



healthy kids **NOW**

Make fitness a family affair



Ask your child's health care provider how to build up the intensity of some of these activities. Be sure to talk with him or her before starting a new exercise routine.

Other forms of fun

Another way to be active together is to plan outdoor-oriented family vacations. Make nature walks, bicycling, rafting, or snow or water sports part of your plan.

Also, don't forget to include Grandma and Grandpa in your activities. Invite them to:

- Picnic and play games at the park.
- Bowl with the family.
- Swim at the community pool.

Between the demands of work and home life, it can be hard to find time for exercise. According to the Centers for Disease Control and Prevention, that's why more than half of Americans don't get the minimum amount of exercise needed to protect their heart. However, when you add your family to your exercise routine, you can get fit and still spend quality time with your loved ones.

Family fun for all

Family exercise can mean doing any activities that are enjoyable and get everyone moving. Whatever activity you choose, make sure it suits each person's ability and skill level.

Here are some ideas for families:

With younger kids:

- Take a bike ride together. Don't forget to wear helmets!
- Make an obstacle course in the backyard.
- Pick your own produce at a local farm.
- Dig a vegetable garden.
- Play a game of charades indoors or tag or hopscotch outdoors.

With older kids:

- Shoot hoops in the driveway.
- Play badminton or tennis.
- Work out together at a community fitness center.
- Go for a jog.

When family time is active time, fitness can become part of your lifestyle. That does everyone's heart good.

Sources: Centers for Disease Control and Prevention, Shape Up America, American College of Cardiology

LOOK INSIDE!

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Sealants shield kids from cavities

Plastic coatings called dental sealants can help head off cavities in your child's teeth.

Experts say there is a tremendous decrease in the number of kids who need fillings because the sealants have wiped out the hiding place for bacteria that causes cavities in kids.

Besides shielding teeth against bacteria, the plastic resin in sealants also guards tooth enamel from acids. Good brushing and flossing help get rid of food particles and plaque on the smooth surfaces of teeth. But toothbrush bristles cannot reach all the way into the depressions, grooves, and pits in some teeth to dislodge food and bacteria.

These grooves are the No. 1 spot for people to develop cavities.

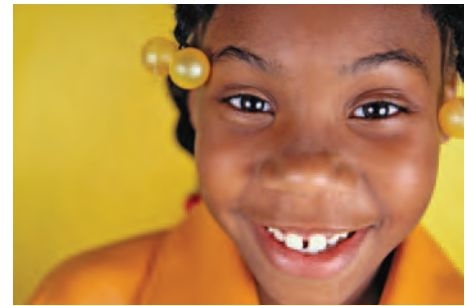
CHIP Coverage for Dental Sealants	
Age of Child	Sealants Covered For
5 through 9 years old	permanent first molars
10 through 14 years old	only permanent second molars

Sealants can protect these areas, mostly on the chewing surfaces of your child's back teeth.

Sealants are usually used on permanent teeth, not baby teeth. It takes just a few minutes to seal a tooth:

- The teeth to be sealed are cleaned.
- The chewing surfaces are roughened with an acid solution to help the sealant stick to them.
- Your dentist or an assistant paints the sealant onto the tooth enamel, where it bonds to the tooth and hardens.
- A special curing light may be used to help harden the sealant.

Sources: Centers for Disease Control and Prevention, American Dental Association, American Academy of Pediatric Dentistry, National Institute of Dental and Craniofacial Research



Tips to guard teeth

The American Dental Association stresses these tips for keeping your child's mouth cavity-free:

- twice-daily brushing with a pea-sized dab of fluoride toothpaste;
- cleaning between teeth each day with floss or interdental cleaners;
- eating a balanced diet with limited snacks;
- avoiding sugary drinks;
- getting regular dental checkups every six months starting at age 1.

Help your child cope with loss

The death of an important person in a child's life is one of the most confusing events a child can experience. Parents can help their child work through this time by being aware of normal childhood responses and understanding how to talk on their level.

Emotional signals

Normal grieving signs include:

- feelings of anger, denial, shock, and confusion;
- sadness;
- feeling guilty;
- rowdy play;
- reluctance to discuss feelings;
- loss of interest in daily activities, such as school;
- clinging behavior;

- sleep problems;
- physical complaints, such as stomachaches.

Contact your child's doctor if he or she stays emotionally numb. Longtime denial of death or avoidance of grief may develop into larger emotional problems later.

Helping the process

Children can be told about death honestly, as long as it is put into their terms. It is important for them to know they are not to blame, and that they could not have prevented the death. As children grieve,



parents can help them understand that these reactions are normal, not "bad."

Children may feel isolated, so sharing feelings and memories with them will help them feel loved.

Continuing family routines such as church and school attendance, homework sessions, and discipline is essential. This stability and consistency make children feel safe.

