



Information for You from Your Health Care Team

Health Tips For Parents

During these stressful times it is easy to forget there are basic things we can do each day to maximize our children's health and safety. Here is a checklist of ten suggestions along with websites that give additional information.

- **CHILDPROOF** your home

<http://www.aap.org/mrt/ciaccidents.htm>

Store knives, sharp objects, detergents, poisons, and medicines out of your child's reach. To prevent a choking hazard, keep toys and small objects that can fit through a toilet paper roll away from your infant or preschooler.

- **Practice SAFETY ON WHEELS**

<http://www.aap.org/family/cps.htm>

Make sure that on every car ride your child is buckled in correctly. Make sure the car safety seat or booster seat is installed correctly. All bikers, skaters, skate boarders, and those riding scooters should wear helmets. Encourage your child to wear elbow and knee pads when appropriate.

- **Pay attention to NUTRITION**

<http://www.aap.org/family/marnutr.htm>

Nutrition has a profound effect on your child's development, growth, and learning. Provide balanced meals with servings from several food groups. Emphasize eating fresh fruits, vegetables, whole grains, and minimally processed foods.

- **Provide a TOBACCO-FREE environment**

<http://www.aap.org/advocacy/chmtouse.htm>

Tobacco smoke increases your child's risk of acquiring lung problems, ear infections and sudden infant death syndrome. Quit smoking. If you don't smoke, your child is less likely to smoke.

- **Update IMMUNIZATIONS**

<http://www.aap.org/family/immunwk.htm>

Make sure your child's shots are up-to-date. Review your child's immunization record with your primary physician.

Prevent VIOLENCE by setting a good example

<http://www.aap.org/advocacy>

<http://www.doctorsagainsthandguninjury.org/what.html>

Setting a good example is the best way to prevent violence. Physical forms of discipline like hitting and slapping teach children that it is acceptable to solve problems using violence. The surest way to prevent firearm injury and death is to eliminate guns from your home.

- Monitor your child's MEDIA

<http://www.aap.org/family/mediainpact.htm>

<http://www.aap.org/family/ratingsgame.htm>

Children are vulnerable and greatly influenced by what they see on TV and in movies. The kind of music they listen to may inspire inappropriate language and behavior. Provide parental guidance and talk to your child about media content.

- Set rules on computer and INTERNET use

<http://www.aap.org/family/interfamily.htm>

Monitor your child's computer activities and prohibit violent videogames. Utilize available internet parental control options. Advise your child not to give out personal information in a chat room or to an internet bulletin board.

- READ today, lead tomorrow

<http://www.aap.org/family/readmeastory.htm>

Read to your child. This will motivate your child to become a reader. Help her to be a leader tomorrow by becoming a better reader today.

- Make your child feel LOVED and important

This last tip is the best health tip. Love begets love. Listening to what your child has to say assures him that he is loved and safe.

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