

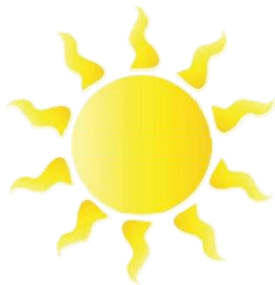


Pedia Tracks



Tracking What's New For You!

Spring 2015



Nature's first green is gold,
Her hardest hue to hold.
Her early leafs a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.
~ Robert Frost



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Happy Mother's Day

Sunday, May 10th

When you're a child she walks before you...

...to set an example

When you're a teenager she walks behind you...

...to catch you should you fall

When you're an adult she walks beside you...

...so that as two friends you can enjoy life together!

Sunday April 26th, 2015

National Infant Immunization Week

Late in 2014 a large outbreak of red measles spread from California into several other states and lasted into the winter of 2015. While images of the measles rash look pretty awful, it isn't the rash that makes measles such a dangerous disease. We think of measles as a problem with skin but it is really a virulent and **highly contagious respiratory disease**.

The red measles virus, known as Rubeola, lives in the mucus in the nose and throat of infected people. When they sneeze, cough or talk, droplets spray into the air and the droplets remain active and contagious on infected surfaces for up to two hours. The invisible but contagious droplets can even remain airborne and active for a full hour; you can walk into a room after an infected person has left and still contract the disease.

While outbreaks in the United States and Canada tend to be limited due to vaccination, world-wide, the measles virus is still a killer.

This spring, we urge parents to discuss their concerns over the MMR vaccination with their PYAM provider.

May Baskets: the Gift of Giving

After a long winter here in the north, what could be more natural than to celebrate the earth springing back to life? Nothing is more welcome than May sunshine and May flowers. May just seems to be the perfect month to celebrate the beginning of new life through Easter, Mothers Day and May Day. Although May Day is not as widely celebrated in the United States as it is elsewhere, isn't it lovely to have another excuse to revel in the return of spring?

One of the nicest traditions of May Day is the custom of anonymously giving small baskets filled with flowers and treats to someone you know. This is often practiced by hanging a filled basket on a friend or neighbor's door handle and then ringing the bell before running away—to keep your identity secret.

Such pretty mischief! And such a simple way to show children how to bring unexpected joy into the life of an elderly neighbor on your block; welcome a new family, or just spread the joy of the season to others.



Credit for this cone basket and flower set goes to 'skip to my lou.org'



There is just no wrong way to make or fill a May Basket. You and your child can create them from just about any paper items you have around the house. In the illustrations on this page there are styles and materials that will work for you. The examples shown at left use scrapbooking or card-making papers, pipe cleaners and Hershey's kisses. For 'cone' baskets cut an 11" or 12" circle out of paper, then cut the circle into four equal pieces—each piece should look like a large slice of pie. Glue the long sides together, affix handle, and let dry.

Some fun ideas for filling are individually wrapped candies, paper flowers, and packets of seeds for spring planting. You can include fresh cut flowers—maybe the peonies, tulips or daffodils that are blooming in your garden—by wrapping the cut end of a flower stem with a small piece of wet paper towel and then securing that inside a small baggie with a twist tie around the stem. In a pinch, even a few lowly dandelions will do.

Have fun with this simple craft and let the kids know this is one time when it is okay to do 'ding dong ditch!'

Can Fido and Fluffy Make You Sick?



Are you familiar with the word, zoonotic? It's not used in daily conversation but it has bearing on a discussion of whether or not pets can make humans ill. The word describes diseases that can cross over from animals to people. One not-uncommon concern has been that a family dog might be a contributing factor to a household's recurrent strep infections.

This is not as crazy as it might sound. Dogs slobber on kids' faces, right? Isn't saliva a perfect vehicle to spread disease? However it has never been unequivocally proven that dogs can carry and spread the specific kind of strep that sickens people. The veterinarians that were canvassed for this article all agreed that it is highly unlikely and has never been documented. Dogs get strep infections and humans get strep infections but the two species do not share the same kind of strep. The conclusion: it is so unlikely for dogs to carry and spread human strep bacteria, Vets won't test pets for it.



Got Saliva?



Nevertheless, since dogs and some cats spend time outdoors there are other things that they can bring in to your family, such as **ticks and fleas**. Along with ticks come some pretty nasty diseases like Lyme's, Ehrlichiosis and Babesia, all of which can be diagnosed and treated. Flea infestations are more of a nuisance than a health issue, and since we have access to good hygiene and medical care it's easy to forget that fleas were the agents that spread bubonic plague across Europe and Asia.

