



Kudos for Kids

Spring 2010

Dr. Turner Joins Our Practice!



Dr. Turner earned her Bachelor of Science with Honors from the University of Maryland Eastern Shore, and her Doctor of Osteopathic Medicine from the New York College of Osteopathic Medicine in Old Westbury. She com-

pleted her pediatric residency at the University Hospital at Stony Brook where she also served as Chief Resident in pediatrics.

Dr Turner has a special interest in asthma, and has served on the Pediatric Asthma Coalition for the Capital Region. She is a former National Health Service Corps Scholar and has been a coordinator for the Reach Out and Read program, which promotes early childhood literacy.

Dr. Turner is certified by the American Board of Pediatrics. When not seeing patients, she enjoys

community outreach, reading, traveling, dancing and spending time with her husband and two daughters.

Please join us in welcoming Dr. Turner to our practice. She is currently seeing patients on Monday and Wednesdays and as the needs of the office increase, so will her hours.

Dr. Turner's secretary is Sue Wos, and can be reached at 371-8000 x 2224. Dr. Turner's nurse is Dana D. and can be reached at 371-8000 X 2250.

We welcome all new referrals!

**CapitalCare Pediatrics—
Clifton Park**

Inside this issue:

Media & Your Child's Health	2
The 7 C's of Resilience	2
Sunscreen Tips	3
Heat Stress & Exercising	3
Pool Safety	3
Bug Safety	4

Visit our new website!

We are happy to introduce our new website. In addition to CapitalCare's main website, (www.capcare.com) our office has created one that meets the needs of our pediatric patients. We are continuing to add and improve information on this website and we are looking for suggestions

from our families. Please visit www.capitalcarepediatrics.com and bookmark it for future reference. You can make your suggestions by calling our site manager, Erin Atzeni at 371-8000 x 2232.



How Media Affect Children's Health

Adapted from the AAP News Room—March 2010.

Children and adolescents spend more time with media than they do in any other activity except for sleeping—an average of seven hours a day. The vast majority of young people have access to a bedroom television, computer, the Internet, a video-game console and a cell phone. In a recent issue of *Pediatrics*, researchers have found that media can influence children's beliefs and behaviors in terms of violence and aggression, sex, substance abuse, obesity and eating disorders. Heavy television

viewing has been linked with attention-deficit disorder and diminished academic performance, as well as hypertension, asthma, sleep disorders, mood disorders, psychological distress and depression.

Media can also be a positive influence and teach children empathy, tolerance toward people of other races and respect for elders, as well as convey important public health messages. Study authors provide recommendations for parents, health care practitioners, schools, the entertainment industry and the government to increase the benefits and

reduce the harm that media can have.

To find out more information, visit

www.aap.org/advocacy_releases/mar0110studies.htm



Reading with your child not only stimulates development of your child's brain, but also fuels a close emotional relationship between you and your child.

The 7 C's of Resilience

All children have abilities and strengths that can help them cope with everyday life. As parents, you can develop your children's resilience by paying attention to those strengths and building on them. But what are the ingredients of resilience? There are 7 essential components, all interrelated, called the 7 Crucial C's.

Competence - the ability to handle situations effectively.

Confidence - the solid belief in one's own abilities.

Connection—close ties to family, friends, school, and community give

children a sense of security and values that prevent them from seeking destructive alternatives to love and attention.

Character—a fundamental sense of right and wrong that helps children make wise choices, contribute to the world, and become stable adults.

Contribution—when children realize that the world is a better place because they are in it, they will take actions and make choices that improve the world. They will also develop a sense of purpose to carry them through future challenges.

Coping—children who learn to cope

effectively with stress are better prepared to overcome life's challenges.

Control—when children realize that they can control their decisions and actions, they're more likely to know that they have what it takes to bounce back.

Excerpted from the AAP Patient Education Brochure "Helping Your Child Cope With Life"



Warm Weather is here! Some sunscreen tips:

Babies under 6 months:

The main recommendation from the AAP to prevent sunburn is to avoid sun exposure, and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. This office does NOT recommend using any sunscreen for children under 6 months of age. Keep out of direct sun light.

For Young Children

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect

against UVA and UVB rays.

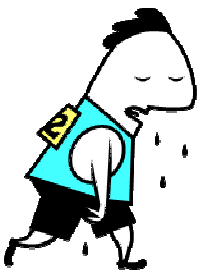
For Older Children:

The first, and best line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet 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 am and 4 pm. Use a sunscreen with an SPF of 15 or greater. 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, snow, and sand as they reflect UV rays and may result in sunburn more quickly!



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 10 to 14 days to accomplish acclimatization to the heat. Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130

lbs, even if the child does not feel thirsty. 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.

Pool Safety

Install a fence at least four-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, end self-close and self-latch at a height children can't reach. Never leave children alone in or near the pool, even for a moment. Keep rescue equipment and a portable tele-

phone 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 a false sense of security. Children may not be developmentally ready for swim lessons until

after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning. Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision."



CapitalCare Pediatrics— Clifton Park

942 A Route 146
Clifton Park, NY 12065

Phone: 518-371-8000

Fax: 518-371-5338

*For our patients
For our Future.*



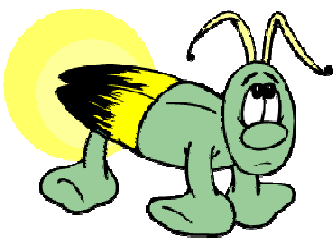
We have a new Nurse Manager! Kathy A. has been promoted to manager of our clinical team! Olympia, who has been our nurse manager for 25 years, has recently transitioned to our Quality Review and Assurance Manager. Please congratulate these outstanding RN's on their achievements!

Thank you for your kind referrals to our office. Please also let your referral sources know that they can get physician biographies, new patient forms and a "visual tour" of our office on the web:

www.capitalcarepediatrics.com

We also like to hear from our families, let us know how we are doing by talking to your pediatrician or contacting our site manager, Erin Atzeni at 371-8000.

Bug Safety



Don't use scented soaps, perfumes or hair sprays on your child.

Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom. Avoid dressing your child in clothing with bright colors or flowery prints. To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail. Combination sunscreen/insect repellent products should be avoided because

sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied. Insect repellents containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses. The current CDC and AAP recommendation for children over 2 months of age is to use 30% DEET. DEET should not be used on children under the age of two months. The concentration of DEET in products may range from less than 10% to over 30%. Ten percent DEET only protects for about 30 minutes— inadequate for most outings. The concentration of DEET varies significantly from product to product, so

read the label of any product you purchase. Children should wash off repellents when back indoors.

For more information on DEET:

<http://www.aapnews.org/>

[Cgi/content/full/e200399v1](http://www.aapnews.org/Cgi/content/full/e200399v1)

