



Long Pond Pediatrics and Osteopathy Summer Newsletter

Also available from our website www.longpondpediatrics.com

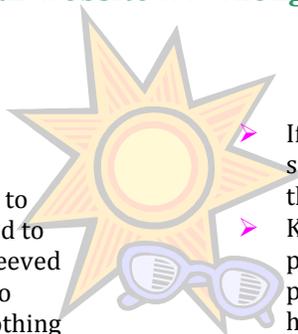
FUN IN THE SUN

Babies under 6 months:

- The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. However, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For All Other Children:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF of 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water and sand (and even snow!) as they reflect UV rays and may result in sunburn more quickly.



POOL SAFETY con't.

- If the house serves as the fourth side of a fence surrounding a pool, install an alarm on the exit door to the yard and the pool.
- Keep rescue equipment (a shepherd's hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool. Choose a shepherd's hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
- Avoid inflatable swimming aids such as "floaties." They are not a substitute for approved life vests and can give children and parents a false sense of security.
- Children ages 1 to 4 may be at a lower risk of drowning if they have had some formal swimming instruction. However, there is no evidence that swimming lessons or water survival skills courses can prevent drowning in babies younger than 1 year of age.
- The decision to enroll a 1- to 4-year-old child in swimming lessons should be made by the parent and based on the child's developmental readiness, but swim programs should never be seen as "drown proofing" a child of any age.
- Whenever infants or toddlers are in or around water, an adult - preferably one who knows how to swim and perform CPR - should be within arm's length, providing "touch supervision."
- Avoid entrapment: Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers. Ask your pool operator if your pool or spa's drains are compliant with the Pool and Spa Safety Act. If you have a swimming pool or spa, ask your pool service representative to update your drains and other suction fitting with anti-entrapment drain covers and other devices or systems. See PoolSafely.gov for more information on the Virginia Graeme Baker Pool and Spa Safety Act.
- Large inflatable above-ground pools have become increasingly popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be so that children cannot gain unsupervised access.



POOL SAFETY

Never leave children alone in or near the pool or spa, even for a moment.

- Install a fence at least 4 feet high around all four sides of the pool. The fence should not have openings or protrusions that a young child could use to get over, under, or through.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can't reach.

Source: <http://www.aap.org/family/tippool.htm>

SWIMMER'S EAR PREVENTION
Mix ½ rubbing alcohol with ½ white vinegar in a jar. Dip cotton ball and squeeze a few drops in each ear after swimming.

FORMS AND PHYSICALS

Please remember to schedule back to school physicals before September. If you are unsure when your child's last physical was, please call our office and our front staff can look it up.

If your child needs a Pop Warner or Camp form, please remember it can take a week to get the forms completed.



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WHAT TO DO IF....

Poison Ivy?

- First, take a shower or bath with warm, soapy water.
- Next, make sure to wash all clothing in the washing machine and wash all objects that may have come into contact with the plant.
- Over the counter treatments such as Zanafel Poison Ivy Wash and oatmeal baths will help with the itch and can be purchased at most pharmacies or natural food stores.
- You can also use OTC Calamine Lotion. OTC hydrocortisone creams may reduce swelling. Stop using when blisters pop.
- If the condition worsens or becomes unbearable, or if rash is on the face or near the eyes **call our office**. Please note **we will not** prescribe for any rash or questioned poison ivy **without first seeing the child**.

Sunburn?

- Use cool compresses as needed.
- Take lukewarm showers or tubs with mild soap and no scrubbing.
- Use bacitracin over burned areas especially if blisters occur. **DO NOT** pop blisters allow them dry up naturally. Use at least SPF30 products on new skin as it emerges.
- Use acetaminophen or ibuprofen for comfort. Offer plenty of fluids to drink. If large body areas are involved, **call our office**.

Heat Rash?

- A rash that usually looks like small, red bumps or patches. It occurs during hot, humid weather.
- It usually last only a few days.
- Give lukewarm baths and apply moisturizer.

Broken Bone?

- Apply ice to affected area and elevate.
- Give acetaminophen for comfort and then call our office for advice.

Bug Bites?