Every one of these pests and diseases can be prevented with routine visits to the Vet and by making sure your pets are vaccinated and given preventive treatments for pests and parasites. It should be mentioned that dogs and cats can be infected with rabies, but thanks to vaccination programs that is rare now in house pets.

In addition to the above, cats can present their own problems in the form of 'cat scratch' fever and toxoplasmosis.

Cat scratch disease is a slight misnomer since people can be infected by both scratches and bites. A flea-borne bacterium infects perhaps 20-40% of all cats who can then infect people whenever the animal breaks the skin with teeth or claws. Days to weeks after the scratch or bite occurs, the site becomes swollen, red, and can have round raised lesions. The infected area can feel warm and painful. Along with these symptoms people can also have fever, headache, poor appetite and fatigue. Later the lymph nodes closest to the original wound can become swollen and tender.

Rarely, CSD can escalate to a more serious condition, but typically resolves on its own, without medical intervention.

Speaking of bites, look at the following chart that compares the relative risks of different bites:

DOG (bad) \Rightarrow **CAT** (worse) \Rightarrow **HUMAN** (worst)

Would you have guessed that members of your own species had the most potentially dangerous bite?

Toxoplasmosis

This disease is caused by a single-celled parasite that is spread through contact with cat feces. The cats that carry the organism do not usually suffer any clinical disease nor do most people who get infected.

Because cats only shed the organism for a few days in their entire life, the chance of human exposure is small. Owning a cat does not mean you will be infected with the disease. It is unlikely that you would be exposed to the parasite by touching an infected cat, because cats usually do not carry the parasite on their fur. It is also unlikely that you can become infected through cat bites or scratches. In addition, cats kept indoors that do not hunt prey or are not fed raw meat are not likely to be infected.

In the United States, people are much more likely to become infected with toxoplasmosis through eating raw meat and unwashed fruits and vegetables than from handling cat feces.

Toxoplasmosis is most dangerous to the unborn but infection of pregnant women is easy to prevent--during pregnancy, the task of cleaning out the cat's litter box should fall to some other family member. In addition, there are several general sanitation and food safety steps you can take to reduce your chances of becoming infected with *Toxoplasma*:

- Do not eat raw or undercooked meat. Meat should be cooked to a temperature of at least 160°F for 20 minutes.

- Do not drink unpasteurized milk.

- Do not eat unwashed fruits and vegetables.

- Wash hands and food preparation surfaces with warm soapy water after handling raw meat.

- Wear gloves when gardening. Wash hands after gardening.

- Wash hands before eating (especially for children).

- Keep children's sandboxes covered.

- Do not drink water from the environment unless it is boiled.

- Do not feed raw meat or undercooked meat to cats. Also, do not give them unpasteurized milk.

- Do not allow cats to hunt or roam.

- Do not allow cats to use a garden or children's play area as their litter box.

- Remove feces from the litter box daily and clean with boiling or scalding water.

- Pregnant women, and persons with suppressed immune systems, should not clean the litter box.

- Control rodent populations and other potential intermediate hosts

Salmonella



Everyone knows that turtles and other reptiles can carry the bacterium for Salmonella but many people might not be aware that reptiles are not the sole carriers of salmonella. Amphibians such as frogs, as

well as chicks, ducks, pet mice, hamsters, rats and guinea pigs can also transport and transfer the bacterium to humans. In fact nearly all animals can become infected by Salmonella.

Salmonella is a bacterium that is carried in the gut of animals and causes abdominal cramping, fever, vomiting, and bloody diarrhea.

In 2005, a five year old Minnesota boy fell ill four days after he received a pet mouse. The mouse had become lethargic and had diarrhea immediately after purchase. Even so, the child still handled the animal and kissed it.

An estimated 1.4 million people in the U.S. have salmonellosis each year; around 15,000 people are hospitalized and over 400 people die from the infection.

Still, so-called 'shelf pets' are normally safe for children when the following CDC precautions are followed:



Prevention Tips

The No. 1 rule is to wash your hands thoroughly with soap and water after handling pets or their cages and bedding. Make sure kids do the same, says the CDC. This is a good rule of thumb to practice all the time with all animals.

The CDC offers more tips for reducing salmonella from "pocket pets" (rats, mice, rabbits, gerbils, hamsters, guinea pigs, and ferrets) and rodents bought to feed other pets, such as snakes:

- Buy animals that look lively and alert, with glossy coats free of droppings.

- Don't buy a pet that shares a cage with other animals

that have diarrhea or look sick.

