



Fun in the Sun

Children need to be protected from daily exposure to UVA and UVB rays. Sun exposure, particularly sunburn before age 15, is strongly associated with melanoma and other forms of skin cancer. For children under the age of six months, the recommendations are to avoid sun exposure by keeping baby in the shade and dressing the child in lightweight long pants, long-sleeved shirts and hats with a brim. If adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to exposed areas.

For older children a sunscreen with an SPF of 15 or greater should be applied at least 30 minutes before going outside. Sunscreen should be applied even on cloudy days. Reapply sunscreen every two hours or after swimming or sweating. Use extra caution near water and sand, which reflect UV rays. Stay in the shade whenever possible and limit sun exposure during peak intensity hours - between 10 a.m. and 4 p.m.



If despite your best attempts, sunburn develops, apply cold compresses to the affected areas and take frequent cool showers or baths. Apply soothing lotions that contain aloe vera or a 1% hydrocortisone cream to reduce swelling. Tylenol or Motrin can help with the pain. If the burn results in blistering, do not try to break the blister. Allow the blister to heal on its own. Once the blister breaks, keep the skin clean and apply antibacterial ointment and cover with a bandage.

Source: American Academy of Pediatrics

As the days get longer and the temperature warms up, our children will be shedding their coats and hats and heading outside to play.

In this edition of the newsletter we have some advice on how to keep kids safe and healthy in the sun as they play in the pool or backyard.

Also it's not too early to start planning ahead for your summer vacation so that your travel goes smoothly, whether by car or plane, within the U.S. or to another country.

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MAKING A DIFFERENCE IN THE LIVES OF CHILDREN AND FAMILIES

1275 SUMMER STREET
SUITE #301
STAMFORD, CT 06905
P: 203-324-4109
F: 203-969-1271

36 OLD KINGS HIGHWAY SOUTH
DARIEN, CT 06820
P: 203-655-3307
F: 203-655-9607



POOL SAFETY

Swimming is a great way to keep kids active and entertained, but pools can be dangerous if not properly maintained:

- There should be at least a four-foot high fence around all sides of the pool. The fence should not have any openings that a young child could get under or through.
- Pool gates should open out from the pool and should self-close and self-latch at a height children can't reach.
- Never leave children alone near the pool.
- If infants or toddlers are in or around the water, an adult should be within arm's length of them.



Bug Bites

Bug bites and stings can cause children significant discomfort and may also transmit diseases such as Lyme disease or West Nile virus. There are a few things you can do to avoid these pests and the associated problems:

To avoid attracting bugs:

- ⊕ Don't use scented soaps, perfumes, or hair sprays on your child.
- ⊕ Dress your child in thin, loose-fitting, long-sleeved clothing that is not brightly colored.
- ⊕ Have your child wear socks and shoes instead of sandals.
- ⊕ Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods, and gardens where flowers are in bloom.
- ⊕ Avoid spending time outdoors from dusk until dawn - when mosquitoes bite the most.
- ⊕ Insect repellents containing DEET are the most effective against ticks and mosquitoes. The benefits of DEET reach a peak at a concentration of 30% - the maximum concentration recommended for infants and children. The higher the concentration of DEET, the longer the repellent lasts. A concentration of 10% is suitable if your child will only be outside for a few hours. Concentrations higher than 20% are good if your child will be outside for four or five hours. DEET should not be used on infants less than two months of age.
- ⊕ Avoid combination sunscreen/insect repellents - sunscreen needs to be reapplied frequently and bug spray should not be reapplied.
- ⊕ Apply insect repellent to exposed skin only. Don't apply on child's hands, near the mouth or eyes, or over irritated skin.
- ⊕ Wash off repellent once your child comes inside.

To treat a bite once it occurs:

Most bites and stings cause only local reactions, including redness, pain and itching. These symptoms occur within 6 to 24 hours of the bite. Any spreading of the redness, especially streaks, after the first 24 hours could indicate a secondary infection of the bite and should be seen by your doctor.

- ⊕ Thoroughly wash the bite with soap and water.
- ⊕ To ease any itching, apply an ice pack and apply a topical anti-itch cream. Oral antihistamines can also help.
- ⊕ Motrin or Tylenol can be used to ease any pain.
- ⊕ To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.

