



PEDIA TRACKS



Tracking What's New For You!

Winter 2012

Winter Coat Drive



This year the Hudson office and the Lake Elmo office are participating in collecting coats for charity. The event runs from Oct. 26th through January 12. This program was initiated by the Wenzel family of Cottage Grove as a way of paying back the community for the kindness shown to them when Mr. Wenzel battled colon cancer in 2008. The program started

with a \$50 donation from the family's church and has grown with the aid of corporate sponsors.

In addition to coats for children and adults, you can donate hats, mittens and scarves, or monetary gifts. Your donations can be dropped off at either of the two PYAM offices during regular office hours.

Inside This Issue

- 1 Winter Coat Drive
- 1 I Want A Pony
- 3 Gifts Made From The Heart
- 3 Thoughts On The Season
- 4 A New Look at Vaccination
- 5 Ending the Bedwetting Blues
- 6 Your Child's Action Plan
- 7 Coloring Page
- 8 Clucks Redux



I WANT A PONY

(The following article contains unbearably cute images)

Did you long for a pony as a child? Or maybe you wanted a dog of your very own. It turns out kids have always been attracted to animals. Wii stations and computer games have not diminished this ancient connection we humans have with animals. It is a healthy connection, by the way, and a rewarding one.



Pet ownership offers children the opportunity to become more compassionate and responsible. Instead of being the center of attention kids learn to give and care for another. Children who are shy, disabled or going through a difficult emotional time reap huge rewards from the unconditional, non-judgmental love of a pet. Pets connect kids to the natural world and help them develop a sense of scientific curiosity.

Why then are so many Dalmatian puppies (for example) banished to animal shelters in the days and weeks after Christmas? Probably because of two common, but easily avoided mistakes: impulse buying and neglecting to do some research. There are many different kinds of pets and many different kinds of kids, and they need to be suitably matched for a successful relationship.

With kids you need to expect that at least some upkeep is going to be your responsibility, how much depends on your child and the pet. What animals make good pets for kids? Culled from several unbiased sources the top five selections are: Beta or goldfish, guinea pigs, fancy rats, leopard geckos and dogs, but not all breeds.

Continued on Page 2

The best pet choices are made when parents take a personal inventory of space and resources; age and temperament of the children in the family; and the family's lifestyle. Does your family travel a great deal? Are your children rough and ready, outdoor types? Or are they more quiet, reserved and patient? The answers to these questions can lead you to the best pet for your family.

For the very youngest animal lovers fish are recommended, especially beta fish, which are beautiful, flourish in small containers and usually prove hardier than goldfish. Should yours pass away, it can easily be replaced with a nearly identical one, with no one the wiser; isn't that confidence inspiring? Just keep their container out of direct sunlight and where small hands can't reach them.

Guinea Pigs

Many pet stores will try to convince you that hamsters and gerbils make ideal starter pets. This is not entirely true. Both of those animals are small and easily damaged by dropping or squeezing. They can be nippy and don't socialize well. A far better choice would be a pair of guinea pigs (they are so much happier with a buddy so consider adopting two.) These two to five pound critters rarely nip, socialize very well and their size makes them sturdier than hamsters. They do need a bigger cage than hamsters but since guinea pigs can't climb, the cage only needs to be covered to protect them from dogs, cats and toddlers. With gentle, patient training, these really cute animals will love being around the family and will whistle excitedly when they hear your voices.



You Were Warned

Fancy Rats

I know, I know. The very idea is repugnant at first (and maybe at second or third) but the amazing truth is that in everything you read about small pets, the words 'sweet' and 'sweet-natured' are used to describe rats more than any other small pet. Ask anyone who has owned one and you will get the same high rating. Rats are pack animals and therefore are the easiest to socialize. They become very fond of their humans and seek being with them, whereas hamsters and gerbils barely tolerate handling. Like guinea pigs, rats rarely nip and they too are happiest in pairs. Rats groom themselves and each other and are clean, delightful pets that can even learn tricks. If you are leaning to a so-called 'pocket pet' think long and hard before saying no to pure-bred fancy rats. This little animal might just win your heart. These fellows can climb so they will need a covered cage.