Always wash hands thoroughly after cleaning up pets' droppings.

Make sure children wash their hands immediately after handling rodent feces.

Supervise young children if they clean the pet's cage.

Don't smoke or eat food while handling your pet.

Don't handle pets in areas where food is prepared.

Don't kiss your pet or hold it close to your mouth.

"If your pet dies soon after you buy it, it may have been ill with a disease that could make people sick," says a CDC news release.

Tell the pet store about the animal's death, and clean and disinfect the cage before reusing it, says the CDC

Petting Zoos



After reading the previous warnings about salmonellosis, it isn't rocket science to project that some petting zoos have animals that are ill with salmonella. Be sure to use your own common sense and steer the kiddies away from all animals that don't appear clean and in good health. Use that hand sanitizer liberally.

While it is wise to be aware of zoonotic diseases, it is also important to remember that most of us live in comfortable, clean conditions that are not suited to the critters that carry and spread disease. Modern life is, if anything, perhaps too sanitary. Common sense should prevail in protecting yourself and your families from all forms of disease, including those that can be passed on by other species.



Zoonotic Disease—crossing the species barrier

*All strains of influenza that infect human populations began as avian(bird) only disease, then jumped to mammals and finally to humans.

*Ebola was originally a disease that affected monkeys and apes.

*In Australia, Koalas are plagued with the same species of Chlamydia as humans.

*Mosquitoes deliver many diseases to humans on nearly every continent.

*In the United States, deer mice carry and spread a dangerous hemorrhagic fever through their droppings.

From the Business Office:

Motor Vehicle Accidents

Being involved in any kind of car crash can be very unnerving—especially if your children were in the car at the time of the accident. Fortunately, most car accidents are minor and while your car might need some 'medical' attention, the occupants of the car frequently escape serious injury—especially when seat belts and child safety seats have been correctly used.

If your children have been involved in an accident please bring the following information to the business office when you bring the kids in to be checked out by their primary care provider:

- 1) Name of automobile insurance carrier
- 2) Policy number
- 3) Accident Claim number
- 4) Name and phone number of insurance employee working on your claim
- 5) Address for submission of insurance claims.

This information will help us help you with unnecessary delays in claims payments.

New Thoughts on Introducing Solid Foods to Baby



In recent years, the rising numbers of food allergies in American children has prompted researchers and allergy specialists to carefully reexamine the science of food allergies and to review current recommendations.

What they have found is this: withholding suspect foods during pregnancy, breastfeeding and early infancy is not reducing the number of food allergies, but is instead, increasing them. Children's immune systems begin to develop in the first months of life after birth. Introducing foods early on, in a sense, familiarizes the immune system with the foods so that they don't set off immune system alarms later, triggering allergic reactions.

The American Academy of Pediatrics agrees with and supports these findings. Pediatric providers are tasked with bringing these new concepts to the parents of their patients.

The new American Academy of Pediatrics (AAP) guidelines state that there is no convincing evidence that delaying these foods beyond six months prevents allergies.

8 Common Allergies



Mothers who do not have allergies are encouraged to consume suspect foods during pregnancy and while breastfeeding, and then adding those foods to their infants' diets earlier than was formerly recommended. However, if there

is a history of food allergy in the child or his immediate family members, you may want to visit with an Allergy specialist before introducing one of the **big five highly allergenic foods (cow's milk, soy, egg white, wheat, and nuts.)**

The chart below shows most of the foods that contain the proteins that trigger allergies. Food allergy reactions range from mild to life-threatening. In fact, one person dies each day of anaphylactic shock in the United States. Likely there will always be some individuals who develop food allergies, but what a great idea to prevent *unnecessary allergies* by simply changing the way we feed infants.

Some aspects of infant feeding haven't changed. It is still recommended that solid foods be introduced between four **and six months of life**. In the past providers suggested baby versions of rice and oat cereals for first foods, followed by strained vegetables and then strained fruits. Large studies debunk the necessity of following this pattern. Babies and children will develop their own likes and dislikes no matter what—the order of introduction is irrelevant. Letting them try many different flavors and textures

leads to kids who are more adventurous eaters. Nor is it necessary to wait three to five days between foods. As long as baby is tolerating the food keep moving forward so that within a few months of starting solids, baby's daily diet consists of breast milk/formula, meats, cereals, vegetables, fruits, eggs and fish.

Conveniently, most providers want to see their patients at four- and again at six- months of age. These visits provide parents with perfectly-timed opportunities to discuss infant nutrition and feeding. At these appointments PYAM providers hand out information sheets that detail information a first-time parent needs to know about strained foods, finger foods, liquids, high chairs, sippy cups and more.

