FOOD ALLERGIES
What you need to know

BODY TALK
How to discuss weight with kids

getting schooled

PREP YOUR CHILD FOR SCHOOL SUCCESS SEE PAGE 4.
planning on getting pregnant? you need folic acid

Add folic acid, a type of B vitamin, to the list of daily nutrients essential for women who are or may become pregnant. The Centers for Disease Control and Prevention recommends 400 micrograms per day — either through a multi-vitamin or fortified foods like breakfast cereals enriched with the daily folic acid requirement — to help keep skin, hair and nails healthy. Folic acid also prevents birth defects of the developing baby’s brain and spine. However, women must take folic acid at least 30 days before the beginning of pregnancy as well as throughout pregnancy to be effective. Learn more about our total care birth center by calling 800-825-KIDS.

help children through traumatic events

If your child is exposed to a traumatic incident at school or elsewhere, what can you do to help? The National Institute of Mental Health suggests allowing children to express their feelings, assuring them that the incident is not their fault and telling them that you love them and will care for them. You should also be aware of your own feelings about the event, as children are strongly influenced by parents’ reactions to trauma.

treetop handprint art

These fun and easy pictures are a hit with even the littlest artists.
1. For the trunk and branches, lay a paper plate on a flat surface.
2. Apply washable paint to one hand, being sure to cover your palm, fingers and top of wrist.
3. Line up your wrist with the bottom edge of the plate. Press wrist, hand and fingers firmly on plate. Fill in any gaps in your handprint by smearing the paint with a paintbrush.
4. While your tree trunk dries, tear tissue paper into pieces. (Grownups and older children can use scissors to cut tissue paper into pieces.)
5. Apply glue to the tops of your finger “branches.” Press a mix of flat and scrunched up pieces of tissue paper to the areas with glue. Let dry.
6. If you want, add stickers and/or drawings to your picture. Paint a background, draw birds and other animals or put paper apples or other items you wish grew on trees among the leaves.

A HEALTHY DOSE OF INFO Our online health library features tips, quizzes and recipes to help keep your family happy and healthy. Find it at healthlibrary.lomalindahealth.org.
weighty matters

THREE TIPS FOR TALKING ABOUT WEIGHT

Childhood obesity is a serious and growing problem that can increase the risk for health problems such as type 2 diabetes and hypertension, as well as psychological problems. Here are three ways to encourage your kids to adopt healthy habits as well as a healthy attitude about weight.

1. KEEP IT POSITIVE
   When talking about your own family’s habits, emphasize health, not weight. Encourage good nutrition and regular physical activity rather than focusing on size. Be mindful not to make negative comments about your own appearance in front of your children.

2. BE A ROLE MODEL
   Model healthier behaviors and your child will probably embrace them as well. Eat well and get plenty of exercise. Make healthy living a family affair by cooking and eating meals together and by engaging in physical activity — such as an after-dinner bike ride or walk — as a family.

3. SEIZE TEACHABLE MOMENTS
   If your child makes comments about another person’s size, explain that everyone is different yet equal. Address questions and comments openly and without embarrassment. If your child’s comments are negative or judgmental, ask, “What made you say that?”

FITNESS FUN
Find programs to get the whole family moving at Loma Linda University’s Drayson Center. Get started at drayson.llu.edu.
Every parent wants to see their child do well in school. Taking these steps at each stage of your child’s education can help set up your student for success.
FOR SCHOOL!

ELEMENTARY SCHOOL

TAKE A TEST RUN. If children are nervous about a new school or classroom, go for a walk-through before the first day. Helping them find their classroom and get familiar with their new environment can ease their minds and smooth the transition.

ENCourage READING. Reading at grade-level by the end of third grade has been linked with continued academic success. Make time to read with your child every day.

TALK ABOUT TESTING. Explain that standardized tests help schools and teachers find out whether they’re doing a good job teaching and how well students are learning. Encourage your child to prepare for tests, but be careful not to put too much pressure on scores because it can lead to anxiety about test taking.

MIDDLE SCHOOL

CREATE LIMITS FOR MEDIA. Too much TV and media can negatively impact your child’s learning and performance in school. Before the school year starts, create a family media plan that sets limits for when, where, what and how much media they can watch so it doesn’t interfere with their schoolwork.

TALK WITH YOUR CHILD ABOUT BULLYING. Explain to your kids what bullying means. Let them know that the most important thing they can do is tell you or another trusted adult if they’re being bullied or witness someone who is.

HIGH SCHOOL

FACTOR HOMEWORK INTO THEIR SCHEDULE. Talk with your child about his or her schedule and make sure there’s enough time for homework and studying each evening. You might discover that your child needs to cut back on extracurricular activities, part-time work or other commitments.

PREPARE FOR COLLEGE APPLICATIONS. If college is on the horizon, help your student prepare for applications, including by:
• Visiting college campuses,
• Thinking about essays — what accomplishments, activities and awards do they want to highlight?
• Gathering information for applications such as their social security number, high school code, a copy of their transcript and their score from a college admission test.

COLLEGE

TEACH TIME MANAGEMENT. In college, your child will have more on their plate than ever. Show them how to use a calendar to track deadlines for homework and projects; break long-term assignments into smaller, more manageable chunks; and schedule meetings and other activities.

