your 'Tweens to do it.) The hole should be larger and deeper than the plant currently requires but before you put anything into the hole loosen some soil at the bottom of the hole and mix in some bulb food (Both bulbs and perennial will appreciate the feeding.) Then spread a little soil over that. Now set your plant at the front of the hole and partially back fill, but only around the plant's immediate root system. Next grab some bulbs, and plant them right behind the perennial at the depth indicated on the package. Remember to keep the area watered for the next several weeks and then sit back and wait for spring magic.

The beauty of spring-flowering bulbs is because they come up, bloom, and go dormant in the spring; they can share space with other plants without competing for resources. A quick word of caution—be careful of your pairings. Make sure that the perennial is not an early bloomer since the idea is to have the bulb bloom first then be obscured by the perennial, creating two seasons of interest in one space.

Remember last spring how much you enjoyed the displays of bright tulips and daffodils? Get busy, because **fall is the only time you can plant for spring.**

Healthier Lunches for Healthier Kids

Here are some tips for improving the quality of your child's lunches

- **Make** sandwiches with whole grain breads.
- **Replace** bags of chips with bags of cut up carrots, cucumbers and other raw vegetables. Replace dips with hummus. It is available in individual use packs.
- **Slice** an apple and sprinkle the pieces with cinnamon for an easy and more nutritious replacement for cookies.
- **Add** lettuce or spinach to cheese and lunch meat sandwiches.
- **Use** an insulated nylon lunch bag that includes an ice pack. You can pack a wider variety of healthy foods, like yogurts.
- **Kids** are more likely to eat their lunches if you involve them in selecting and preparing their own lunches.
- Sneak a note into their lunch bags telling them what great kids they are. It won't make the lunch more nutritious but it will make lunchtime happier.

Rapunzel, Rutabagas and Parsnips



The name Rapunzel has a curious meaning that goes way back in European history. Got your seat belt fastened? The name is a variation of an ancient word for **turnip!** Here is the short version of how a girl came to be named after a vegetable: A loving husband was stealing turnip greens from a witch's garden for his pregnant wife, got caught and was forced to

make a deal with the witch. When the man's wife gave birth, the witch got the child and named her, of course, Rapunzel. You know the rest.

Using that name might not have seemed odd when the story was first told because the turnip was, and still is, a favorite all over Europe. And wisely so—root vegetables are a treasure trove of nutrition and when lovingly prepared, are delicious as well. Highlighted here are three root vegetables that you might not have tried.

Turnips: round, reddish on top, white near the base

Parsnips: shaped like carrots only white

Rutabaga: pale orange about the size of a grapefruit.

These are often sold with a waxy coating that gets peeled off with the skin.



Pretty? No. Tasty? Yes!

Root vegetables' nutritional values are the reason that people relied on them to get through the winter. For most of mankind's history people had to make do without grocery stores full of shipped in fruits and veggies. Not only are these guys good keepers but they also have high levels of

vitamin C which is hard to come by during a northern winter. In fact, one cup of these provides large amounts of vitamin C, potassium and magnesium; they are low in calories and high in fiber. You've served other roots veggies, such as carrots, potatoes and beets. Now try these recipes to introduce some lesser known members of the root vegetable family to your family.

MASHED TURNIPS

6 cups peeled, cubed turnips (about 4 big ones)

2 quarts water

1 tsp salt

1TbIs sugar

2 tablespoons margarine or butter

¼ cup evaporated milk

Salt and pepper to taste.

Choose fist-sized or smaller turnips. Cut thin layer off the tops. Peel the turnips with a vegetable peeler,

including the root end. Cut into medium sized chunks.

Boil water, **add the salt and sugar** (this step is highly recommend to enhance the turnips' flavor). Add the turnips and boil for about 20 minutes until tender. Drain well. Add margarine and milk and beat with electric mixer until smooth. Taste, then add salt and plenty of pepper. Makes four servings.

The following recipe is a bit more work but so worth the effort. The soup can be made ahead and frozen. To serve, reheat over medium high heat.

ROASTED ROOT VEGETABLE SOUP WITH GRILLED CHEESE CROUTONS

(courtesy Rachel Ray)

3 medium sweet potatoes, peeled, cubed in 2"chunks

2 large carrots, peeled and cut into large chunks

2 parsnips peeled and cut into large chunks

1 medium celery root (celeriac) peeled and chunked

Extra virgin olive oil for liberal drizzling

Salt and freshly ground black pepper

Grated nutmeg

1 bulb garlic

4 cups chicken or vegetable stock

Dash honey and dash hot sauce

Preheat oven to 425°. In roasting pan, coat all vegetables in just enough olive oil to coat. Then season with salt, pepper and nutmeg. Roast until tender and caramelized at edges, about 40-45 minutes.

Puree vegetables in batches with the stock and transfer to a soup pot. Season the soup with honey and hot sauce to taste.

For the Croutons:

4 slices of thick-cut good-quality white bread

4 thick slices of sharp yellow cheddar

Assemble 2 cheese sandwiches using 2 slices of bread and 2 slices of cheese per sandwich. Cut

both sandwiches into 9 mini-sandwiches. Place on

baking sheet and separate so that there is space

between the pieces. Coat the sides and tops of

each sandwich with cooking spray. Bake in pre-

heated (425°) oven until golden and cheese melts.

Float a few sandwich-cROUTONS in each bowl of

soup.