



Grandparents Corner

October 2016

Children's Health Month

Children's Health Month is designated by the American Academy of Pediatrics (AAP) to increase public awareness of the value of preventive health care for children.

The CDC recommends the following for children and parents:

- Learn proper handwashing to prevent infections.
- Eat breakfast before going to school.
- Do not smoke and avoid the smoke of others.
- Exercise and play safely and appropriately using protective gear.
- Parents should read to and be actively involved with their children.
- Have children vaccinated.
- Have children receive healthcare.
- Check for health hazards in the home and eliminate them.
- Place children weighing less than 40 pounds in child safety seats and all other safety belts in rear seats of automobiles.
- Seek medical advice if their child is slow to learn.
- Avoid tobacco use and limit alcohol use.
- Women of childbearing age should take vitamins with folic acid to prevent certain birth defects.

Researchers from the University of Illinois, Urbana-Champaign found in a 2015 study that a 20-minute nature walk helped boost concentration levels in children who had been diagnosed with ADHD. Children age 10-12 years old who spent more time outdoors were 27-41 percent less likely to be overweight than their peers who spent less time outdoors. About one out of every 10 school-aged children in the United States has asthma and every year, more than 10.5 million missed school days are attributed to this disease. Indoor air quality can be compromised with environmental asthma triggers such as mold, second hand smoke, or pet dander, cockroaches, or dust mites. Familiarize yourself with your child's asthma triggers. Because their bodies are still growing, children are at greater risk if they are exposed to environmental contaminants. Learn to spot situations that are a risk to your child such as exposure to pesticides, mold or lead.

Prevention is the Number One key in your child's health!

Source: *Centers for Disease Control and Prevention - www.cdc.org*
National Environmental Education Foundation - www.neefusa.org

Special aids are available to help make life easier and more comfortable for people with physical limitations. Read the issue and answer True or False to the following questions.

1. *Occupational therapists can consult on low-cost substitutes for expensive equipment.*
T F
2. *Many people have some physical limitations, whether these involve moving, seeing, hearing, communicating.* T F
3. *If your equipment turns out to be a "lemon," nothing can be done to get a refund.*
T F
4. *Before shopping for an alert system, make a list of the protection features you need from an alert system.* T F
5. *When purchasing equipment, the advice of a sales person is better than the advice from an occupational therapist in making a decision.* T F
6. *With appropriate doctor's orders and documentation, Medicare or private insurance covers some equipment.* T F
7. *It is important to assess medical, social, and environmental factors to make a good decision on what equipment the person in your care needs.* T F
8. *Eating aids will not help a person with movement limitations eat their meals more easily.* T F
9. *Influenza is a serious disease that can lead to hospitalization and sometimes even death.* T F
10. *Dressing aids help a person dress without bending over and make buttoning clothes easier.* T F

KEY: 1. T 2. T 3. F 4. T 5. F 6. T 7. T 8. F 9. T 10. T