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Welcome Winter



Winter is upon us in Northeastern PA! With the cold weather brings the opportunity for fun in the snow. Our winter newsletter is full of ideas to keep you and your family active, healthy, and safe through the winter months.

We also want to thank all of our families for a great 2011 and we look forward to serving you in 2012! •

Winter Sports and Activities

Winter is a great time of year to enjoy many of our favorite activities outdoors. Make sure you dress children warm when participating in outdoor activities and don't forget the sunscreen! Yes, sunscreen in the winter. The sun's rays can still cause sunburn in the winter, especially when they reflect off the snow.

Here are a few tips to keep you safe while having fun in the snow!

Sledding

- ❖ Supervise children at all times.
- ❖ Keep away from motor vehicles.
- ❖ Keep young children separated from older children
- ❖ Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- ❖ Consider having your child wear a helmet while sledding.
- ❖ Use structurally sound, steerable sleds, not snow disks or inner tubes.

- ❖ Sled slopes should be free of obstructions like trees or fences, be covered in snow and not ice, and be at a slope of less than 30 degrees that ends in a flat runoff.
- ❖ Avoid sledding in crowded areas. (aap.org) •

Snow Skiing and Snowboarding

- ❖ Children should be taught to ski or snowboard by a qualified instructor in a program designed for children
- ❖ *Never ski or snowboard alone!*
- ❖ Young children should always be supervised by an adult. Older children's need for adult supervision depends on their maturity and skill.
- ❖ Wear a ski/snowboarding helmet
- ❖ Equipment should fit the child. Skiers should wear bindings that are adjusted every year. Snowboarders should wear gloves with built-in wrist guards. Eye protection or goggles should also be used.
- ❖ Slopes should fit the ability and experience of the skier or snowboarder. Avoid crowded slopes.
- ❖ Avoid skiing in areas with trees and other obstacles. (aap.org)

More winter safety tips about what to wear in the cold, winter health, and safety tips for ice skating and snowmobiling may be viewed at www.aap.org/advocacy/releases/decwintertips.cfm •

Has your child received a flu vaccine...It's not too late!!
Prevent the spread of flu this season and call today for an appointment!!

Holiday Safety Tips

The holidays are an exciting time for all, but safety must be kept in mind while preparing for the festivities.



Tree Trimming Safety

- ❖ Use only non-combustible or flame resistant materials to trim a tree.
- ❖ Choose tinsel or artificial icicles of plastic or nonleaded materials.
- ❖ Never use lighted candles on a tree or near other evergreens.
- ❖ In homes with small children avoid decorations that are sharp or breakable and keep trimmings with small removable parts out of the reach of children to prevent them from swallowing or inhaling small pieces.
- ❖ Avoid trimmings that resemble candy or food that may tempt a child.
- ❖ Remove all wrappings, bags, paper, ribbons, and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child. (aap.org)

The American Academy of Pediatrics offers several more holiday safety tips regarding trees, lights, toy safety, food safety, and fireplace safety. This may be viewed at <http://www.aap.org/advocacy/releases/novtips.cfm> . ●

Winter Recipe Idea: Tortellini Soup



Stay warm this winter with this easy and hearty soup. Serve with a side salad and Italian bread for a healthy dinner on a cold winter night!

Ingredients:

2 Tbsp. snipped basil or 2 tsp. dried basil
2 cloves garlic, minced
2 tsp. olive oil
4 cups beef or chicken broth
¾-1 cup cheese tortellini
¼ tsp. salt
1/8 tsp. pepper
1 can diced, peeled canned tomatoes
1 cup fresh or frozen cut green beans
½ cup sliced carrot
1 small can tomato paste

Directions:

In medium sauce pan heat oil, add basil and garlic and sauté for one minute. Add the rest of the ingredients except the tortellini. Bring to a boil and simmer until the vegetables are tender. In a separate pan, cook tortellini as per package directions. Just before serving add the tortellini to the soup mixture. Stir together. Sprinkle each serving of soup with parmesan cheese before serving. Enjoy! ●

Fever and Pain Medications: Major Changes Parents Need to Know

Parents need to be aware of a major change in infant's and children's liquid acetaminophen products (such as Tylenol) available on store shelves. Since summer 2011, manufacturers have changed the amount of acetaminophen in these medicines to one standard amount. Infant drops, which contain 3 times *more* medicine than the children's liquid, will be phased out and no longer available. However during this transition, you may find both concentrations on store shelves and in your home. The change to one concentration for all

children is being done to help reduce dosing errors. Please call our office with any questions or concerns before administering medication to your child. Be sure when calling that you have the medicine bottle available so you know which concentration you have. You can find this information on the front of the medicine bottle. ●

What's Happening at PPNP?

New Vaccine Policy effective April 1, 2011

See details on our website

Diabetes Get-Together

On November 21st parents in our practice that have a child with Type 1 Diabetes gathered in our Honesdale office to share their stories and offer support to one another. The night was a great success! Thank you to Parent Partner member Sara Hoey for her energy in helping this event take place!

Parent Partner Group

2012 Meeting Schedule: March 5th, June 4th, September 10th, and December 3rd at 7:00pm in our Sterling office.

Our Practice is a Certified Medical Home

A Medical Home is a way to improve care to children with special health care needs. It promotes health care professionals and families working together. To learn more visit www.pamedicalhome.org or contact Patti Howell R.N., Medical Home Coordinator for PPNP, at 570-647-6462 or by e-mail at patti@ppnp.pcc.com.

**Don't Forget to Schedule
your Child's Yearly
Physical!**

**The staff of PPNP would like to wish
all of our families a healthy, happy,
and peaceful New Year!!**

