



First in
Primary
Care **Broadway**
MEDICAL CLINIC

FALL 2018

TAKE CARE

HEALTHY TIPS
FOR
FALL

It's that time of year again! The start of the school year is an exciting time as it is a time of new beginnings. For many children, the beginning of the school year may be the most stressful time of year. Change, even positive change, is hard for many children. Your child may be starting school as a kindergartner or starting at a new school. Even if your child is returning to the same school, she/he is still facing a lot of change. Each new school year brings new teachers, new classmates, new routines and new expectations. Here are some tips to help you navigate this exciting time!



The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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Is Your Child Ready for Kindergarten?

Author: Barbara Steinberg, M.Ed

Each state has age requirements for children to begin kindergarten, but not every child will be ready at that time. How can you be sure that your child is ready? Many signs and skills show readiness. Parents and caretakers may also consider their child's age and personality as well their social, emotional, and physical development. Children's school experiences are important and will be the basis for learning many of life's skills and teach them how to relate to others.

Some ways to help children's readiness is with healthy habits. Healthy foods, fresh air, exercise and plenty of sleep help children be ready to learn. Take your child to the doctor for check-ups, and make regular routines for eating, sleeping, playing, and learning. Reading, rhyming, and singing to your child has been proven to be very good for early learners. Expose children to new experiences and take them to social and learning activities whenever possible.

To best prepare children for kindergarten, parents and caregivers should measure their child's abilities in language, learning, print knowledge, math, and social, emotional, and physical development. Here are some signs and skills to consider. Can your child:



- ✓ Speak in mostly complete sentences?
- ✓ Follow directions with more than one-step?
- ✓ Match pictures or symbols to one another?
- ✓ Put objects into groups?
- ✓ Point and name at least five colors?
- ✓ Do a basic puzzle?

Barbara Steinberg, M.Ed.
Founder & Owner of PDX Reading Specialist, LLC

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- ✓ Know how to hold a book?
- ✓ Understands a story sequence?
- ✓ Recognize his or her own name in print?
- ✓ Recognize ten letters of the alphabet?
- ✓ Identify the sounds of three letters?
- ✓ Count up to five objects?
- ✓ Identify up to three shapes?
- ✓ Counts from 1-10 in order?
- ✓ Know his or her age?
- ✓ Know his or her own first and last names?
- ✓ Interact with others?
- ✓ Can use the bathroom, wash hands, and dresses him or herself?
- ✓ Can play and interact with other children?
- ✓ Can use child-sized scissors with skill?
- ✓ Can color or draw?
- ✓ Is able to pay attention for at least five minutes?

One of the most important things to consider is if your child is ready to learn. Does your child pay attention, communicate and listen well? Does your child take direction? Does your child get along with others? Is your child comfortable being separated from you?

Each child is different and the above skills are not hard and fast rules. They are starting points to make a decision. If you are concerned that your child is not ready for school, speak to your doctor. If your child has a teacher or caregiver, discuss ways to help your child be ready on time.

Delaying kindergarten, also called “academic red-shirting,” is a choice that parents should carefully consider. Some studies and experts suggest that waiting is a benefit, while others state that any gains from waiting will not last long. Children may begin school on time and not be able to keep up with their peers, or begin the next year and end up bored.

Some possible reasons to delay kindergarten are if your child has a severe developmental delay or illness or if he or she has experienced a trauma, such as the death of a parent or sibling.

Parents and caretakers want the best for their children and often need to make this important decision without a lot of information to guide them. Most children do begin kindergarten “on time” and will ultimately be successful. Looking at the child’s whole self, and trusting your intuition as a parent is the best way to decide on kindergarten readiness.

If you have any questions or concerns about your child’s readiness for kindergarten, or if you’re concerned about his/her progress once school has begun, reach out to PDX Reading Specialist at 503.747.3491. Or find them online at www.pdxreadingspecialist.com.

HOW VACCINES STRENGTHEN YOUR BABY’S IMMUNE SYSTEM



Your child is exposed to thousands of germs every day in his environment.

This happens through the food he eats, air he breathes and things he puts in his mouth.

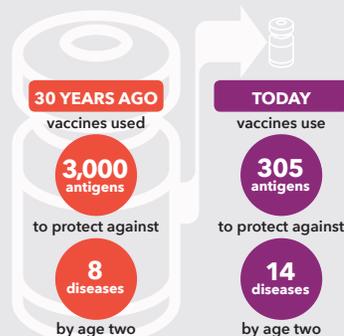


Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can’t handle.

That’s why they need vaccines to strengthen their immune system.

Vaccines use very small amounts of antigens to help your child’s immune system recognize and learn to fight serious diseases.

Antigens are parts of germs that cause the body’s immune system to go to work.



Thanks to scientific advances, today’s vaccines can protect children from more diseases using fewer antigens.

