FOOD FOR THOUGHT
How to plan meatless meals

KEEP 'EM MOVING
Help teens stay busy

tummy talk
BOOST YOUR CHILD’S GUT HEALTH
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is homemade slime safe for kids?

DIY slime — an ooey, gooey mixture commonly made from borax, white glue and water — is all the rage among kids. But is it safe?

News reports have surfaced about children suffering burns and skin rashes from the slime. The potential culprit is borax (sodium borate), which is found in products like cleaning supplies and laundry detergents. Ingested in large amounts, borax can be harmful; it might also be absorbed through damaged skin. Signs of borax overexposure include skin redness, an upset stomach, nausea and irritability.

The good news is that homemade slime is unlikely to provide enough exposure to be a problem. Still, you can help ensure your child’s safety by taking precautions. Supervise slime-making. Wear gloves when mixing it, and don’t allow food or drink nearby. Skip homemade slime for younger children, or look for an edible recipe instead.

protect your child’s eyes this summer

Children’s eyes don’t filter out UV rays as well as adults’ eyes. This makes children’s eyes especially susceptible to the damaging effects of UV rays.

The National Center for Children’s Vision and Eye Health recommends you buy sunglasses for your children that block 99 to 100 percent of UVA and UVB rays. Also consider getting them wide-brimmed hats, which can reduce the amount of UV rays that reach the eyes by 50 percent.

footprint sailboat

1. Sit in a chair and place a piece of blue construction paper on the floor near your feet. Ask an adult to paint your clean foot with washable paint. Stand up slowly, putting your painted foot onto the paper. Press gently but firmly to make sure each part makes good contact with the paper. Let the painted footprint dry. Wipe the rest of the paint off your foot.

2. Make your sails as your footprint dries. Start by drawing two right triangles on a piece of construction paper (see the picture). One should be a bit larger than the other. Cut out the triangles.

3. Starting at the center of the top edge of the footprint, draw a line that goes up several inches. This is your sailboat’s mast. Take the small triangle and glue it to the mast, facing the bow (toes). Glue the second triangle on the other side of the mast.

4. Finish your picture by drawing or painting scenery. This might include waves, sea creatures, the sun or clouds, and birds. Use your imagination!
6 WAYS TO BOOST YOUR CHILD’S GUT HEALTH

A healthy gastrointestinal (GI) tract is essential for helping kids thrive. But sometimes this amazing system needs a little TLC. Try these tips.

1. **Fill up on fiber.** Fiber from food can reduce constipation and helps keep protective gut bacteria — the kind that protect against infection, help digest food and bolster immunity — healthy.

2. **Get more “good bugs.”** Foods that contain live, active bacteria cultures — yogurt, for example — can add more beneficial bacteria to your child’s GI tract.

3. **Eat naturally.** Cut back on processed and artificially sweetened foods. They contribute to constipation and may prevent beneficial gut bugs from thriving.

4. **Pet a pup.** Being around furry pets and romping with siblings early in life promotes a healthy mix of beneficial gut bacteria that could protect kids against asthma and some allergies.

5. **Don’t overuse antibiotics.** Antibiotics can wipe out bacterial infections like strep throat, but they also kill good bacteria. Use them only when needed, and not for viral infections.

6. **Seek help when needed.** If your child has ongoing constipation or other digestion-related symptoms, see your pediatrician. The pediatrician may refer you to a pediatric gastroenterologist, a digestive disease expert who can help with kids’ GI issues.

Your resource for happy, healthy kids. There’s always more to learn! Find additional health information and tips, quizzes and recipes at healthlibrary.lomalindahealth.org.
Keep Your Teens Active This Summer

The lazy days of summer are here. With the lure of long mornings of sleeping in and no schoolwork, it can be hard to keep teens and tweens mentally and physically active. Here are some ideas to help them stay busy through the summer months.

