

# SPC Kids!

Siskiyou Pediatric Clinic Newsletter



PHOTO ILLUSTRAT

## Preventing colds: Can I prevent my child from getting colds?

Taking proper preventive measures can reduce the risk of your child developing a cold. Keep your child away from a person with a cold. Encourage your child to wash his/her hands frequently and not to touch his/her mouth, eyes, or nose until their hands are washed. Make sure toys and play areas are properly cleaned, especially if multiple children are playing together.



1

Hand washing with soap and water is the most effective way to reduce the spread of colds.

2

Keep Immunizations up to date-while they won't prevent colds they will help prevent some complications, such as bacterial infections.

3

Teach children to prevent spreading colds by covering their nose and mouth when sneezing or coughing.

## Developmental Corner

This time we will be focusing on Social and Adaptive aspects of your child's development.

**2 months** baby should:

~recognize parent

**4 months** baby should:

~reach for familiar

people or objects

~anticipate feeding

~enjoy looking around

**6 months** baby should:

~recognize that someone is a stranger

**9 months** baby should:

~start exploring environment

~play gesture games (patty cake)

**12 months** baby should:

~imitate actions

~come when called

~cooperate with dressing

**15/18 months**

baby should:

~use spoon and cup

~imitate tasks such as sweeping/dusting

(don't expect a great job)

**2 yrs** your child should:

~parallel play

**3 yrs** your child should:

~group play (share toys)

~knows full name, age & gender

## Constipation

Constipation is the most common cause of abdominal pain in children, and is one of the most frequent treated chronic conditions world wide. Bowel patterns vary from child to child, there is a wide range of normal. Children with constipation may have stools that are described as hard, dry, and difficult or painful to pass. These stools may occur daily, but more often occur less frequently. Children may be soiling their underwear or having 'poop accidents'.

**"95% of cases can be easily treated"**

Constipation may occur at 4-6 months of age when solid food is introduced, at 1 year of age when whole milk is introduced, during toddler years with toilet training, and in school age kids who withhold stool during school hours.



95% of cases can be easily treated with behavior and diet modification, and sometimes medication.

**Behavior modification** includes things like having routine bathroom breaks, especially after meals. Setting a timer sometimes helps. Positioning on the toilet also helps-keeping bent knees elevated by using a stool, physical exercise is also key in avoiding constipation.

**Diet modifications** are key -including increased fiber and water in your child's diet. Healthy whole foods, including green vegetables, (i.e. spinach, broccoli) and dark fruits, (i.e. blueberries, cherries), have plenty of fiber! To calculate the daily amount of fiber needed for children 2 and up, add their age plus 5 to equal the daily grams of fiber needed. Drinking enough daily water is required to keep things moving along. Please ask for our useful '**Constipation Fighting Recipes**' handout we have in our office!!!!

Lastly, **Medication** can help -stimulant laxatives can help stimulate your child's intestines, and osmotic laxatives can help move water into the intestine. Talk to your doctor if you feel like your child may need medication.

### Examples of High-Fiber Foods

Food	Grams of Fiber
<b>Fruits</b>	
Apple with skin (medium)	3.5
Pear with skin	4.6
Peach with skin	2.1
Raspberries (1 cup)	5.1
<b>Vegetables, Cooked</b>	
Broccoli (1 stalk)	5.0
Carrots (1 cup)	4.6
Cauliflower (1 cup)	2.1
<b>Beans, Cooked</b>	
Kidney beans (½ cup)	7.4
Lima beans (½ cup)	2.6
Navy beans (½ cup)	3.1
<b>Whole Grains, Cooked</b>	
Whole-wheat cereal (1 cup flakes)	3.0
Whole-wheat bread (1 slice)	1.7

## Care Coordination Corner:

Pediatricians play an important role in the lives of all children for whom they provide care, but have an especially important place in the lives of children with special needs. Siskiyou Pediatric Clinic recognizes the importance of supporting the family and helping to ease the stressful responsibilities that come with caring for that child with special needs. Our providers collaborate with your child's care team to improve overall care by offering care coordination.

## HEARTS with A MISSION

Hearts With A Mission serves homeless and at-risk youth by providing shelter, educational support, mentoring and transition planning with a faith-based approach. It takes multiple moving parts to achieve the service. Opportunities for volunteers include:

- ~Tutoring, Life Skills Training, and Educational Support
- ~Cleaning and Organizing
- ~Meal Prep or Food Supplies

## LAUNDRY LOVE EVENT

The Laundry Love initiative helps people who may be struggling financially by assisting with doing their laundry.

WHERE: Sunshine Laundromat  
870 NE D Street

(541) 659-2943 or Laundrylove.org

WHEN: The 3rd Friday of each month 7pm-9pm

WHAT: Up to 3 free loads per household

EVERYONE deserves clean clothes!

## "What is a Care Coordinator?"

A Care Coordinator can collaborate with your child's multiple care specialists, insurance provider, school system, and community supports to help you in the following ways:

- Assistance with community resources and services
- Coordination of all members involved in your child's care
- Provides tools and support to help you manage your child's condition
- Addressing urgent barriers to care
- Bringing your child's care team together to ensure everyone honors the same care plan
- Coordination of multiple appointments, transportation and logistics
- Help negotiate the health care system
- Obtaining special needs items such as environmental supports, adaptive equipment or sensory aids
- Obtaining the necessary support to manage and understand your child's special needs