



SPA Check-Up



Resources To Help Your Kids Stay Healthy!

Spring 2008

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Notable Quote

"You can be anything you want to be when you grow up"



We've all said that to our children, and of course it's not true!

We have to get ourselves to the place where we accept children as they are while helping them to be the best they can be. One definition of success: The child grows up and says 'you really helped me become what I want to be, and I am grateful to you for helping me do that'

Bruce Shaw - Director of Shady Hill School in Cambridge, Massachusetts

Is your child too BUSY???????

As parents, it is our job to set boundaries with all of our kid's activities. So, your child may want to take gymnastics, soccer, ballet, guitar, piano and ice-skating. It is Ok for kids to WANT to do everything. We need to remember that they may want, but they do not need! It is our job a to help guide them, and this begins with setting realistic boundaries.

When kids have free time it allows them time think, use imagination, use private speech, and learn how to self regulate. Most of the activities that kids spend their time on are TV, video games and

lessons. None of these activities promote self-regulation. Each day time should be spent turning off the electronics and letting your kids - of any age find something to do independently. Studies show that less free time decreases kids ability to practice policing themselves in many important ways.

Is it possible, that in the rush to give kids every advantage to protect them, to stimulate them, to enrich them, our rushed culture has compromised one of the activities that helps children the most?



Please Visit Our New Web Site **SuburbanPediatrics.org**

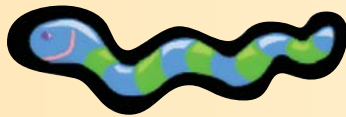
Some information from NPR Your Health: Old-fashioned Play Builds Serious skills

A book a day keeps the TV away!



A photo from our patient web gallery.

Ask The Doctor



Dr Heyman, What is ringworm?
Is there a worm in my body?

No, Ringworm is a superficial infection of the skin caused by a fungus. Usually "tinea" It can occur on the scalp, on the feet, or elsewhere on the skin. In the scalp and under the nails it can cause deeper, harder to treat infections. The fungus is spread from person to person usually by close contact, and is especially common among athletes (especially wrestlers). Ringworm of the scalp is especially common among African-Americans. It is treated with special antibiotics -- applied topically to skin, or taken as a pill (or liquid) for deeper infections such as those of the nails or scalp.

HAPPY SPRING!



A photo from our patient web gallery.

Sleep Secrets...

Tips for teaching your baby how to sleep

Having a newborn in the house – whether it is your first or your fifth – is an all-consuming and chaotic experience. All routines immediately disappear and somehow the new addition suddenly becomes “in charge.”



Sleep Secrets...shhhhhh...

- Newborns need and like to be swaddled snugly for the first few weeks. *Always place your baby on her back to sleep. *Feed and burp her before bed.
- Keep the newborns sleep environment cool quiet and dark.
- Begin a nighttime routine in the first few weeks. At bedtime, dim the lights, give baby a sponge bath, feed and change.
- Lay you're baby AWAKE in her crib. Turn on a calm lullaby toy that plays for only one minute or so. Black and white toys that attach to the crib are enjoyable for newborn babies to gaze at.

Babies need to eat and nap every few hours in the first months of life.

Important Secret: The same short lullaby should be played each time your baby is put to sleep. She will soon begin to associate that sound with relaxation and sleep.

What if your baby cries?

- Let her cry for 2-5 minutes, she may put herself to sleep.
- Babies cry when they are tired or over stimulated. Letting them cry helps them relieve stress and fall asleep independently.
- It is OK to let your baby cry herself to sleep as long as her needs are met. You are teaching her that when it's dark and quiet it is sleep time, not play time.

Why babies cry... is your baby...

- Hungry?
- Wet?
- Tired?
- Uncomfortable?
- In Pain?
- Needing to be burped?
- Wanting to be held? Remember wanting to be held is not a baby need at bed time. It is a parent need.



What if your baby is still crying?????

Teaching your baby to nap well and sleep through the night will take time and patience.

Learn More Secrets on our website....

Yawning + eye rubbing + fussiness = naptime

Brief sleep cycle + Whimpering + Crying = Baby is not ready to wake. Let her fall back to sleep on her own.

Long sleep cycle + Cooing happily = a happy well rested baby.



Remember...

It is your job to teach your baby the skills to soothe herself and fall asleep independently. You are teaching her a lifelong important skill.

The AAP does not recommend letting babies co-sleep.

In June... "It wasn't me" Fantastic Fibs! – Why kids lie and how to encourage honesty!