Some children are allergic to the venom in an insect sting and may develop a serious anaphylactic reaction. Symptoms such as trouble swallowing, chest tightness, hives, or difficulty breathing would usually occur within 30 minutes of being stung.

Call 911 immediately if any of these symptoms occur.



Travel Safety

Most summer vacations involve quite a bit of traveling for families. To get the most enjoyment out of your trip, it helps to be prepared for any medical problems that may occur while you're away.

If you plan to travel by airplane:

Though airlines will allow a child under the age of two to sit on the parent's lap, a child is best protected on an airplane when properly restrained in a car safety seat appropriate for the age, weight, and height of the child, meeting standards for aircraft use. In order to decrease ear pain during descent, equalize the pressure in the middle ear by having your child chew or swallow. Encourage your infant to nurse or suck on a bottle. Older children can chew gum or blow bubbles through a straw.

If your child experiences motion sickness:

Symptoms may include dizziness, nausea, or imbalance in children. A dose of diphenhydramine (Benadryl) can be given one hour before travel and then every six hours during the trip. Some children may have agitation with this medicine, so give a test dose at home first.



If traveling internationally:

Check in with your doctor at least four weeks before travel to see if your child might need any special vaccines or medications. Children visiting developing countries are at high risk for a variety of travel-related health problems, including malaria, intestinal parasites, and tuberculosis. Young children are at particular risk for diarrhea and other food and waterborne illnesses because of limited immunity and behavioral factors such as frequent hand-to-mouth contact.

Travelers should use only purified water for drinking, ice cubes, brushing teeth, and mixing infant formula. Make sure dairy products are pasteurized. Fresh fruits and vegetables must be adequately cooked, or washed well and peeled. Meat, fish, and eggs should be well cooked. Avoid food from street vendors. For information regarding the specific area that you plan to visit, consult the Center for Disease Control website: www.cdc.gov

Pack a travel-emergency kit in your carry-on luggage:

- Safe water and snacks
- Alcohol-based hand sanitizer
- Pedialyte
- Antihistamine (Benadryl)
- Tylenol or Motrin
- Antibacterial ointment
- 1% hydrocortisone cream
- Basic first aid items - bandages, ace wrap, tweezers
- Keep any prescription medications in their original bottles, clearly labeled
- Oral syringes for administration of medications



1275 SUMMER STREET, SUITE #301
STAMFORD, CT 06905

MAURA ANGIELLO-SMITH, M.D.
DANYELLE L. CAETI, M.D.
LAMBROS G. GEOTES, M.D.
DEBRA K. GOTZ, M.D.
ANDREW S. HART, M.D.
JENNIFER F. HENKIND, M.D.
REBECCA L. LEPAGE, M.D.
JAMIE M. ROACH, M.D.

EMPLOYEE Spotlight

Our Mother-Daughter team, Cobi and Janice

Those of you who frequent our Darien office are very familiar with Janice Bruggeman, whose smiling face greets you at the front desk. As Manager of the Darien office, she ensures that the office runs like a well-oiled machine.



You may not know that her daughter, Cobi Bruggeman, also works for us. She began at the front desk in Darien where she loved working with her mom, but now is Assistant Practice Manager at the Stamford office. Cobi works with our Practice Manager, Toni, running the day-to-day operations of the practice.

Janice is a Stamford native and has lived there all her life, except for the three years she spent in Holland. She has two children, Cobi and Marc, and five grandchildren. She has worked for us on and off for almost twelve years. When she first started in 1997 the office was in located in a house on Summer Street. Prior to working with us she owned a beauty salon in Stamford.

Cobi also grew up in Stamford. She has two children, Nicholas, 11, and Madison, 2. Before joining Stamford Pediatrics, Cobi worked in her mom's salon and then in a cardiologist's office.

Outside the office the two women love spending time together as a family, watching the kids play basketball, softball, and soccer.

We feel so fortunate to have both of them at Stamford Pediatrics.
Please come by and say hi the next time you visit us!

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WWW.STAMFORDPEDIATRICS.COM