



## Flu News!

The Flu has just hit the Ohio area! Luckily there is still time to schedule flu shots for your kids. Call the office to schedule.

## Treating Kids' Colds Without Drugs

Several studies show that use of medicated cold products are not effective in children under



6 and can have potentially serious side effects. Dosage guidelines for cold and cold mixtures are based on adult data and thus inaccurate for children.

A list of medications that may not be given to young children can be found at [www.aap.org/new/kidcolds.htm](http://www.aap.org/new/kidcolds.htm)

For specific questions on how to treat your young child with a cold, please contact our office.

## Taming Terrible Temper Tantrums

Answer yes or no to the following questions.

Does your child...

- have frequent temper tantrums
- act very demanding and always want to get his own way
- get frustrated easily
- fight, protest, or say "no" to everything
- rarely follow your rules
- rarely listen when you say "no" or "stop"
- frequently try to control other children and adults
- frequently complain that he is bored and will not play on his own
- not understand that there is a difference between what he needs and what he wants
- have little respect for what other people want
- not follow a schedule and just does things when he wants to, including choosing nap time, when to go to bed, and what to eat
- demand to have every new toy that he sees on TV
- frequently interrupt you (and not in the polite way by saying "excuse me") when you are on the phone, etc.



- not understand that there are consequences for not following the rules
- keep you from going out to dinner or doing other things in public because you are afraid of how he will act
- need bribes to get him to do anything
- frequently hit, bite, and yell when he doesn't get his way
- usually have trouble playing with other kids because he is always bossy and never shares
- scare away every babysitter within 20 miles of your home
- play with new toys for about 5 minutes and then wants something new

**If you answered yes to three or more of the questions you may need to make some changes in how you discipline.**

Children love limits. If you do not set boundaries they do not feel safe. If your kids do not like the rules that you set, then you are most likely setting good rules!

**A spoiled child is not a happy child.** You may think that you are doing the right thing by giving your child everything he wants and not having any limits, but he is going to be in for a rude awakening when he finally discovers that the rest of the world isn't going to bend over backwards to keep him happy.

Information from [kidshealth.org](http://kidshealth.org)

## Book donations for our waiting rooms



Donations of books that your kids have outgrown is greatly appreciated.

Please place them in the red bin at the entrance of our Mason Office.

### **A Book a day keeps the T.V away!**

Reading before bed is a great activity to help wind down from the day!

It also gives kids a quiet transition to bedtime!

### **Make reading a rule**

For teens who like to stay up late on school nights, replace TV with books only!!!

## Traveling out of the USA with your kids?



We are eager to help our patients with their travel vaccine and immunization needs.

Global Health Services, Inc. will provide consultation and evaluate vaccine requirements for the area you are traveling to.

[www.ghs-inc.com](http://www.ghs-inc.com)

513 777-8111

Please visit our website for more detailed information

## Is your teen drinking alcohol?

Education about alcohol should begin early. Parents can help their children resist alcohol use in these ways:

- Give your child a sense of confidence. This is the best defense against peer pressure.
- Build your child's self-esteem with praise and avoid frequent criticism.
- Listen to what your child says. Pay attention, and be helpful during periods of loneliness or doubt.



- Know who your child's friends are and make a point to get to know them.
- Provide parental supervision. Don't allow your teen to attend parties where alcohol is being served. Insist that a parent be present at parties to supervise.
- Contact other parents to arrange alcohol-free social events.
- Offer a "free call home." Drinking and driving may lead to death.
- Make sure your child knows not to ride with a driver who has been drinking. Let him know that he can call home without fear of consequences that night.
- Discuss the incident the next day
- Help your child learn to handle strong emotions and feelings.

- Model ways to control stress, pain, or tension.
- Talk about things that are important issues for your child, including alcohol, drugs, and the need for peer-group acceptance.
- Encourage enjoyable and worthwhile outside things to do; avoid turning leisure time into chores.

*Information from the AAP*

## Got kids? Got questions?

**Ask a question on our website! "I've heard that I shouldn't feed my baby honey. Is this true?" – Kathy**

It's true that honey should not be fed to infants younger than 1 year old. Clostridium bacteria that cause infant botulism usually thrive in soil and dust. However, they can also contaminate certain foods — honey in particular. Infant botulism can cause muscle weakness, with signs like poor sucking, a weak cry, constipation, and an overall decreased muscle tone (floppiness).

Parents can reduce the risk of infant botulism by not introducing honey into their baby's diet until after the first birthday. As kids get older, their bodies are better able to handle the bacteria.

**Check out our website and monthly newsletters to see if your question was answered.**

