



Pedia Tracks



Tracking What's New For You!

Fall 2013

Flu Shots... So, Remember Last Year?

Last fall some of the PYAM flu shot clinics were cancelled due to lack of interest. Likewise, flu shots were turned down when offered during well checks. Then came the flu, earlier than usual and with a vengeance. As reports of deaths came in parents were caught scrambling to get themselves and their kids vaccinated.

After two consecutive years of little or no flu, it was easy to forget how very nasty the flu can be. One of the many reasons why the flu is so difficult to manage from a community health stand point is its unpredictability. No one can say that any given year will produce a virulent strain that sickens and hospitalizes hundreds, or whether it will be a mild flu season.

Our suggestion is to be proactive and **get immunized this fall when clinics are available, or during well visits.** When you and your children are vaccinated, it doesn't matter what kind of season it turns out to be. Last year, doctors across the country reported that the kids who did get the flu after having the vaccine (no vaccine is 100%),

had a much milder case. Either way, you win if you get vaccinated.

For flu shot clinic times and locations check our website or facebook page. Like last year the vaccine will be available in both injectible and nasal spray form.



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PYAM Welcomes New Provider Dr Kate Hecker



Who knew physicals could be so fun? Dr Hecker lets this four year old try out a stethoscope and his medical skills on her.

For as long as she can remember, Kate Hecker knew that she would someday be a physician. Perhaps she was influenced by her grandfather, a general practitioner in Spring Valley, Wisconsin, where she grew up, perhaps not.

She graduated from the Medical College of Wisconsin in Milwaukee in 2010 and then attended the University of Minnesota for her residency in pediatrics. Late this summer, Dr Hecker joined the providers of PYAM and it seems her destiny has been fulfilled.

Eager to begin practicing, she joined the staff during the always hectic school physical season. When not busy at work, she is busy with her husband Aaron, and sons, Trey (age 4) and Jax (age 2). Her many interests include: baking, yoga, volleyball, and of course playing with her sons, whom she says "are amazing."

Dr. Hecker is now seeing patients in the Saint Paul & Maplewood offices and will also be practicing in the Hudson Wisconsin office with Dr. Kelly Delahunty and Dr. Tammi Plotnik. Please join us in welcoming her to Pediatric and Young Adult Medicine.

Bullying = A World of Hurt

Which phone call is more disturbing for a parent, one informing you that your child is being bullied or one telling you that your child *is* the bully? Surprisingly, most children will experience both roles at some point on the road to adulthood. Either way, as a parent, you have to respond quickly. The sooner you get involved the better it will be for your child, no matter which role he happens to be playing at the moment.



Which one is yours?

Why kids bully

Many factors contribute to bullying. First, children are not born with social skills. They learn through trial and error. In addition each child needs to find out how he fits into his peer group. Throughout elementary school and high school children learn how to deal with others in a variety of situations and they don't always get it right. Sometimes a child might feel threatened by another and resorts to bullying to feel 'safe', or to maintain his perceived position in the group. Another child bullies in order to get the attention he is not getting elsewhere. Lastly, a child could be modeling his behavior after a parent or older sibling—are there any bullies in your house? **Even too much teasing constitutes bullying and should not be tolerated** at home or anywhere else.



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Who are bullies?

Since most kids are a bully sometime during childhood is it fair to say that there is a 'type' of child who bullies? While all kids might try out bullying once or twice there are kids who habitually use this behavior in their dealings with others. Generally speaking, habitual bullies fall into one of two categories. One group is made up of the popular girls, the athletic, good-looking boys—members of the in-crowd. Kids in the other group tend to be children who have been marginalized themselves, possibly through bullying, and are typically kids with poor grades who aren't involved in sports or other school activities. However, just because a child fits into one of those categories doesn't mean he is a bully.

Who gets bullied?

Here again, most kids end up on the receiving end of bullying at some time. There are, however, certain traits that predispose a child to being a target. Kids are quick to pick up on any physical or cultural difference, which can be useful tools for bullies. Children with physical and learning disabilities can be at risk. A child who stutters, or is extremely shy or even kids who dress outside the



norm can be bullied. Kids who stand out by excelling in sports or academics can be targeted. More subtle targets are the children who have trouble reading and responding to social cues, like children with Asperger's.