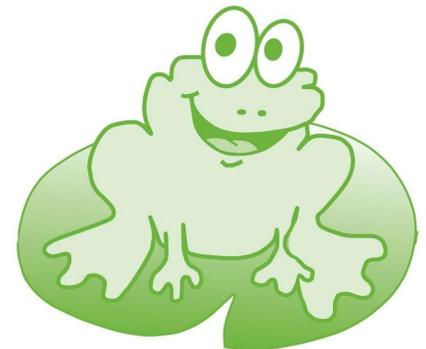
- Some insect bites cause large local swelling that can be pink and slightly warm to the touch within a short time after the bite.
- If a stinger is seen, gently remove with tweezers. Wash wound with soapy water and apply bacitracin and Benadryl if the area is itchy.
- If a second area of redness, pain and/or pus appears after the initial 12 – 24 hours call our office.

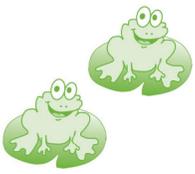
POINTS OF INTEREST

- Long Pond Pediatrics is now a Boston Children's Hospital Preferred Pediatric Practice.
- If a specialist prescribes your child medication, please make sure you contact the prescribing physician for any refills. It is the policy of Long Pond Pediatrics NOT to issue refills for medications for conditions not treated by a Long Pond provider.
- Patients are responsible for confirming your insurance carrier has the correct PCP listed.
- Uninsured or ineligible insurance visits will be seen on a payment due at time of visit basis.
- Over the summer and fall, LPP will be upgrading our computer network and Electronic Medical Record. A new patient portal will be launched in the late fall that will allow parents to communicate electronically with our office and staff. Please keep an eye on our website for updates.

Meet the Staff:

Providers:	Sabine Schmitt, DO Shoshana Katz, MD Kimberly Ingalls, MD
Management:	Laura Schmidt, Practice Administrator
Administration:	Lisa Berryman, Billing Manager Joan – Receptionist Leigh Ann - Receptionist Jennifer - Receptionist
Nursing:	Pat Salvo, RN, Clinical Manager Laurie Mary Ellen Stephanie
Frog:	Ferguson of Long Pond





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HEAT STRESS IN EXERCISING CHILDREN



The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 7 to 14 days to acclimatize to the heat, particularly if it is very humid.
- Before prolonged physical activity, children should be well-hydrated and should not feel thirsty. For the first hour of exercise, water alone can be used. Kids should have water or a sports drink always available and drink every 20 minutes while exercising in the heat. Excessively hot and humid environments, more prolonged and strenuous exercise, and copious sweating should be reasons for children to substantially increase their fluid intake. After an hour of exercise, children need to drink a carbohydrate-electrolyte beverage to replace electrolytes lost in sweat and provide carbohydrates for energy.
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.
- Practices and games played in the heat should be shortened and more frequent water/hydration breaks should be instituted. Children should seek cooler environments if they feel excessively hot or fatigued.

Source: <http://www.aap.org/advocacy/archives/tanning.htm>

OPEN WATER SWIMMING

- Never swim alone. Even good swimmers need buddies!
- A lifeguard (or another adult who knows about water rescue) needs to be watching children whenever they are in or near the water. Younger children should be closely supervised while in or near the water – use “touch supervision,” keeping no more than an arm’s length away.
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.
- Ocean swimming should only be allowed when a lifeguard is on duty.

<http://www.aap.org/advocacy/releases/marspringbreaktips.cfm>

SUMMER TRAVEL SAFETY

- **NEVER** leave a child alone in the car even for a short time - even with a window left down, a car becomes overheated in a very short period of time on a warm day.
- When placing an infant in the car seat, always place the handle in a down position before driving.

PLAYGROUND SAFETY

- The playground should have safety-tested mats or loose fill materials (shredded rubber, sand, wood chips) maintained to a depth of at least 9 inches. The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
- Equipment should be carefully maintained. Open ‘s’ hooks or protruding bolt ends can be hazardous.
- Swing seats should be made of soft materials such as rubber, plastic or canvas.
- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Never attach – or allow children to attach – ropes, jump ropes, leashes, or similar items to play equipment. Children strangle in these.
- Make sure metal slides are cool to prevent children’s legs from getting burned.
- Parents should never purchase a home trampoline or allow children to use home trampolines.
- Parents should supervise children or play equipment to make sure they are safe.