Sources: American Academy of Family Physicians, American Academy of Child & Adolescent Psychiatry, National Institutes of Health, National Mental Health Association, Pediatrics

Help teens stay safe on the job

The main threats to teens are often said to involve drugs, alcohol, or car crashes. But there's another risk most people might not think of: work.

Labor laws limit the kinds of jobs that kids younger than 18 can hold and the hours they can work. Still, about 70,000 teens are hurt at work each year. That's one injury every seven minutes, says the National Institute for Occupational Safety and Health, a federal agency.

A range of hazards

Hazards run the gamut from box cutters and hot stoves to slippery floors. Boys get hurt more often, in part because they tend to wind up with tasks that involve lifting and operating equipment. Girls, who often work with money as cashiers, may be exposed to violence from robberies.

Farming is among the most dangerous jobs for young workers. But teens also get hurt in restaurants, supermarkets, retail stores, and other places where they find after-school and summer work.

Teen workers are often poorly trained and unsupervised. Teenagers are inexperienced by definition — not only in the tasks they do, but also at working in general, which includes knowing when you should

ask questions or refuse to do certain things because they are unsafe.

They sometimes are afraid to speak up, out of fear that they could lose their job. They are also eager to be perceived as grown-up. So if they don't know something, they may fake it.

Steps to safety

Parents should make sure their working children:

- Learn to recognize hazards and maintain safe work practices.
- Know what to do in an emergency.
- Ask questions. Let them know it's OK to ask if they don't know something.
- Spread the message of safety. Teens should report any health and safety hazards to their supervisor.

It's important that parents of young workers know what employers can and cannot require of their children in the workplace. Go to www.dol.gov/dol/topic/youthlabor/ParentsofYoung.htm for resources and to learn more about federal and state labor laws.

Sources: Centers for Disease Control and Prevention, Annual Review of Public Health, National Consumers League, Journal of Adolescent Health, U.S. Department of Labor, Occupational Safety & Health Administration, Pediatrics



CHIP: Remember to renew

The Caring Foundation verifies children's eligibility for CHIP once each year. Your child's renewal form will be mailed to your home every year, 90 days prior to the anniversary of enrollment. To avoid your child's coverage being cancelled, it is extremely important that you complete the renewal form and return it to the Caring Foundation as soon as possible.

You have three choices:

- Go to www.compass.state.pa.us, and submit your child's renewal information online.
- Call 1-800-986-5437, and renew by phone.
- Complete the form you receive in the mail, and return it to the Caring Foundation.

In all cases, you must sign the signature page and mail it back, along with copies of your current income documentation.





Independence Blue Cross & Highmark Blue Shield

Caring Foundation



Non-Profit Org.
U.S. POSTAGE
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for Children

IBC & HBS Caring Foundation for Children
1901 Market Street
Philadelphia, PA 19103-1480
1-800-464-5437
www.caringfoundation.com

TRUE OR FALSE

**Asthma attacks
can't be avoided.**

This statement is false.

Asthma can be controlled and attacks can be avoided by taking asthma medicine exactly as your child's doctor recommends and by helping your child avoid triggers that can cause an attack. The most common triggers include upper respiratory infections, pollen allergies, mildew, roaches, tobacco smoke, strong odors, and perfumes.

Asthma is an ongoing condition that needs regular monitoring and treatment. Taking control of the treatment can give your child more control of his or her life.

A Health Coach can answer any questions you have about your child's asthma, their medications, or any other asthma-related concerns. Call **1-800-ASK-BLUE (275-2583)** to talk with a Health Coach about asthma 24 hours a day, 7 days a week.

Sources: American Academy of Family Physicians, Mayo Clinic, Centers for Disease Control and Prevention

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TRUE OR FALSE

Your family can keep spring allergies under control.

This statement is true.

Spring's the time for blooming things and birds that sing. It's also sneezing season. However, there are steps you can take to tame your family's allergy symptoms.

Putting pollen in its place

During high-pollen seasons, these measures can help keep allergy symptoms at bay.

- Stay indoors during the hours of 5 to 10 a.m., when most pollen is flying, and on windy days, when the pollen count climbs.
- Close your windows at night and while driving.
- Use air conditioners instead of window and attic fans, which let in pollen.
- Try to avoid letting your kids play in freshly cut grass; mowing releases pollen.

- Don't hang your family's laundry outdoors since pollen can collect in sheets and clothing. Use a clothes dryer instead.
- Make sure your family bathes and washes their hair before going to bed because hair and skin can attract pollen.
- Keep your pets off the furniture. They may carry in pollen from outside.

If these tips fail to tame your and your children's seasonal allergies, consider seeing your primary care physician about possible treatments.

Sources: Annals of Allergy, Asthma, and Immunology; American Academy of Allergy, Asthma, and Immunology; National Institute of Environmental Health Services; Allergy; National Institute of Allergy and Infectious Diseases; Journal of Clinical Investigation