Around the world, mealtime is when families gather together to share food and conversation with each other. Bringing baby to the table is one more step in her development as a member of the family and the community. This can be a joyous, albeit messy, part of the adventure of raising healthy kids.



Good Snacks Made Better



Bright, attractive arrangements make veggies more appealing to children; by replacing the dairy-based dip in this photo with hummus you add high-quality protein to the snack.

Kids have small stomachs and kids are always growing. For these two reasons they are often hungry between meals. (Of course not eating well at the previous meal can be a contributing factor!) In any event parents need to prepare snacks that will get their child through to the next meal with-

out spoiling appetites or providing empty calories. While juice and soda, chips and cookies are okay once in a while, they should not be a daily event.

Depending on your child's age and dentition, plates of cut up fruits and vegetables are preferable, but that alone can leave kids hungry and unsatisfied. The reason being, that in order to be filling, snacks need to include some proteins and fats. By adding things like nuts and seeds (again using your child's age as a guide) or nut butters, the snack will be more nutritious and keep the kiddies happy longer. Obviously, for children with nut allergies, other protein-rich foods must be considered.*

Among these are cheeses and yogurts. A word of caution here— because children are small humans and not small cows— dairy products should be served sparingly and it's

good to be aware that not all yogurts are good food choices. There is a long-standing myth that yogurt is automatically good for you. Not so. Be discriminating



at the grocery store. Read the list of ingredients and choose the brand with the shortest list. Furthermore, good quality yogurt should be low in sugar, fat, cholesterol and carbohydrates and high in protein. Another myth that doesn't really stand up to scrutiny is that children need fruit juices. Children should eat fruits, yes, but fruit juice isn't nutritionally necessary and adds a lot of sugar into the diet. Sugar that comes from fruit juice is in not superior to the sugar in sodas. Instead serve a smoothie that includes some green veggies.



Sneak some spinach or broccoli into smoothies; blame the color on kiwis.

In the last few years the importance of including quantities of vegetables and fruits in the diet has been stressed like never before. It is also important to remember though, that so many important body functions require proteins. From birth through the age of 5 years a child's brain develops at an incredible rate and requires good amounts of protein. Muscle development also requires protein. Combining small amounts of protein along with vegetables and fruits gives kids nutritious *and* satisfying snacks.



*Food Allergy Awareness Week May 17-23

Three Recipes for No Bake Energy Bites



Recipe #1

Pumpkin Energy Bites

Ingredients:

8 oz. (about 1 packed cup) chopped dates
¼ cup honey
¼ cup canned pumpkin
1 Tbsp. chia seeds or flax seeds
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground nutmeg
Pinch salt
1 cup uncooked old fashioned oats
1 cup coconut flakes, toasted or not
1 cup pepitas (pumpkin seeds) toasted or not

Directions:

Combine dates, honey, pumpkin puree, chia seeds and spices in food processor until smooth and combined. Transfer the mixture to a large bowl and stir in all other ingredients. Cover and refrigerate for at least 30 minutes. Then spoon out mixture to form 1" balls. These should be kept in the refrigerator and are good for up to two weeks, should they last that long!

Recipe #2

Peanut Butter Coconut Oatmeal Bites

Ingredients:

2 cups thick or old fashioned oats
½ dark chocolate chips
2/3 cup coconut flakes unsweetened
¾ cup natural peanut butter
1/3 cup honey
1 tsp vanilla extract
Dash salt



Directions:

In a large bowl, mix together the oats, chocolate chips and coconut.

Add the peanut butter, honey, vanilla and salt. Mix well until evenly combined. Chill in refrigerator for an hour then roll into balls about 1" in diameter. Store the balls in an airtight container in refrigerator.

Notes: Other options: add raisins, dried cranberries, apricots, white chocolate chips or carob chips, etc.

Recipe #3

Chocolate-Peanut Butter Energy Bites

Ingredients:

½ cup natural peanut butter
1/3 cup honey
1 tsp vanilla
1 cup thick or old fashioned oats
1 cup unsweetened coconut
¼ cup cocoa powder
½ cup flax seed or chia seed (ground or not)
½ cup raisins

Directions:

Stir together peanut butter, honey and vanilla. Add remaining ingredients and mix together until evenly combined. Some people like to use their hands although this can be messy. Squeeze and form into 1" balls. Store covered in refrigerator for up to one week. Freeze for longer storage.

