



January 2012 Newsletter

Topic of the Month

I was at the ophthalmologist the other day for my yearly exam which is not something I can skip, because in my family measures our eyeglass lenses in inches! So, as you may see, eye health is important to me, because genetics are against me already. During the exam, the doctor told me about a study he recently read that correlated UV ray exposure of the eye to an increased risk of cataracts at younger ages. He told me if there is one thing a parent can do to keep their child's eyes healthy is to make sure that kids wore hats and sunglasses ever time they went out side.

That got me thinking about other ways to keep your children safe and healthy, and what better time of year to discuss healthy habits than January, when our children tend to get sick the most!



Providing parent coaching and supportive services to parent, families and parenting partners.

First, let's talk about the medicine cabinet. Where do you keep your medications? If you're like most families, you have a cabinet in the house for medications adult, children and ever pet meds. I'm sure it's out of the reach of your children, but how safe is it? Have you ever had a screaming child needing a dose of something and just grab the bottle and it be the wrong one? This can easily happen in the middle of the night, especially when you're tired. I always recommend separating all medications by age, (adult, children, infant), and type, (multi-symptom, pain reliever, allergy, etc), so you know the box you're reaching for contains the medication you need for your child. One Step Ahead makes a locking medication box that families may be interested in purchasing to separate and lock medications, [Click Here](#) to see the locking box.

While storing and locking-up your child's medications properly is important, it's also important to know what ingredients are in your child's medications. Often we'll give our children a multi-symptom medication to ease their fever, runny nose and cough. Then a little while later the child may complain about general achiness, so parents may grab Tylenol to ease their child's pain, not realizing that the medication in the multi-symptom medication to reduce fevers is the same medication in Tylenol to relieve pain, acetaminophen. If you gave your child both, they have just received a double dose of that medication.

When giving any medication, carefully read the information material not only to understand what medications are in the container, but to also understand what interactions the medication may have. For example, there are some medication that should not be taken with an acidic drink, like orange juice. This is why carefully reading the information packet in all medications is important.

Now that you're educated about the medications you're dispensing, what happens if you're child spits or throws up the medications. Do you give another dose; do you wait for the next dose? This is something that always concerned me greatly. The answer really is based on how long ago you gave the medication. Generally, if it's been 5-10, you're Ok to give another dose; however, if your child vomits again, hold off on additional doses, and you may want to call the doctor. If it's been more than 10 minutes, it's quite possible that the medications have been absorbed, and it is not recommended to give another dose. With that said, please contact your family's doctor with any questions or concerns, and always go by what they say.

More important than understanding what to do if your child is ill is not becoming ill in the first place. The best place to start is the sink. Washing hands regularly is the best way to stay healthy. By washing your hands regularly, you are eliminating the germs that can make you ill. Encourage proper hand washing in your home and keep bottles of hand sanitizer in your purse, car, lunch bag, everywhere to use when soap and water are not available.

These are just a few helpful hints on how to stay healthy. During the month of January, we'll be talking about more health habits and hints on Everything Baby's Facebook page. I hope you join the discussion.

Ask The Nanny

Rebecca-

I try to be patient all day long, my husband works long hours, and after being home with the kids for many hours I get really frustrated with my four year old when I keep asking her the same thing over and over and she wont listen, I need to work on being patient but how can I keep calm all the time?

Hi Mama,

I completely understand how you feel, I was a Nanny for many years, when asked what being a Nanny was like, I described it to others as being Mom for 10 hours a day. I know how exhausted, physically and mentally, you can feel all the while feeling more rewarded than anything. The key here is to make you feel rewarded more often than feeling exhausted.

If there is one thing that 4 years olds like to do is to ask questions. Part of their desire is genuine curiosity, part is the age and part is a desire for attention. You could spend the entire day with your child, from sun up to sun down, playing Barbie, games and tea party and they will NEVER feel like you spend enough time with them. But this is a part of what makes the job so rewarding!

When your child asks you a questions, do you answer the question right away? Most parents do. "Mommy, when will Daddy be home?" when you respond and they ask again in 10 minutes, you feel ignored and angry. Often your child will ask again, because they do not understand the original answer, as in this case, most children do not understand what 5 pm is, but do understand after Dora the Explorer or when the sun goes down.

When you answer a question next time, try to answer in a way that your 4 year old can understand and if she asks again, instead of responding immediately, ask her to answer her own questions. "Mommy, when will Daddy be home?" you respond in a calm emotionless fashion, "I answered that a moment ago, what was the answer?" What you're doing here is teaching your child to ask questions and answer them herself instead of using you.

Children, like all of us, try to find the easiest route to things. For your daughter it is easier to ask the questions again, get some attention from you and her question answered than for her to try to remember herself. By asking her to think about the answer, you are removing you as the easy answer and making your child think in a complex fashion.

I hope this helps!

[Click Here](#) to submit your questions.

What Parents Need to Know

Did You Know

I heard a great "factoid" the other day, children cannot completely and thoroughly brush their own teeth until they are able to write in cursive, which is between 7-9 years of age.

If your children brush their own teeth, ask the dentist next time they're in if they're doing a good enough job alone.

Everything Baby and other local events

Become a fan of Everything Baby's Facebook page [Click Here](#)

ADD/ADHD Corner

Protein is brain food! All children, not only those with ADD/ADHD benefit greatly by having meals and snacks with a good source of protein as a main ingredient. Peanut butter, hard boiled eggs, or cheese are all excellent choices for protein rich ingredients.

When you provide your child's with brain food, they will be more attentive and alert during their day. Just one more tool to help your child succeed.

What does your family do to help your ADD/ADHD child? [Click Here](#) to Share.

Upcoming Events

Everything Baby Events:

- Beyond Stranger Danger: A must take class for every parent. During this class Rebecca will teach you what child predators don't want you to know. Understand the lures predators use so they wont' use them against your child!
- Behavior Modification without Punishment: After 17 years working with children and families, Rebecca understand what works and what doesn't. During this 2 hour class, she will share with you her favorite punishment free techniques that will help reduce the fighting and enhance the parent child bonding!

Multnomah Athletic Club, (MAC) members, Rebecca will be at the Mac on the following dates teaching her classes. Enroll through the [Mac Website](#).

January 23, 2012 Behavior Modification without Punishment

January 30, 2012 Beyond Stranger Danger

Tualatin Hills Park and Recreation is now enrolling for Winter classes. Rebecca will be teaching her classes at Garden Home on the following dates:

February 18,2012 Behavior Modification without Punishment

March 10, 2012 Beyond Stranger Danger

Details: You may sign up for the classes through the THPRD website [click here](#) select Activities and Classes, then Find a Class, you may find all my available classes by searching for Rebecca Magby under Instructors.

Other Local Events:

- Acts Oregon will hold child car safety seat check up clinics often in January. [Click here](#) to find the time and location that works best for you.
- Our friends at Tiny Talkers offer infant sign language and Kindermusik classes through out the Portland area. [Click Here](#) for more information.
- Looking for infant/child story times? Check out your local library's websites:

[Multnomah County](#) ~ [Washington County](#) ~ [Clackamas County](#)

If your interested in more information about our upcoming events, please [click here](#)

For more information about our services, please visit our web site www.everythingbabylc.com

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Questions or comments, please e-mail us at rebecca@everythingbabylc.com or call our office at 503-617-4685.

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