Signs Your Child is Being Bullied

- Complaints about headaches and stomach aches
- Unexplainable injuries from self or others
- Changes in attitude, behavior, and achievement at school
- Lost or damaged property
- Changes with friends and social circles
- Changes in sleep or eating habits
- Reluctance / avoidance / inability to talk about it
- Expressing no interest in anything
- Intense feelings of hopelessness, shame and depression

Defining bullying

Bullying can take many forms. It can be teasing that goes too far, name-calling, stealing or breaking another's belongings—even physical violence. Another form of bullying is spreading rumors about, or excluding a child from the group. In recent years, technology has put a dangerous edge on bullying through the use of smart phones and the Internet. Whatever form it takes, though, bullying makes children miserable and fearful for their own safety. If bullying is allowed to continue a child can suffer negative consequences for life with problems like depression and low self-esteem.

Where does bullying happen?

Bullying can happen anywhere at any time, but it **most commonly occurs in the absence of adult supervision**. Think about the times during your child's day when he is with other kids and there are few or no adults around: playgrounds, cafeterias, the neighborhood, or public places like skating rinks, libraries and swimming pools. Does your child walk to and from school? That is a prime opportunity for bullying to occur.



Teachers and hall monitors can't see everything that happens at your child's school.

Boys tend to be more physical bullies. They often target smaller, weaker kids who are less likely to fight back. Stealing money, lunches or property is more common with boys. Threats of violence or actual physical harm, is more likely to happen with boys.

Girls on the other hand, tend to bully in less overt ways. They frequently use tactics like telling others not to talk to or play with their victim, excluding them from social activities or spreading damaging rumors about another. In junior and senior high school, girls are more likely than boys to use electronic devices and the Internet to bully, although boys are catching on to this as well.

Why victims remain silent

Children who are being bullied frequently remain silent or are reluctant to talk to anyone about what it going on. First, they are afraid of retaliation. Secondly, some believe that they have done something to deserve the treatment, and will be further punished if they go to someone in authority. In fact, many parents and teachers hold the belief that if a child is being bullied, he has done something to warrant it. Little wonder that children keep quiet, desperately hoping it will just stop. Adults need to make clear that bullying is not acceptable at home, school or anywhere, including the Internet.

Cyber-bullying: the ultimate torture



Cyber-bullying can be the worst form of bullying for both the victim and the perpetrators.

If you think bullying on the Internet is the same as a shove on the playground you're wrong—cyber-bullying **triples the risk of suicide in teens.** Middle and high school age kids are well aware that images and text on the Internet or cell phones, is indeed, available to the entire world. There is no place for them to escape the notoriety that has been pinned on them. It is easy to understand a victim's sense of helplessness and hopelessness.

Cyber-bullying allows bullies and their followers to cause unbearable pain to a classmate without being able to see their victim as they are acting. Without the consequence of seeing the victim's pain, kids can go too far. This is obviously bad for the victim but it is also bad for the bullies. Children need to see the consequences of their actions, hopefully before it is too late.

What recourse do parents have?

If the phone call you receive tells you that your child is being bullied there is a great deal that you can do to help him. First though, take a deep breath and try to take in the information, calmly. Maintaining your composure will help your child as much as anything else you do. Actually that is good advice for the parents who receive the other phone call, the one telling them their child is the bully.

Help for the victim



Find out who is doing the bullying and where it is happening. If it is at school, you can arrange to meet with your child's teacher and devise a plan to help keep him safe. Do not suggest a meeting at school with the bully and his family. Those meetings get heated and out of control; in the end little is accomplished. Still, it is your duty as a parent to approach the bully's parents if the problem is in your neighborhood, but if it is at school have the administration do that.

You can advise your child to avoid the places where he might encounter problems and you can teach him ways to respond to bullying. Sometimes simply telling the other kid to 'knock it off' or by making a joke of the taunt, your child can defuse the entire situation. What about fighting back? That sometimes makes bullies back off, but unfortunately, your child needs to know that he then risks being punished as well. It needs to be stated for parents of both bully and victim that **parents are legally responsible for their child's behavior and assault is illegal at any age.**

Lastly, bullies seldom target a child with a circle of friends. Even one good friend can be enough to discourage a would-be bully. If your child struggles socially, help him find that one friend through play groups or other activities.

Help for the bully



Bullies need help too. They attempt to control other kids through dominating, hurtful behavior. If left unchecked, they can assume that pattern for life. If your child is the perpetrator, you want him to understand that what he is doing is wrong and it won't be tolerated. He will likely try to shift the blame and make excuses for his behavior, but he needs to acknowledge that he has hurt another person and that his

behavior was not acceptable. If talking and reasoning don't work, rescinding privileges, grounding, keeping him indoors when other kids are out playing are all strategies that help modify behaviors.

