



# Spring 2023 Newsletter



## 'TIS THE SEASON FOR SNEEZING

The National Institutes of Health estimates 35% of children under the age of 18 years suffer from allergic disease. Children may experience a clear and watery runny nose, itchy nose/throat/ears, sneezing, sniffing, and itchy watery eyes. The most common Springtime allergens are tree and grass pollens.

**Symptoms of seasonal allergic rhinitis (SAR) are best controlled by oral antihistamines.** Some common name brands are Claritin, Zyrtec, Allegra, Xyzal, and Benadryl. If your child's symptoms are not completely resolved with oral antihistamines, then a nasal steroid may be indicated. Ask your provider which over the counter medications would be the best choice for your child.

**Preventative measures** can also be helpful with SAR.

These include:

- Removing pollen from your child's body after spending time outdoors.** Saline flushes to the nose and showering help to remove pollens from hair, skin, and inside the nasal passages.
- Keep windows and doors closed** at home and while driving in the car when pollen counts are high.
- Avoid outdoors if pollen count is high or if it is windy.**

## Helping your child to become self-sufficient young adults at appointments!

Beginning at age 18, your child is considered an adult in the medical world. **AT AGE 18 YOUR CHILD WILL COMPLETE PAPERWORK FOR AUTHORIZATION TO COMMUNICATE WITH OTHERS.** This paperwork will allow your child to state who we may communicate with regarding their health advice, test results, and any other facets of their care at Roswell Pediatric Center. Without parents' name(s) on this form, we do not have legal permission to discuss your child's health status or information with you. We encourage parents to help prepare their adult children to manage their own healthcare by sharing responsibilities during the teenage years.

Encourage your child to ask questions during their appointment. Have your adult child call for their own appointments, ask their own triage advice, and request their own prescription refills. This can gradually build confidence and help establish more independence.

The transition from pediatric to adult care usually occurs between ages 18 and 21 years. Roswell Pediatric Center can manage patient care until their 21st birthday.

When the time comes to transition care, ask your pediatric provider for recommendations. If you don't have an already established family practice or if your adult child has special medical concerns, RPC may be able to help recommend someone who fits your child's needs.

Don't forget to wear sunscreen!



## WELL CHECKUPS

**Make your child's appointment for sports and camp physicals today.... don't delay!**

**Our Summer + Fall availability for Well Checkups is filling up quickly. Schedule a checkup appointment today!**



## SPRING INTO HEALTH

**Be active!** Your child learns how to be active from YOU! Go for a hike or bike ride together (wear your helmet), kick a soccer ball, play catch, or fly a kite!

**Turn off the TV!** Keep TVs out of your child's bedroom and collect phones, ipads, and tablets one hour before bedtime.

**Stay hydrated!** Offer several sugar-free and caffeine-free beverages throughout the day, especially when the weather is hot and/or your child is active. Be aware of signs of dehydration such as headache, nausea, vomiting, abdominal pain, and muscle cramps.

**Sleep well!** The American Academy of Pediatrics recommends the following sleep ranges (including naps) for optimal health.

- Ages 4-12 months: 12-16 hours
- Ages 1-2 years: 11-14 hours
- Ages 3-5 years: 10-13 hours
- Ages 6-12 years: 9-12 hours
- Ages 13-18 years: 8-10 hours

**Eat well!** Offer a well-balanced diet rich in fresh fruits and vegetables, whole grains, lean meats and other low-fat proteins. Eat out less and pack school lunches. Keep junk foods and sodas/tea/high sugar sports drinks out of the house. For snacks, instead of crackers, chips, and cookies, offer more nutrition with fruit, cheese, yogurt, and for older kids consider additional snacks like popcorn, hummus with carrot sticks, and trail mix.

**Wear sunscreen!** Apply SPF 30+ every 2 hours and after swimming to avoid sunburns this Spring. Remember even on overcast days your child can get a burn.

**Wear insect repellent!** An insect repellent with no more than 30% DEET is recommended by the AAP. Avoid insect repellents in children younger than 2 months of age. Dress your child in lightweight long sleeves and long pants to avoid insect bites when insect repellent is not available/advisable.