Leopard Geckos are ideal aquarium pets for boys and girls who insist on going the reptile route. Like all reptiles, geckos are not going to be warm and cuddly and they won't learn tricks. But they are easy-to-care-for, don't require a huge container and can be interesting to watch. This lizard-like critter has the ability to regrow its tail if the original one, oops, accidentally comes off. The gecko diet consists of live crickets and meal worms. You can purchase the tiny livestock at pet stores or you can also breed your own crickets—wow! Doesn't that sound like fun?

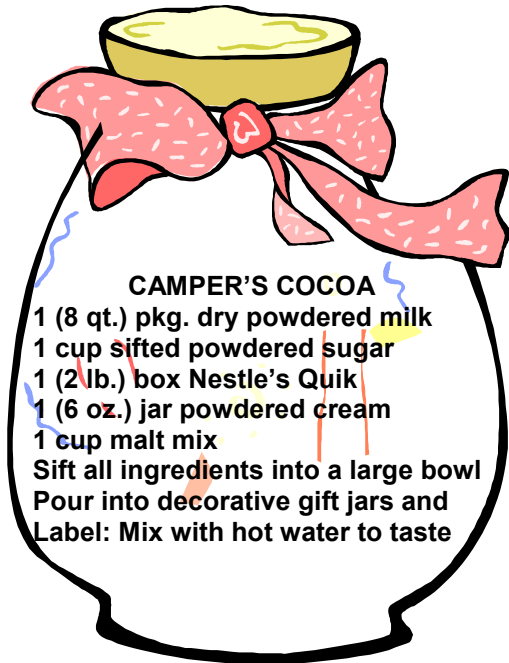
Cats are mentioned only to say they are not a top choice for families with young children; some cats bite and scratch when annoyed. They can be wonderful pets for older kids and for families that are away from home a lot, since they are very independent.

Dogs can be awesome pets—man's best friend to be sure— but you really need to know what you are getting yourself into. Do you have a fenced yard? Is your home suitable for a large animal? Dogs are the most expensive pet after ponies. Some breeds are not good choices for families with toddlers and young children. Talk to people who own or have owned a breed that you might be interested in. Read about the different breeds online or even canvas veterinarians for recommendations. Your canine selection doesn't have to be pure bred or show quality. Shelters have animals that make great family pets, but



Gifts Made from the Heart

This year see how many presents you and your kids can make; home-made gifts mean more to the giver and the recipient. Even very young kids can participate with a little help. For a tasty twist, add some crushed peppermint candy to this recipe, or tie candy canes into the bow on the jar.



Beaded or Painted Macaroni Wreath Ornaments.



Use plastic beads or painted macaroni pieces to make these Christmas tree wreath ornaments. Larger macaroni styles are easier for little fingers. Start with 16/20 gauge craft wire. Cut to length needed for wreath plus 4-6 inches extra. Curl one end of wire so beads/ macaroni don't slide off, and then thread the beads

from the opposite end. No needles required! When you have completed the wreath twist wire ends around each other and wrap the loose ends around the wire between the beads. Attach a bow and a fish line loop for hanging the wreath from the tree.

Cookie Cutter Ornaments



Clay: 6 Tbsp applesauce
10 Tbsp ground cinnamon

Miscellaneous:

Cookie cutters Feathers, beads, sequins, glitter
Ribbon Markers or paints

Mix, roll, and cut (cookie cutters work great.) Use a soda straw to make a hole for hanging the ornament. Bake at 150° for 6 hours with your oven door cracked. It makes the house smell wonderful. Allow to cool. When ornaments are dry to the touch decorate. These delightful ornaments make great gifts.

(Special thanks to our friend Zoey for submitting this idea just in time for the winter festivities)

A Calendar that celebrates your family



This gift idea is perfect for grandparents and out-of-town friends and relatives. You and your kids can sit down together and select a photo for each month of the coming year to illustrate this charming, personalized gift. Calendars like this are available elsewhere, but this one was found at lillianvernon.com.

Thoughts on the Season

From time immemorial through today, we humans have found something to celebrate at this, the darkest time of year. Here in the northern hemisphere the sun makes a lazy little arc across the southern sky each day leaving us all longing for its return. Little wonder that bonfires, candles, and lights of all kinds have been integral parts of our celebrations.