The important role of bystanders

In most episodes of bullying there are more kids present than the two main participants. The other children might be friends of the bully, the victim, or they might be bystanders not associated with either child. But the bystanders are the key to ending bullying. Bystanders have tremendous power. They can tell adults what is going on and they can let the bully know that they don't approve of his actions. Fitting in with other kids is crucially important to school age children and they do not want to risk the opinion of others by backing a bully. Sometimes the disapproval of other children is enough to discourage the bully as well.

Discuss bullying with your kids. It is important that they know how to respond to bullies and that they can help other kids. It also lets them know that they can come to you for help if they need to.



ADHD Medication Line

There is now a telephone line for parents to call for ordering refills of ADHD medications from their PYAM providers. The line is open 24 hours a day, seven days a week. The number is **651-256-6796**. To use this service **you must be able to provide the following:**

- Your child's name
- Name of medication and dosage
- Name of your child's provider
- Name and address of the pharmacy or
- Office you wish to pick up from
- Whether or not your child can use generic or brand name
- Name of insurance and whether or not your insurance is mail order

Remember that children on these medications need to be seen by their provider twice a year—every six months. You will need to speak with your child's provider for any change in his prescription or dose.

This line is exclusively for ADHD medications.

Using this system will enable PYAM to process refills faster—within two days for requests that are to be picked up from an office and five days for prescriptions that require mailing.

Ask a Provider about Breast-Feeding

If you are pregnant and would like to breastfeed your baby or if you know of someone who does, PYAM is pleased to announce that Caylynn Wallace-Marcelle A.R.N.P. has expanded her training to become a Lactation Specialist.



Breast-feeding can help establish a strong bond between mothers and newborns—how long you continue to nurse is your choice.

Besides the recommendation by the American Academy of Pediatrics, there are many excellent reasons for mothers to nurse their infants: Human milk is designed for human infants; nursing stimulates mild contractions that help shrink the uterus to pre-pregnancy size; milk production burns calories; and mothers' bodies make milk free of charge. But for many mothers it's the quiet moments they share with their baby that matter most.

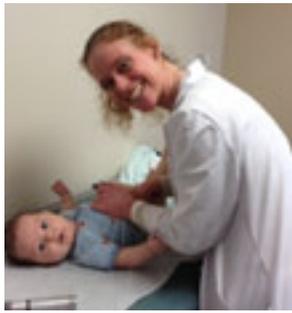
While breastfeeding is the most natural method of feeding an infant, mothers today face some challenges that can make it difficult. Many women have not been exposed to breastfeeding before they become mothers themselves, and don't know who to approach for advice. Mothers who want to successfully nurse their infants shouldn't rely on old wives tales and hearsay. While books and Internet sites can offer excellent information it is just not the same as being able to sit down and talk to a knowledgeable and caring professional.

A Lactation Specialist can begin advising moms before delivery, then, after birth, answer questions and give mothers down-to-earth solutions for any problems they encounter. In the early days of breastfeeding mothers need to acquire some 'technical' skills like helping baby latch on and off; they might have concerns that baby is getting enough milk; and they will want to learn the proper way to pump and store their milk.

Later, when many moms return to work, a Lactation Specialist can make the transition smoother for everyone whether a woman decides to continue nursing or chooses to wean the baby to formula.

Having a Lactation Specialist available and on the PYAM staff is an exciting opportunity and valuable resource for new mothers.

Caylynn is currently scheduling consultation appointments with moms who want to have this beautiful and nurturing experience with their newborns but would like some information, coaching and encouragement.



Yikes! What's on that comb?

Raising children is full of surprises, not the least of which is finding out that your kiddo has head lice. Good grief, anything but that, right? This nasty but common condition can easily be passed from child to child in a classroom. Like Strep infections, cases of head lice rise in the fall when large numbers of kids get thrown together in school, but kids can get them anytime. Since hygiene is not the issue with head lice, a clean house and well-groomed children are not preventative measures. If you think your child is raising tiny livestock here is what to look for:

- Nits (white eggs) firmly attached to hairs
- Unlike dandruff, can't be shaken off
- Gray bugs (lice) are 1/16 inch long, move quickly, and are difficult to see
- The scalp itches and has a rash
- The back of the neck is the favorite area
- The nits are easier to see than the lice because they are white and very numerous



Surprise! Your child has head lice.

