

June 2011



CPC Times

Connecting You, Your Community, Your World, One Family at a Time

Making Your Backyard a Kid-Safe Zone



A monthly newsletter of:
**Community Psychiatric
Centers**

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*If you would like to suggest a topic
for our newsletter or sign up for
email delivery, send a message to
newsletter@cpcwecare.com.*

Blog Alert

Are you receiving the CPC Weekly Blog?

Each week, Dr. Carosso & Dr. Lowenstein share their opinions and expertise on a variety of children's mental, emotional and behavioral health issues.

Sign up to receive the blog on the CPC Blog link, located on our webpage, www.cpcwecare.com. You can also access previous blogs or leave feedback.

The sun is shining, the temperatures are rising and the grass is finally green. Summer is here and your kids want to spend more time in the backyard. But before you turn them loose, consider that most summer accidents occur in four areas of the backyard: playgrounds, barbeque grills, sandboxes and pools. Take a few minutes to assess your kids play area and look for ways to make it safer.

Playgrounds

According to the Center for Injury Prevention and Control, 200,000 children, ages 14 and younger, are seen in local emergency rooms annually for playground injuries. Forty-five percent result in severe injuries, including concussions, fractures and internal injuries. One quarter of these injuries are from backyard playground sets. Closely supervise younger kids outside and consider adding a softer surface under your playground set, such as mulch or shredded tires. These materials will soften the impact, if your child does fall.

Barbeque Grills

Backyard barbeques also pose the potential for danger. Make sure a hot grill is supervised at all times. It

might be helpful to define an "adults-only zone" for your child. Something as simple as a chalk outline will provide clear boundaries to keep everyone safe.

Sandboxes

Sandboxes are a favorite among younger kids. While your child may love the texture of the soft, cool sand, so may the neighborhood cats, small animals and parasites. When the sandbox is not in use, keep it covered.

Pool safety

On hot summer days, swimming pools are a welcome treat. Whether talking about a full size pool, or an kids one, all pools pose the same risk. Children can drown in as little as one inch of water. The CDC reports 10 people die each day from non-boating water accidents, of those, two are children. Secure pools when you are not around and always supervise children in the water.

These are just the most common areas of concern. Consider your child and their habits and take a thorough look at your backyard. Have a safe and enjoyable summer.

Sunscreen—A Necessary Part of Summer

The sun's rays have become more intense in the last decade and we need to keep a close eye on our children's skin. The American Academy of Pediatrics recommends limiting your child's exposure to direct sun during the time the rays are at the most powerful, 10 a.m. to 4 p.m.

Even on a cloudy day, kids can still get a burn. Use a sunscreen with an SPF of at least 15 and look to make sure it has both UVA and UVB protection. All sunscreens protect against UVB, but for UVA protection, look for products containing: mexoryl, Parsol 1789,



titanium dioxide, zinc oxide or avobenzone.

Sunscreen should be applied every two hours, more often if your child is heavily sweating, or after swimming.

Sunscreen does lose its potency, so check expiration dates and throw away bottles after 1 to 2 years.

For infants 6 months or younger, the AAP recommends avoiding direct sun exposure, dress infants in lightweight, long pants and long-sleeved shirts and brimmed hats that protect the back of the baby's neck.

CPC Offers Greensburg Autism Support Group

CPC Staff is excited to announce the formation of the CPC Family Support Network, a community of parents, families and caregivers touched by autism. Through our open forum, families support each other in their journey from diagnosis, finding services and guiding loved ones to success.

We meet the second Wednesday of each month at the CPC Greensburg office, 814 E. Pittsburgh Street, to share and learn, provide a community for friendship, compassion and understanding. Childcare is provided.

Check out our Upcoming Events, June 8, *Resources & Services* with guest Nicole Zilli, from Parent to Parent, and July 13, *Getting your Child's Support Network on the Same Page*. You can always check out our upcoming schedule on the Family Resource Page at www.cpcwecare.com

For more information or to RSVP, contact Desiree at 724.875.1675 or dlp0721@gmail.com.

Summer Reading Can Give Children a Step Up for Next School Year

The beginning of summer vacation marks the end of another academic year, sleeping in and a break from the daily homework grind. While it is a good idea to give your child a little break, don't let them become a victim "summer learning loss." On average, students lose one month of learning over the 3-month break.

Find ways to keep your child engaged and realize opportunities for them to hone their math and reading skills.

Studies show that students who read six or more books over the break, can make great advancements in their reading and comprehension skills.

Many teachers report frustration at the beginning of the school year because of the amount of reviewing required to bring students back up to the necessary level. Take the opportunity during the summer months to help your child improve his or her academic skills. A trip to your local library provides an opportunity for kids to explore a

variety of subjects and can benefit their overall academic success. While slight loss in skills may not seem like much during the primary grades, compounded over the course of their school career, these losses have a large impact by the time they reach high school.

Social Skills Group for Teens

CPC is enrolling for our summer social skills group for teens, ages 14 to 18, with high functioning autism and Asperger's.

This 8-week therapy program focuses on social skills that teenagers on the autism spectrum have the most difficulty. Through the therapeutic program, teens will:

- Discuss and practice peer interaction techniques
- Learn coping and conflict resolution skills in dealing with peers and bullies
- Engaging in peer-centered activities.

For more information or to register, contact Desiree at 724.875.1675 or dlp0721@gmail.com

FDA Investigating Link Between Food Coloring & Hyperactivity

Take a stroll through the cereal aisle at your local grocery store and you'll find a sea of bright, almost animated colors. These colors are often what attracts your child to it, but could it be making your child hyperactive?

The FDA began searching for answers to this very question. On March 31, the government group decided more investigation was needed before the agency could render a verdict.

Last year the FDA decided the dyes did not cause hyperactivity or attention deficit hyperactivity disorder, but acknowledged some kids could have a "unique intolerance" for man-made food colorings.

Pediatricians and mental health experts

have seen results with the Feingold Diet, developed in the 1970s by Dr. Ben F. Feingold, a pediatric allergist. The diet regiment calls for eliminating artificial dyes, artificial flavorings and some preservatives and salicylates.

Parents have long reported changes in their child's behavior when eliminating or reducing the amount of foods served with artificial dyes.

To tell if your child has an intolerance to any dyes, keep a detailed log documenting what he or she eats and the behaviors you observe. Review the log periodically and look for patterns.

To learn more about the Feingold Diet, visit <http://fiengold.org> and review their information and sign up for their free newsletter.