In former times, the crops would have been harvested and stored; trees and shrubs would be bare while fields and forests appeared devoid of all life; to a primitive mind-set it must surely have seemed that another year had died. But as we all know in the cycle of things if one year has died, then a new one is about to be born.

Yes, we find many reasons to celebrate this time of the year—Christians, Jews, and people of all beliefs. Our wish for each of our patients and their families is a new year full of tolerance and respect, peace and good health.

A New Look at Vaccination

-*American Baby Magazine*, August 2012, page 17

-*Web MD Magazine* September 2012, page 68

-*Parenting Magazine* October 2012, page 24

-*Parade magazine* October 7, 2012

-*The Ricki Lake Show*, October 11, 2012

What is going on in the media these days? There are more articles and discussions about childhood vaccines than since, well perhaps since Andrew Wakefield first published his tainted 'study' that correlated autism to vaccines back in 1998. Why is this subject back in the limelight again?

Before answering that, let's take a broad look at childhood vaccinations. In order to do this we need to understand some epidemiological concepts.

Herd Immunity describes the kind of immunity that happens when part of a population (herd) provides protection for the individuals who have not developed immunity. More simply, the spread of contagious diseases will be halted or disrupted when large numbers of the population are immune via vaccination.

Herd Immunity Threshold refers to the specific percentage of the population that needs to be immunized to protect its unimmunized members. The more virulent the disease, the higher the percentage needed for protecting the population. In other words, a large number of vaccinated individuals works like a firewall protecting society's at-risk (unimmunized) members such as infants, those with compromised immune systems, pregnant women, and individuals with allergies (who can't have the immunization.)

Now we can answer the question posed at the beginning of the piece. Vaccination has reemerged as a newsworthy topic because of outbreaks and even epidemics of preventable diseases like measles and Pertussis. This is happening because fewer children are receiving vaccinations opening the door for the spread of infectious diseases.

Is herd immunity a valid theory and does it work? Absolutely. Smallpox epidemics had decimated human populations for thousands of years. By working to vaccinate earth's entire population, the World Health Organization completely eradicated a disease that claimed thousands of lives annually. In so doing, proving the efficacy of vaccination. By the way, smallpox had a mortality rate of 35%--if ten people you knew contracted the disease, three would die.

Smallpox had a mortality rate of 35%--if ten people you knew contracted the disease, three would die, period.

One person infected with Pertussis can infect 12 to 18 others, and that 18 can infect 12 to 18...

The recent epidemics of Pertussis and smaller outbreaks of Measles are significant. In 2010, there were 27,550 cases of Pertussis nationally and the numbers were higher in 2012.

This tells us that, for that disease, we are losing herd immunity—the immunized percentage of the population has dropped below the herd immunity threshold. Pertussis and

Measles are considered two of the

most virulent contagions with 94% immunization required to keep the at-risk population safe. Clearly, we are well under that percentage. Those two diseases also have the highest reproduction number: that is to say that one infected person can directly infect 12 to 18 more people.

In addition to more unvaccinated people, it is known that no vaccine is 100% effective. These two factors give disease the opportunity to infect more members of the community. Knowing this, why are parents withholding immunizations? The number one reason is the disproved theory that vaccines cause autism. It is true that autism numbers have been rising since about the time that vaccinations came onto the scene, but so have many other factors; in truth, study after study has failed to find a causal link between vaccines and autism. Certainly, more research into the causes of and treatments for autism is needed, but given the scientific proof that vaccines don't cause autism; health care providers are urging parents to continue vaccinating their children.



Another myth about vaccines is the government covering up the danger of vaccines to protect the profits of the pharmaceutical companies. If this was the case, there wouldn't be vaccine shortages because every company would want in on the game and that just isn't happening. Pharmaceutical companies make greater profit from cholesterol-lowering statins than they do from vaccines.