After determining that head lice is the problem your next step is to go to www.pyam.com for instructions. There is no need to make an appointment; in fact we prefer you don't bring Johnny in with a head full of lice. By staying out of the office you are minimizing opportunities to 'share' the lice with others.

You will have to treat everyone in the house who has symptoms like rashes, sores, or itching on their heads. Use a recommended shampoo or an over-the-counter brand available at all drug stores. These 'anti-lice' shampoos will

kill both lice and their eggs, which are called nits. Some shampoos come with a fine-tooth comb for the removing nits, which are stuck tightly onto the hair. Nit-combing daily for 7 days is essential. Removal of nits will be easier if you rinse the hair first with a solution of one part vinegar and one part water.



A heavy infestation of lice and nits (unhatched eggs)

Follow the package directions and your child can return to school after one treatment as long as all nits have been removed. Most shampoos need to be repeated once more in seven to ten days to guarantee against reinfection.

The hard part of dealing with lice will be lice-proofing your house. Treating the whole house is a laborious but important task. Follow these steps:

1. Machine wash all washable clothing and bed linens that the infested person touched during the two days before treatment (to kill the lice and nits). Use the hot water cycle (130 F; 55 C) to wash clothes. Dry laundry using the hot cycle for at least 20 minutes.
2. Dry clean clothing that is not washable (coats, hats, scarves, etc.), or store all clothing, stuffed animals, comforters, etc., that cannot be washed or dry cleaned into a plastic bag and seal it for two weeks.
3. Soak combs and brushes for one hour in rubbing alcohol, Lysol, or wash with soap and hot (130 F; 55 C) water and then place in bag and leave in freezer for two days.
4. Vacuum the floor and furniture. Do not use fumigant sprays. (They can be toxic if inhaled)

If these measures don't seem to be working call your provider.



Wheeling and Dealing Exercise



Whether it's wind and rain or falling snow and temperatures that trigger it, we are entering a long stretch of time when we will be indoors more than out. The exercise that we got so effortlessly during the summer is harder to come by going into November and beyond. Because this is a perennial problem your family might already have a solution. If you don't, here are some hopefully fresh ideas to keep your crew in shape.

The Trade Off

Try a new version of 'Let's Make a Deal.' In this version the player (child) can buy one hour of screen time by performing a half hour of exercise. It doesn't matter what the exercise or activity is as long as it keeps him moving for most of the half hour. This works out beautifully since the **5-2-1-0 plan** suggests a maximum of two hours of screen time daily and a minimum of one hour of physical activity. (Haven't heard of this plan? Check out our website for a full explanation.) www.pyam.com

Card Tricks

Remove the face cards from a deck of ordinary playing cards and set them aside. That leaves numbers one through ten in the four suits. Before beginning play, assign a task for each of the suits. For example, hearts could be jumping jacks. If the player draws a five of hearts he must perform five jumping jacks. Another suggestion would be jumping rope for the number of minutes on the card drawn and so on.

The beauty of this game is that the activities can be perfectly tailored for your child's age group. Hula hoops can be used for a task or bouncing a ball. Older kids might do push-ups or sit-ups, whatever you decide. There can be a fun factor with this game by inserting some silliness to the tasks, like wearing a funny hat while performing the tasks. Put your creativity and imagination to use and be prepared to have fun while the family plays this simple exercise game. No one actually 'wins' the game but everyone who plays will be winners for having exercised.

Charts can be helpful

Even as adults we can become foggy on how much time we spend in front of the TV. It can be just as easy to lose track of the time kids spend watching television and playing

computer games. On the reverse of this article are a couple of charts that you might find useful for helping everyone stick to their goal for exercise and screen time. You can reproduce them so that each child has his own.



Indoor activities can be used whenever it's just too wet, cold, or windy for outdoor play, but the PYAM providers recommend getting some form of outdoor activity throughout the fall and winter, whenever possible. Even an activity that doesn't seem like actual exercise, like sliding, really is because the ride is only one way and kids still have to drag that sled back up to the top to go down again, all the while working muscles and breathing in fresh air. Even something as simple as a half-hour walk outside before supper is beneficial.

Don't forget to count swimming lessons, basketball games and practices, indoor tennis matches and the like. Many kids take dance and gymnastics classes or go to martial arts schools weekly. All these things and more count as part of an active, healthy lifestyle.



Gardasil for girls and boys

Most parents would prefer to forget that their kids will be sexually active someday. That's a natural reaction but isn't realistic or helpful. As more and more men are diagnosed with cancers caused by the Human Papillomavirus, or HPV, it is clear that boys need to be protected with the Gardasil vaccine series just like girls. Ask your provider for details.