GET THEM MOVING
All kids need at least 60 minutes of physical activity every day to stay healthy. Try these tips:

• **Schedule family time for exercise.** Take a walk after dinner or shoot hoops in the park. Find something you all like to do and make it a habit.
• **Assign chores.** Teens and tweens can help with household chores like vacuuming, dusting or mopping.
• **Take an action-packed family vacation.** Plan time away that includes activities like hiking, bicycling or swimming.
• **Sign them up for activities.** Have your child try a new sport or activity at your local youth center or community center.
• **Enroll them in summer camp.** Camps are a great way for kids to stay active. They can even learn new skills like swimming, crafts, rock climbing or archery. Look for low-cost camps in your community.

KEEP THEM THINKING
Keeping your kids’ minds active over the summer will help them retain learning skills when it’s time to go back to school in the fall. Here are some ideas:

• **Limit video games, cellphone use and TV time.** Experts recommend kids spend no more than two hours a day in front of a screen.
• **Get involved in community service.** Help your teen find a project he or she finds interesting, or volunteer as a family.
• **Help them find a summer job.** A summer job will not only keep teens busy but also teach them new skills. Teens must be at least 14 years old to legally work at most jobs. But even younger kids can get jobs like babysitting, delivering newspapers or helping neighbors with pets or yard work.
• **Encourage reading.** Most schools require reading over the summer months. Help your kids choose books they will enjoy, and set aside family reading time each week.
• **Take a field trip.** Visit a museum, aquarium, zoo or other attraction to learn something new.

EXPERT CARE FOR KIDS
Good news: Your child is staying active this summer. Bad news: Her summer fun has led to an injury. Turn to our Pediatric Express Care clinic for help with healing. Visit us weekdays 4 to 8 p.m., or 8:30 a.m. to 3 p.m. on Saturdays. Call 909-558-2828 for more information.
Meatless Meals Are OK for Kids

There are plenty of reasons to consider adopting a diet that avoids meat — including documented health benefits such as a lowered risk for heart disease. But you might wonder if there’s anything special you need to know for your youngest eaters.

Good news: It’s perfectly healthy for infants, toddlers and older children to eat a plant-based, vegetarian or vegan diet. Just keep the following in mind as you plan meals.

**MILK-BASED DRINKS:** Babies should only drink breast milk or formula in their first year. There are vegan soy formulas fortified with calcium and vitamins D and B-12 available — consult with your pediatrician about what is best for your baby. Cow’s milk and other milk substitutes (such as hemp, almond or rice milk) don’t have the nutrients little ones need early in their development like breast milk and formula do. If you’re interested in adding a vegan option to your child’s diet after the first year, ask your pediatrician what age he or she recommends introducing soy milk, rice milk or another plant-based milk.

**SOLID FOODS:** After age 6 months, parents can begin adding supplementary foods, such as ground grains that are cooked very soft, mashed fruits and pureed vegetables. When introducing solid foods, consider things like tofu and mashed cooked beans.

No matter what diet your family follows, plan ahead to create balanced meals that include fruits, vegetables, whole grains, legumes and some nuts and seeds. If you have questions about your children’s diet, talk with a dietitian, nutritionist or pediatrician.

**NEED NUTRITION ADVICE?** Get a physician referral by calling 800-872-1212, or visit lomalindakids.org.

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**recipe**

**tortilla pizzas**

Here’s a recipe for yummy individual-sized pizzas that are meat-free and full of nutritious veggies.

| 12 small corn or flour tortillas | Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza. Brush the outside of the tortillas with a small amount of vegetable oil. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside. Heat refried beans and chopped onion together in a medium saucepan, stirring occasionally. Remove from heat. Spread about ½ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup chopped vegetables and 1 tablespoon of shredded cheese for each pizza. Return to frying pan and heat until cheese melts. Serve immediately. |
| vegetable oil | Serves six; serving size is one pizza. Each serving provides 270 calories, 7 g fat, 5 mg cholesterol, 370 mg sodium and 42 g carbohydrates. |
| 1 16-oz. can refried beans | |
| ¼ cup chopped onion | |
| 6 tbsp. red taco sauce | |
| 3 cups chopped vegetables, such as broccoli, mushrooms, spinach and bell peppers | |
| ½ cup shredded part-skim mozzarella cheese | |

SOURCE: Centers for Disease Control and Prevention
Despite the long road ahead, he accepted the challenge. While working as a nurse at Loma Linda University Medical Center, he spent the next year taking the necessary prerequisites and applied to LLU School of Medicine.

