



SUMMER 2018



East Portland Pediatric Clinic, PC

TAKE CARE

HEALTHY TIPS
FOR
SUMMER

Summer vacation beckons our kids with long hot days, popsicles, and relaxation. Though it's important for kids to get a well-deserved break from their hectic and busy schedules, it is also just as important for them to stay active.



How to Choose & Use Sunscreen

With all the sunscreens available these days, choosing the right one for your kids can be tricky. But what matters most when using a sunscreen is how well it protects skin from UV rays.

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

5901 SW Macadam Ave, Suite 220
Portland, Oregon 97239
503-222-5703 503-224-3938 (fax)
www.ch-foundation.org

What Kind of Sunscreen Is Best?

When buying sunscreen, there are three important things to look for. Check the label for a sunscreen that:

- Has an SPF (sun protection factor) of 30 or higher.
- Protects against both UVA and UVB rays (a "broad-spectrum" sunscreen).
- Is water-resistant (protects kids while in the water for 40–80 minutes).

Different Types of Sunscreen

Sunscreen comes in different types: creams, gels, sprays, and sticks. Creams are best for dry skin areas, sticks help around the eye area, and gels are good for areas with hair (like the scalp). Sunscreen sprays can make it hard to know if you've applied enough, and there's a chance that kids could breathe in the fumes. Some sprays are also flammable, so you need to avoid sparks or flames when using it.

Other Things to Know

- Don't use sunscreens with PABA, which can cause skin allergies.
- For sensitive skin, look for products with the active ingredient titanium dioxide.
- Teens or preteens who want to use a self-tanner sunscreen should get one that also has UV protection (many offer little or none).

(continued on next page)

(continued from first page)

- Some cosmetics contain sunscreen, but usually don't offer enough protection from the sun. Make sure your teen puts sunscreen on before applying makeup.

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat with a brim. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

How, When, and Where to Use Sunscreen

For sunscreen to do its job, it must be used correctly. Be sure to:

- Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.
- Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.
- Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass or plastic medicine cup) to cover the exposed areas of the body.
- Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.

- Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.
- Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Who Needs Sunscreen?

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage and teach your kids good sun sense.

© 1995–2018 The Nemours Foundation. All rights reserved.

FOOD, FRIENDS & FUN!



KIDS AND TEENS AGES 1-18 FIND YOUR LOCAL PROGRAMS AT SUMMERFOODOREGON.ORG

Building Resilience: Praise and Encouragement

Author: Dean Moshofsky, M.D. Metropolitan Pediatrics

Resilience is the ability to recognize challenges, face them, and overcome them. Through the process of overcoming challenges, a resilient person is strengthened rather than defeated. We are all born with the capacity for resilience. It can also be taught, and it can be improved upon. Research has shown us that resilience will allow a person to overcome adverse childhood events, build strength, and can reduce anxiety and depression in children and teenagers.

Research has shown us some of the personal characteristics of a resilient person. Among them are:

- **Competence.** This involves being good at something. This could be a physical skill (academics, sports, arts) or a personal trait in relationships (patience, kindness, trustworthiness). This competence comes with a willingness to improve in it. It is important for children to know what their strengths are. As parents we should notice their strength, name their strength, and help them to grow in it.
- **Confidence.** This involves more than just self-esteem. It involves optimism and expecting a positive outcome. This confidence often can come from one's competence.

How can we help our children to grow in their competence and confidence?

The difference between praise and encouragement.

Praise is important but it is good to know what message we are giving our child. We live in a culture of high fives, gold stars and

medals for participation. These practices are fine in moderation but can be harmful in excess. Over praising of a child may cause them to expect constant acknowledgement, and then they come to rely on it for motivation. This hinders the development of their internal motivation in their newfound abilities. In addition, research has shown that children who rely on praise take fewer risks, being fearful of losing their praises. Avoidance of risk-taking stifles their learning process, since trial and error, and making mistakes are an important part of any learning process.

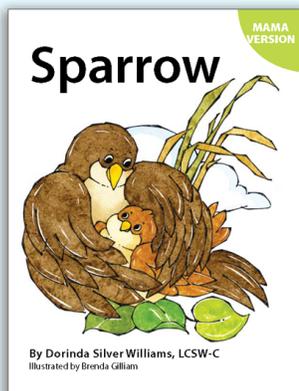
Praise. One caution against praise is that it can focus too much on something that your child has done well in the past. Praise emphasizes results, but can give a message that we care more about the results than we do about how they approached the problem.