Vaccines contain only a tiny fraction of the antigens that babies encounter in their environment every day.

Vaccines help strengthen your baby’s immune system and keep him safe from vaccine-preventable diseases.

**IMMUNIZATION.
POWER TO PROTECT.**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/vaccines/parents

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Facts about Backpacks

A good backpack could be your reliable companion for years. If used correctly, backpacks can be a good way to carry all the books, supplies and personal items needed for a typical school day. A properly designed backpack should distribute the weight load among some of your body's strongest muscles. A backpack that is too heavy or worn incorrectly can cause injury.



When purchasing a new backpack, it should be:

- Made of lightweight, strong material
- Reinforced by a chest or waist strap
- Worn no lower than 2-4 inches below the waist
- Worn no higher than the bottom of the neck
- No wider than the user's chest

The best backpack has:

- Two wide, padded shoulder straps
- Several compartments
- Side compression straps
- A waist or chest strap
- Reflectors
- A padded back

HOW TO USE A BACKPACK

To Wear It

- Facing the backpack, bend your knees, hold the backpack with both hands, and straighten your knees to lift it to waist height.
- Apply one shoulder strap at a time.
- Be sure to always use both shoulder straps.
- Snugly adjust it between your neck and the curve of your lower back using the shoulder straps (the closer the backpack is to your body, the less strain it will cause).

To Load it

- Keep it light – pack only what is needed for the day.
- Place the heaviest objects so they will be closest to your back.
- Use compartments to distribute the weight and keep things from sliding.
- Hand-carry heavy books to avoid excessive weight in the backpack.
- Clean it out daily.

Backpack Weight

If a backpack forces the wearer to lean forward, it's overloaded and some items should be removed. Carrying an overloaded backpack can cause discomfort and, over time, lead to back injuries and other problems.

If the backpack weighs more than 15 percent of the carrier's weight, it's too heavy. To determine the proper maximum weight for a backpack, multiply the user's body weight by 0.15. If a heavier load is unavoidable, consider using a backpack with wheels.

Carrying too much weight or wearing a backpack the wrong way can lead to:

- Muscle fatigue
- Poor posture
- Painful shoulders
- Back and neck pain
- Injuries from tripping and falling

Chef Solus Vegetable Group Word Search Puzzle

BEETS



TOMATO

PEPPER



CARROT

HEALTH



FIBER

VEGGIE



B	K	T	O	M	A	T	O	S	P
A	P	J	R	O	K	L	F	Z	J
C	G	C	N	N	Q	G	K	X	I
A	Z	I	O	F	E	H	R	P	B
R	E	O	P	P	M	V	L	E	H
R	V	E	G	G	I	E	E	P	E
O	D	P	M	F	J	T	N	P	A
T	T	R	Z	W	S	T	M	E	L
S	K	F	I	B	E	R	L	R	T
Q	N	L	I	J	S	H	V	T	H
Y	L	I	W	X	N	E	M	Z	O

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Nutritious Nibbles

Food for Thought:

Tortilla means “small cake” in Spanish, even though tortillas usually aren’t sweet like cake is! Tortillas are made by mixing either corn or wheat flour with water to form a dough, pressing the dough into a flat circle and then cooking it. Have you ever wondered why the word is pronounced tor-tee-YA instead of tor-tee-LA? In Spanish, two Ls next to each other are pronounced with the Y sound. Quesadilla has the double L sound, too!



Summer Veggie Quesadillas

This recipe is a kid-approved way to serve up summer produce! This recipe comes to us from our friend Chef Hollie of JoyFoodly.

MAKES:

4 SERVINGS

INGREDIENTS

1/4 cup olive oil
1 onion diced
1 zucchini, halved lengthwise and thinly sliced crosswise
1 corn on the cob (cut off the cob)
1/4 cup basil leaves, whole
8 (6-inch) corn tortillas
4 slices of Monterey Jack cheese

INSTRUCTIONS

- Adult:** Preheat oven to 400 degrees. In a large skillet, heat 2 tablespoons olive oil over medium heat. Add onion and 1 teaspoon salt; sauté for 2-3 minutes, stirring periodically.
- Adult:** Add zucchini and corn kernels; continue sautéing 3-4 more minutes. Remove from heat.
- Kid:** Brush one side of all tortillas with remaining olive oil; lay 4 tortillas, oiled side down, on a baking sheet. Place 1-2 spoonfuls of filling on each tortilla and top with a few basil leaves and some cheese.
- Kid:** Place remaining tortillas on top, oiled side up; press down gently with a spatula to seal.
- Adult:** Bake in the oven for approximately 10 minutes or until the cheese has melted and tortillas are golden brown. You can flip the quesadillas mid-way through the cooking time to brown on both sides.
- Adult:** Remove from oven; let cool slightly.
- Together:** To serve, slice each quesadilla into wedges and serve with a side of salsa.

Recipe from thekidscookmonday.org