Another fear is that children are given too many vaccines at once or too many in a short period of time. Babies are born with maternal antibodies but over the first few months of life these immunities are lost. There are no proven benefits from delaying or rescheduling immunizations but there is a

very real risk of leaving babies and toddlers unprotected. Another concern was the use of thimerosal (benign ethyl mercury) as a preservative in vaccinations. This has been removed from vaccines. The truth is that your child's drinking water, infant formula and your breast milk contain higher levels of mercury than vaccines ever used to.

Healthcare professionals are now taking a strong stance against the myths that are scaring parents into not vaccinating their kids. Most providers have treated children sick and

hospitalized with these preventable diseases; they don't want to not see any more children suffer unnecessarily. If you have any questions or concerns about your child's vaccinations please talk to your provider

Given the scientific proof that vaccines don't cause autism, doctors are urging parents to vaccinate their children



Ending the Bedwetting Blues

The difficulty of coping with bedwetting is an underestimated challenge for parents. First of all, there is all that bedding that needs to be washed, dried and then put back on the bed—a time-consuming enough chore to accomplish weekly, let alone daily. Then there is the frustration of not understanding why a child keeps wetting her bed when her peers stopped long ago. Add to this, the child's frustration, guilt and shame. Angry, tearful, and emotional scenes are played out in many families each morning.



Bedwetting makes kids feel trapped and helpless

But so much of this conflict can be avoided. Start by reducing the tole on your laundry by taking advantage of products like pull-ups and moisture-proof bed pads. Then learn what really causes bedwetting. This dual strategy is guaranteed to turn things around for your child in less time than you can imagine.

Causes of Bedwetting

There are relatively few causes of bedwetting:

- Physical abnormality
- Infection/disease
- Constipation
- Genetic disposition

To rule out the first possibility, talk to your provider, but take heart because this is the least common cause of bedwetting. Less than 10% of all bedwetting is caused by faulty plumbing.

It is also easy to rule out disease, since urinary tract infections typically affect daytime wetting. Fewer than 5% of all bedwetting cases are caused by UTIs.

Then there is constipation. This is a fairly common cause of bedwetting that occurs after a child has accomplished waking up dry fairly consistently. A full bowel can put enough pressure on the bladder to trigger sleep wetting. If you can correlate episodes of constipation with episodes of bedwetting, you are half way to solving your child's bedwetting. By working with him to establish healthier bowel habits you can solve his constipation and bedwetting at the same time.

But by far, the most common cause of bedwetting is developmental delay that is caused by a lack of communication between the bladder and the brain. When a child is awake, his brain receives the message that his bladder is full, but at night, the message doesn't get through and a wet bed is the result. Parents of bedwetters have long noted that their

child is a heavy sleeper and recent clinical studies have borne this out. It has also been discovered that some kids who chronically wet during their sleep have a particular hormone deficiency—a hormone that is crucial in preventing sleep wetting. In addition, kids with ADHD have a higher rate of sleep wetting although the connection is not yet understood.

This is a good time to point out a couple of things. First, bedwetting is not an emotional or psychological issue but a physical one. And secondly, there is an undeniable genetic component: if you or your spouse wet the bed as children there is a strong chance that your child will do the same. If your child wets during his sleep because of this developmental delay or a hormone deficiency he will eventually outgrow the problem.

Here are some heartening statistics:

15% of all first grade children are not dry every night

8% of all third grade children are not dry every night

85% of all children will simply outgrow bedwetting without treatment.

But while the odds are overwhelming that your child will outgrow this problem, attention must be focused on his emotional health. It has never been established that bedwetting *causes* low self-esteem but it is known that improving a child's ability to manage the problem raises his self-esteem. When questioned, children rated wetting the bed as the third most stressful life event right after divorce and parental fighting. These kids live in fear of punishment, being teased by siblings and worst of all, the fear of being found out by peers.

What else can parents do to assist children who sleep wet? Many parents cut down on the number of incidents of bedwetting by walking the child into the bathroom one last time before the parents themselves retire for the night. This is not 100% effective but it helps. Alarms can help 60-80% of sleep wetters, and are most effective for kids between the ages of seven and eight. There can be some relapse and the devices may be needed for additional periods of training.

By far the most important thing a parent can do is to remain calm and patient and get all family members on board with understanding and respecting the child with this problem.