He was rejected.

“I didn’t know it at the time, but getting rejected was one of the best things that happened to me,” Dr. Lopez says. He continued nursing but transitioned to the pediatric stepdown (intermediate care) intensive care unit, or ICU, at LLUCH.

It gave him a chance to pursue his interest in pediatrics — and he met his future wife there.

In 2000, Dr. Lopez reapplied and was accepted to the LLU School of Medicine, graduating in 2005.

**AN UNEXPECTED PATH**

After finishing nursing school in 1998, Dr. Lopez considered studying to become a nurse practitioner. Then someone suggested medical school, which would only take a few more years. “They didn’t mention residency and fellowship years on top of the four years of medical school,” he jokes.

**CARING FOR KIDS**

The first night of Dr. Lopez’s pediatric fellowship in 2011 prepared him for the tough cases he handles today. An emergency occurred on the cardiac unit, and Leonard Bailey, MD, had to perform an emergency bedside surgery requiring him to open a baby’s chest. “I had to be calm and cool, but on the inside, I was freaking out to work with my hero,” Dr. Lopez recalls. “It was an incredible experience and a blessing.”

Today, Dr. Lopez is a pediatric intensivist and medical director of the stepdown ICU — where he first got into pediatrics as a nurse — treating critically ill babies and kids in the Inland Empire. “I guess you can say I’ve come full circle,” he says.

“It’s a ministry to be able to touch families and work with them in their worst moments,” he adds. “It’s fulfilling to me.”
7 Ways
Your Body Changes After You Give Birth

You're pregnant and fully prepared to care for your precious baby. But there's someone else you need to nurture after you give birth — yourself. To take good care of yourself, it's important to understand the changes your body goes through after childbirth:

1 **You're sore.** The perineum, the area between the vagina and rectum, may feel sore after birth. For comfort, place a cold pack on your perineum, sit on a pillow or soak in a warm bath. You may also feel cramping as your uterus shrinks, but that should stop after several days. If you had a cesarean section, your belly incision may be tender. Ask your health care provider which over-the-counter pain medication is best.

2 **You're noticing discharge.** You may notice a vaginal discharge called lochia for up to a month after birth. It's your body's way of eliminating blood and tissue from your uterus, so use a sanitary pad until it stops.

3 **You're swollen.** After delivery, your breasts will swell as they fill with milk, so place a warm compress on them for relief. Breastfeeding your baby will help decrease the tenderness. Any swelling in your hands, feet or face during pregnancy may also take time to diminish.

4 **You're tired.** For many new mothers, blood loss during birth and nonstop caring for baby contribute to exhaustion. Nap when you can, limit visits from family and friends, and eat healthy to stay strong.

5 **You're having bathroom issues.** After childbirth, you may experience incontinence. Ask your doctor about Kegel exercises to strengthen your bladder muscles. You may also feel constipated or develop hemorrhoids after birth, so drink plenty of water, eat high-fiber foods, avoid straining during bowel movements and ask your health care provider about over-the-counter creams to ease discomfort.

6 **You're feeling sad.** If you feel down in the days following delivery, that's normal. But if these feelings last more than a few weeks, it's vital to seek care from your doctor immediately. You may have postpartum depression.

7 **You're experiencing other changes.** After birth, you may notice other bodily changes, such as thinning hair or stretch marks. Although every woman is different, these are natural occurrences, so don't hesitate to discuss them with your health care provider.
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