Examples of Praise:

- "Great job on your test!"
- "You color very well."
- "You did it just right!"
- "You are so beautiful!"

In addition, psychologists are recommending that we move on from previous attempts at empty praises where we shower our children with meaningless compliments. We should emphasize comments that help to build their competence and their confidence. Let them know what their strengths are rather than how good their performance was.

Resources Honoring Military Families

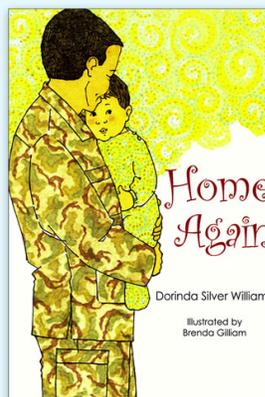


Featuring: Sparrow

Sparrow is a wonderful resource for caregivers and parents to read with very young children who are learning to cope with a caregiver or parent who has been injured, physically or emotionally, while on deployment.

The book explores themes relating to loss, healing, hope, resilience, and, ultimately, the power of parent-child love. It

is connectedness that helps young children and their families cope with challenging events and circumstances.



Home Again Dorinda Silver Williams

This children's book is written to address the needs of families with young children who are experiencing the return of a parent who has been deployed with the military. Although these reunions can be exciting and joyful, they can also be stressful, both for the adults and for young children.

This resource explores the many emotions young children may feel at this time and also helps the parents understand the children's reactions and behavior. Sharing this book can help a family readjust to life together after a long separation.

Summer Meals Oregon

School is out, and the Summer Food Service Program has started! Meals are served free of charge to kids and teens ages 1 – 18 at sites all across the state. Community summer meal programs are open to all families and don't ask for any paperwork- kids can just drop in. Programs with meals are offered at many different types of places, including schools, parks, community centers and faith-based organizations. Many offer fun activities that help kids stay active and keep learning during the summer when school is out.

Kids and families can find local summer meal programs by visiting www.SummerFoodOregon.org or calling or texting 2-1-1 and mentioning "summer meals." They can also text the word "food" (or "comida") to 877-877.

To learn more about the Summer Food Service Program, visit Oregon Department of Education Child Nutrition Programs at <http://www.ode.state.or.us/search/results/?id=208>. For summer meals and other nutrition resources, visit www.oregonhunger.org. This institution is an equal opportunity provider.

Comidas de verano de Oregon

La escuela ya terminó y muchas familias están buscando actividades divertidas y sanas que puedan hacer. Ayude a que todos se enteren de que las comidas se sirven sin costo alguno a niños y adolescentes entre 1 y 18 años en varios sitios a lo largo del estado. Los programas comunitarios de comidas de verano están abiertos a todas las familias y no se requiere ningún trámite: los niños solo tienen que venir. Los programas con comidas se ofrecen en diferentes tipos de lugares, incluyendo escuelas, parques, centros comunitarios y organizaciones religiosas. Muchos ofrecen actividades divertidas que ayudan a los niños a mantenerse activos y a seguir aprendiendo durante el verano cuando termina la escuela.

Los niños y las familias pueden encontrar programas locales de comidas de verano al visitar www.SummerFoodOregon.org o llamar o enviar un mensaje de texto al 2-1-1 y mencionar "summer meals." También pueden enviar la palabra "food" por mensaje de texto al 877-877.

Para obtener más información sobre el Programa de Servicio de Comidas de Verano, visite los Programas de Nutrición Infantil del Departamento de Educación de Oregon en <http://www.ode.state.or.us/search/results/?id=208>. Para obtener comidas de verano u otros recursos de nutrición, visite www.oregonhunger.org. Esta institución es un proveedor que ofrece igualdad de oportunidades.

Visit <http://www.SummerFoodOregon.org> for more languages.

Match Game

How well do you know the items that live in your kitchen?

Match up the cooking item with the right picture.

apron



baking pans



cookie sheet



cutting board



grater



measuring cup



soup pot



potato peeler



oven mitts



rolling pin



soup ladle



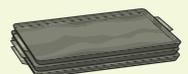
spatula



strainer



whisk



Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, fun activities, recipes and tips!