Your Child's Action Plan

Action plans are relatively new tools in helping children with chronic conditions stay healthy: children with respiratory ailments such as asthma, those with allergies to foods and medicines and those with severe, life-threatening problems. All of the above-mentioned conditions require regular monitoring by the patient's primary care provider. But parents, teachers and caregivers also need to have precise information on hand. This is where the action plans come in.

Asthma can manifest very differently in different people and allergies can be moderate to severe, again differing with each individual. That is why each child needs a plan especially tailored to his needs.

All action plans consist of three major sections. Each section describes a state of health and what if anything needs to be done when the child is in that state. Most plans show a green zone, where everything is going smoothly; a yellow zone where symptoms are beginning to flare up; and a red zone where the symptoms continue to worsen. Instructions are included in each 'Zone' for caregivers to follow, including the use of daily medications, if any.

If your child has an Action Plan for Asthma, Allergies or Anaphylaxis be sure to go over the plan with his provider so that you understand it. Then make sure that everyone who will be caring for your child also has a copy and understands how to use it.

If your child needs daily medication for the condition, his provider is required to see him twice a year in order to continue prescribing those medications.

Clucks Redux

What can you do with a single, leftover chicken breast or a mostly-eaten grocery store rotisserie chicken? The answer is use one of these three recipes and create another meal that no one will suspect is leftovers. Chicken is a healthy meat choice and leftover chicken is budgetary gold. The following recipes succeed with very little meat because the addition of beans keeps the protein levels high, while the wise use of spices brings new life to the dish. With cooked boneless chicken breasts all you have to do is cube or shred the meat. With a whole roasted chicken pick off all remaining meat. You can choose to freeze the meat for when you have more time—maybe over the coming week-end—or make the following meals which can be used immediately or frozen. Remember to remove meat from bones before freezing. More ideas, not included here, are making hearty soup with the chicken carcass or topping your homemade pizzas with chicken!

Chicken Quesadilla

(This recipe was submitted by a single mom on a budget)

1 can black beans,
rinsed and drained
1 cup frozen corn
6 / 8 flour tortillas 6"
1 cup finely shredded
cheese
½ cup chopped green
onion
4 oz can mild chili pep-
pers
1 ½ cups salsa
Chicken meat



Mix all ingredients except the tortillas. Spread mixture evenly on three or four tortillas; top with another tortilla. Place quesadillas on cookie sheet (sprayed with cooking spray) and bake 10 minutes @450. Remove from pan and cut into quarters. Eat or freeze for another day; reheat in microwave.

Chili Verde with Chicken*

(Serves four in 30 minutes)

1 Tbls. extra light olive oil
1 cup chopped onion
3 cloves minced garlic
8 oz chopped or shredded chicken
2-3 tsp cumin
1 tsp ground Mexican Oregano
½ cup of salsa verde or tomatillo salsa
2 cups low sodium broth vegetable or chicken
1 4oz can chopped green chilies (probably mild)
1 16 oz can great northern beans rinsed and drained.



Serve with fresh cilan-
tro, queso fresco, or
avocado slices

Heat the oil in a large saucepan over medium heat. Add onion; sauté 3 minutes. Add garlic, chicken, oregano and cumin; sauté 3 minutes. Add salsa; sauté 5 minutes. Add broth and chilies; bring to a boil over high heat. Reduce heat; simmer 10 minutes more or until onion is tender. Stir in beans; simmer 5 minutes. Serve with garnishes or freeze (*The recipe above is from the Website chefMD Healthy Recipes. It was written without the chicken breast—our recipe tester happened to have a chicken breast laying around and it ended up in the chili; a great recipe either way.)

Santa Fe Chicken Salad Wrap

2/3 cup sour cream or plain Greek yogurt
3 Tbls. lime juice
¼ tsp each: salt, black pepper, paprika
1 tsp cumin
1-2 Tbls chopped cilantro
2-3 green onions chopped
1 stalk celery diced
2/3 cup low-sodium black beans rinsed and drained
½ cup red bell pepper diced
1/3 cup corn kernels
Chicken meat
Burrito sized tortillas

Mix all ingredients and
stuff inside a tortilla with
spinach, mixed greens or
avocado slices. Serve with
your favorite salsa.