Chef Solus - Pick Your TV Shows - 2 hours or less!

Write in Your TV programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes Time/channel							
30 minutes Time/channel							
30 minutes Time/channel							
30 minutes Time/channel							
Color the star for each day you watched 2 hours or less of TV							
Have Fun and Be Active Everyday							



WEEKLY EXERCISE GOALS

Activity Ideas _____

Goal Hours _____

SUNDAY Activity _____ Time Spent _____

TUESDAY Activity _____ Time Spent _____

THURSDAY Activity _____ Time Spent _____

FRIDAY Activity _____ Time Spent _____

MONDAY Activity _____ Time Spent _____

WEDNESDAY Activity _____ Time Spent _____

SATURDAY Activity _____ Time Spent _____

I met my exercise goal hours for this week!

by tracking my progress

that week I will _____

This School Year: Breakfast *is* for Champions

No one needs to be told the pace of living is just too fast. From the time the alarm clock (or the baby) starts the day, until bedtime, parents have a daunting number of things to attend to—rushing from jobs to games, lessons, and practices, then back home and ‘what-the-heck’s-for-supper’?

If you don’t already own a slow-cooker, think about investing in one. You won’t believe how many uses you will find for this inexpensive and indispensable kitchen appliance. If you have one, start using it more. The Internet has hundreds of free recipes. Since we are focusing on breakfast we chose three **recipes that cook overnight while you sleep.**



This won’t completely remedy your busy life but it can help slow things down a little, and put a nutritious breakfast on the table that will give your champions a flying start to their school day. If you are really short on time, use **a crock pot disposable liner** to spare yourself the clean up.

Deluxe Crockpot Oatmeal

- 2 C. cow’s milk, almond milk or coconut milk
- ¼ C. brown sugar
- 1 Tbs. melted butter
- ¼ tsp salt
- ½ to 1 tsp cinnamon
- 1 C. oats (old-fashioned is best)
- 1 C. finely chopped apple
- ½ C. raisins, dates, dried cherries, or craisins
- ½ C. walnuts or almonds

Grease the inside of crockpot. Put ingredients inside crockpot and mix well. Cover and turn on low heat. Cook overnight or 8-9 hours. Stir before serving. Makes 4 Cups, or 6-8 servings.

Breakfast Cobbler

- 4 medium apples peeled and sliced
- ¼ Cup honey
- 2 Tbs. melted butter
- 1 tsp cinnamon
- 2 C. granola cereal



Spray inside of Crock-Pot with nonstick spray. Place apples in slow cooker add in remaining ingredients. Cover and cook on low 7-9 hours, or overnight. Serve with milk or a dollop of Greek yogurt. Real maple syrup can be substituted for the honey.

Overnight Egg Bake

- 32 oz. bag of frozen hash brown potatoes
- 1 lb. cooked ham, cubed
- 1 chopped onion
- 1 chopped green bell pepper
- 1 Tbsp. olive oil
- 1 ½ Cups shredded cheddar cheese
- 12 eggs
- 1 cup whole milk
- ½ tsp. salt and pepper



Spray inside of slow cooker with nonstick cooking spray. In small skillet, cook onion and green pepper in olive oil until crisp tender. Let cool about 10 minutes. Place one third of the frozen hash brown potatoes in the slow cooker. Add one third of the ham, onion, green pepper and cheese. Repeat layers ending with the cheese.

In a large bowl, beat eggs, milk and seasonings until well mixed. Pour over the ingredients in the slow cooker, cover and turn on low. Cook for 8-10 hours, until casserole is set and eggs are thoroughly cooked. Check the temperature of the eggs to be sure it’s done.

If you have a new, hotter cooking crockpot, you’ll need to check this after 6 hours and it will probably be done after 7 hours. Eggs should reach a temperature of 160° to 165°.

STOCK UP NOW ON NATURE’S CRAFT MATERIALS

Right now, before snow flies, is the time to get outside and start collecting materials for winter craft projects—in January when cabin fever starts to set in you will be glad that you thought to collect things like:

dried milkweed pods

sticks and twigs

pretty leaves

acorns

pebbles and smooth stones

pine cones

grape vines

birds’ nests

dried flowers and grasses



All of these—and whatever else you and your child can think of will become treasured elements in your fall and winter craft projects. Make sure everything is thoroughly dried and then store in airtight bags and jars.