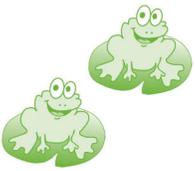
GRILL SAFETY

- Designate the grilling area “No play Zone”
- Keep grill at least 3 feet away from the home or plants.
- Do Not use a match to check for leaks.
- Only use starter fluids designated for barbeques.
- Check the fuel line between the propane tank and the grill.

BICYCLE SAFETY



- Make sure the bike is the right size for your child. Most children are not ready to ride a 2-wheeled bike until they are 5 or 6 years old.
- The importance of wearing a helmet cannot be stressed enough!
- Bike helmets should be worn on every bike ride. Parents can set a great example by wearing their helmets, too. By having your child wear the helmet all the time, it helps them develop a “helmet habit”.
- Check the helmet for a label that notes the helmet meets the CPSC safety standard.
- The helmet should sit level on your child’s head and, if properly fastened, should not be able to move in any direction.
- The same safety rules should be followed for dirt bikes and ATVs. Make sure an adult knows the where and when of the rides.



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Insect & Tick Safety Tips

- Avoid outside activities at dusk when mosquitoes are most prevalent.
- Have your child wear light, long sleeved clothing and pants for added protection from mosquitoes and ticks.
- Once a day, check your child from head to toe for signs of an embedded tick. Pay attention to areas of the body such as behind the ears, scalp, armpits, groin, behind the knees and any creases in the skin.

To Remove a Tick:

Stretch the skin around it and apply tweezers as close to the embedded portion as possible. With a steady grip, pull the tick out by the head. You may find the skin lifting as you pull the tick out. It is not necessary to immediately remove all of the tick. If removal becomes difficult, cover the area with an antibiotic ointment and bandaid and try again in a few hours. Warm, wet compresses may also help to loosen the tick for removal. Being too aggressive in removing the tick only causes more damage to the skin. After the tick is removed, clean the area with soapy water and apply a small amount of antibiotic ointment. There may be a small area of redness around the bite. This redness should resolve in 2-3 days. Call our office to be seen if the redness continues or increases after the 3rd day.

Insect Repellant

- Most effective products contain DEET. A DEET concentration of 10-30% is recommended by the American Academy of Pediatrics. The concentration of DEET varies with each product so read the label. 10% DEET= about 2 hours protection 30% DEET= about 5 hours protection
- DEET **should not** be used on children under 2 months of age.
- **DO NOT** apply more than once a day
- May be used on children older than 2 months of age but **DO NOT** use on the face, hands or feet that babies or younger children may put into mouth.
- Apply insect repellant sparingly on exposed skin.

DO NOT use combination products that contain both DEET and a sunscreen. Sunscreen needs to be reapplied every two hours but insect repellent should not be reapplied.



Insect Repellant con't.

- If insect repellant is used, be sure to change clothing and wash treated skin with soap and water after use.
- A DEET alternative called Picaridin (5 -10%) may be just as effective for inhibiting mosquito bites but does not have any protection from ticks. Oil of lemon eucalyptus and 2% soybean oil are comparable in their duration of effectiveness to lower concentrations of DEET.

BOATING SAFETY

Children should wear life jackets at all times when on boats or near bodies of water.

- Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted.
- Blow-up water wings, toys, rafts and air mattresses should not be used as life jackets or personal flotation devices. Adults should wear life jackets for their own protection, and to set a good example.
- Adolescents and adults should be warned of the dangers of boating when under the influence of alcohol, drugs, and even some prescription medications.

Source: <http://www.aap.org/family/tippslip.htm>

Entertaining Safety

Summer is a time of family fun and friendly get togethers. Make sure you offer a variety of food choices for guests that may have allergies. Also, be sure to let hosts know if your child has any allergies and what is and is not ok for your child to have. Especially younger children do not always know what will cause a reaction.

If your child has a prescription for an EPIPen, make sure you have one with you whenever you are going to summer bbq's and parties. If you are not staying at the party with your child, make sure an adult at the party has the pen and knows how and when to use it if necessary.

The eight most common food allergens are milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat.