GIVE THEM SPACE. When your child faces a challenge, resist the urge to step in and try to fix it. Giving them the room to try out different solutions will help develop resourcefulness and resilience, which are two skills that will serve them in all areas of their life. At the same time, you can always offer support and encouragement along the way.

SUPPORTING YOUR STRESSED-OUT STUDENT

In U.S. surveys, nearly one-third of teens report unhealthy levels of stress. Its main source? School.

Stress can have serious consequences. Stressed teens may have trouble sleeping or avoid responsibilities, and they may be more likely to use alcohol or drugs.

Students can’t avoid stressful situations. But parents can help children learn how to cope with stressors.
• Ask what’s causing the stress.
• Identifying the cause of stress can be the first step toward addressing it.
• Once you’ve found the problem, brainstorm ways to solve it.

• Make sure your child is getting enough sleep. According to the National Sleep Foundation, teenagers need eight to 10 hours of sleep a night. But only 15 percent of U.S. teens report getting at least eight and a half hours of sleep on school nights.
• Encourage healthy outlets for stress. Physical activity is a reliable stress buster. Spending time with supportive friends also helps.
• Remind your student that not all stress is bad. Sometimes stress can be motivating — for example, if concerns about a test inspire your child to study.

EMOTIONAL HEALING Our youth behavioral health services can assist children and adolescents experiencing emotional, behavioral or substance use problems. Find help by calling 866-884-2334 or visiting lluhmc.org.
Balls. Bats. Bruises. Sports injuries are common in young athletes. But the physical demands, equipment and skills needed for each sport are different. It’s important to know what to look out for in which sport to protect against injury. The following tips listed by popular outdoor sport can help you and your children get into a game plan of safety.

SOCCER
• Wear shin guards for every practice and every game.
• Choose well-fitting shoes with molded or multi-studded cleats.
• Be aware of poor field conditions that can increase injury rates.
• Make sure to use equipment that lowers injury risk, such as synthetic waterproof balls and anchored goals.
• Catchers should wear helmets, masks, chest-and-neck protectors and shin guards.
• Children who are batting need to wear a helmet.
• Safe equipment includes breakaway bases.

VOLLEYBALL
• Use knee pads and wear shoes that offer good shock absorption and provide strong support for ankles and arches.
• “Call” the ball to reduce collisions.
• To prevent overturning the net, never grab it or hang on to the supports.
• Any wires that hold up the net should be covered with soft material.
• Before playing, check outside courts for glass or other sharp objects.

BASEBALL/SOFTBALL
• Pitchers should avoid pitching on consecutive days and rotate playing other positions.
• Pitchers should avoid pitching on consecutive days and rotate playing other positions.
• “RICE” SPELLS RELIEF
Sports injuries are first treated with “RICE.” Use this method to relieve pain, reduce inflammation and speed healing. Take these steps immediately after an injury:

R – Rest the injured area for at least 48 hours.
I – Ice the injured area, 20 minutes at a time, with a cold pack or ice bag.
C – Compress the injured area with an elastic wrap, special boot, air cast or splint.
E – Elevate the injured area above the heart.

If pain or symptoms worsen, contact your child’s doctor immediately.

HERE TO HELP
At Loma Linda University Children’s Health’s Department of Pediatrics, we are committed to your child’s health from well-check visits to sports-related injuries. To make an appointment, please call 909-558-2828 or visit lluch.org.
If your child has a food allergy, he or she is not alone:

Roughly one in 13 children suffers from food allergies.

A food allergy occurs when the body’s immune system has a bad reaction to a certain food. The immune system fights off infections and other dangers to keep your child’s body healthy. But when the immune system senses that a food or something in a food is a “danger” to your child’s health, an allergic reaction occurs.

GETTING HELP

Most food allergies are caused by milk, eggs, wheat, soy, tree nuts, peanuts, fish and shellfish. Allergic symptoms may begin within minutes to an hour after eating the food and include skin rash, hives, itching, vomiting, and swelling of the lips, eyes or face.

The symptoms of a food allergy may look like other health problems. If you think your child has a food allergy, see a pediatrician or pediatric allergist for a diagnosis. He or she will review your child’s medical history and do a physical exam. The doctor will also perform skin or blood tests or both to find out the exact diagnosis.

There is no medicine available to prevent food allergies. The goal of treatment is to stay away from the food that causes the symptoms.

KEEP YOUR CHILD SAFE

If your child has food allergies, make sure he or she stays safe away from home. Every year, meet with your child’s teacher and school nurse to explain your child’s allergies. Review the school’s policy on food in the classroom and medication use.

Severe allergic reactions are treated with auto-injectors of the drug epinephrine (EpiPens). Get a note from your doctor allowing your child to take emergency medication at school, and give the school at least two EpiPens to keep on hand, labeled with your child’s name.

Let other adults who are around your child — such as bus drivers, coaches, art and music teachers, cafeteria staff, camp counselors, babysitters and grandparents — know what foods your child must avoid, the signs of an allergic reaction and how to handle an emergency.
CALLING ALL HEALTHY HEROES!

FAMILY HEALTH FAIR
FREE 5K WALK/RUN

SUNDAY, OCTOBER 28

Loma Linda University Drayson Center
25040 Stewart Street, Loma Linda, CA 92354

WIN a DISNEYLAND family package!

FREE flu shots, screenings, kid zone, food, prizes, fun and games for the whole family!

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