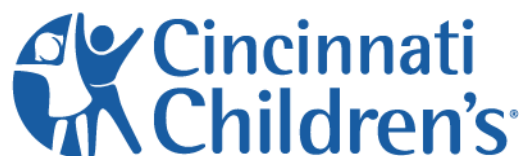


# The Center for Infants and Children with Special Needs

## Family Newsletter

### Holiday Edition 2008



Our current clinic hours at Liberty are Monday afternoons, Thursday and Friday all day.

Base (Clifton) location hours are currently Tuesday afternoons.

Our office is open Monday through Friday 8:30 – 4:30

#### CCHMC Liberty

Located on the 3<sup>rd</sup> Floor

7777 Yankee Road

Liberty Township, OH 45044

513-636-3000

#### CCHMC Base

Located on the 2<sup>nd</sup> Floor,

C pod

3333 Burnet Ave.

Cincinnati, Ohio 45229



Holiday hours will soon be approaching, mark your calendars. Our clinic will be Closed on November 27<sup>th</sup> and 28<sup>th</sup> for Thanksgiving. We will also be Closed on December 25<sup>th</sup> and 26<sup>th</sup> for Christmas as well as January 1<sup>st</sup> for New Years.

Our physicians will be available on call for emergencies despite our office being closed. Any refills, especially monthly refills, of your child's medications should be called in at least 24 hours before they need to be picked up and before one of closed days.

## Children's Health in the News

The American Academy of Pediatrics is recommending 400 units of Vitamin D daily because of evidence that it might help prevent serious diseases. Vitamin D is sold in capsules and tablets, as well as in drops for young children.

Nearly all cases of rickets occur in breast-fed infants with dark skin who receive no vitamin D supplementation and adolescents who do not get 400 IU of vitamin D per day through foods. The 400 international units amount is standard for children's multivitamins.

Although some mothers' breast milk can be deficient in vitamin D, it remains the best overall nutritional source for infants (American Academy of Pediatrics).

Be aware that too much Vitamin D is also harmful. Please call or ask one of our doctors at your next visit before deciding if and when your child needs extra vitamins.

## Join us for the Annual Community Resources Information Fair.

**What:** On November 5 from 10-3pm at Cincinnati Children's main hospital outside cafeteria. Hosted by The Center for Infants and Children with Special Needs.

**When:** Wednesday, November 5, 2008  
10:00 AM to 3:00 PM

**Where:** Cincinnati Children's Hospital  
3333 Burnet Ave. Cincinnati, Ohio  
45229-3039  
Pre-Function Area  
(outside the cafeteria).

Meet representatives from local agencies supporting children with special and chronic health care needs.

**Think about health care needs when voting in November.**

I am Dr. Levin and I approve this message.



## Cincinnati Walks for Kids

On October 11, 2008 our staff joined thousands of patients, families and supporters of CCHMC to give thanks, and honor to loved ones at Cincinnati Walks for Kids. Thanks to those who contributed and walked with the teams directly supporting our clinic.

**New updates and information can be found on our Special Needs Resource Directory:**

<http://www.cincinnatichildrens.org/special-needs>

Find local condition-specific meetings on updated *Community Calendar*.

See our new section on *Bereavement Resources* to support your family during the grieving process.

*New Ohio Home Care* web site from the Department of Job and Family Services.

Are you looking for toys designed with Special Needs in mind? As the holiday season approaches finding the right toy sometimes is difficult. *Children with special health care needs often require specially adapted toys to help them join in interactive play.* To help find a toy perfectly suited for your child, including switch-activated toys, check out the web sites.



### Flu shots are now available.

Please call the office to check the supply status and schedule your appointment.

According to the Centers for Disease Control and Prevention, flu season in the United States usually ranges from November through March, and sometimes into early spring. Flu or influenza is caused by viruses, which infect the nose, throat and lungs.

Remember it is important to vaccinate the entire family. Call the office to schedule a flu shot appt.

If your child is up to date with visits you can call to only schedule a shot during any clinic of our clinic hours.

Do your part, be informed and make sure that you act responsibly by getting your flu vaccine! Before taking any medications, of course, always tell the doctor about other medications you're already taking. Even over-the-counter medications can produce side effects or potentially dangerous interactions.

The National Institute of Allergy and Infectious Diseases offers these guidelines:

- **Fever** - For colds, fever is rare; For flu, fever is characteristic, high (102-104°F), and lasts 3-4 days
- **Headache** - For colds, headache is rare; For flu, headaches are prominent
- **General aches & pains** - For colds, general aches are slight; For flu, aches and pains are typical and can be severe
- **Fatigue, weakness** - For colds, fatigue is quite mild; For flu, fatigue can last up to 2-3 weeks
- **Extreme exhaustion** - For colds, exhaustion is not a normal symptom; For flu, exhaustion is early and prominent
- **Stuffy nose** - For colds, stuffy nose is common; In flu, a stuffy nose is sometimes present
- **Sneezing** - For colds, sneezing is usual; For flu, sneezing is sometimes present
- **Sore throat** - For colds, sore throat is common; For flu, sore throat is sometimes present
- **Chest discomfort, cough** - For colds, chest discomfort is mild to moderate; For flu, chest discomfort is common and can become severe

## 2008 Golf Outing Update

The fifth annual event golf outing benefiting our clinic, the Center for Infants and Children with Special Needs, was held September 15, 2008, at TPC at River's Bend in Maineville, Ohio. Despite the weather and power outages we hosted 80 golfers, and had a lot of fun. Thanks for everyone's support.

Stay posted for next year's date – it's sure to be another success!

### Tips for Traveling for the Upcoming Holidays:



It is important that families of children with special health care needs make preparations well before traveling to make sure that their child receives the proper care should acute problems arise.

When traveling by plane, keep your medications in your carry-on bag for easy access during the flight and to protect against loss if your luggage doesn't arrive. This will also prevent exposure to extreme temperatures in the baggage compartment, which can reduce the effectiveness of some medications.

Plan ahead and check with your physician for the necessary precautions, immunizations and / or medications for your destination. Call us at 513.636.3000.



## Halloween Safety Tips

- Only go to well-lit houses and remain on porches rather than entering houses
- Stay away from and don't pet animals you don't know
- Cross streets at the corner, use crosswalks when available and never cross between parked cars
- Have your child's name and address attached to their costume
- Consider using face paint instead of masks—masks can obstruct a child's vision
- Make sure your child's costume doesn't drag on the ground
- Shoes should fit well, even if they don't go with the costume
- Wear clothing with reflective markings or tape
- Tell your children to bring the candy home to be inspected before consuming anything
- Healthy food alternatives for trick-or-treaters include packages of low-fat crackers with cheese or peanut butter filling, single-serve boxes of cereal, packaged fruit rolls, mini boxes of raisins and single-serve packets of low-fat popcorn
- Non-food treats may include plastic rings, pencils, stickers, erasers and coins
- Battery powered jack o'lantern candles are preferable to a real flame. If you do use candles, place the pumpkin well away from where trick-or-treaters will be walking or standing

While Halloween can be a fun holiday for children who Trick-or-Treat, the night can indeed be a scary experience for any of the three million youth who suffer from food allergy. Experts estimate that food allergy occurs in six to eight percent of children four years of age or under, and in four percent of adults. In recent years, it was reported that an estimated 29,000 people go to US emergency rooms each year as a result of allergic reactions to food. For more info about Cincinnati Children's Food Allergy Clinic, <http://www.cincinnatichildrens.org/svc/alpha/f/food-allergy/default.htm> or call 513-636-7210.



# HOLIDAY SAFETY



Each holiday season fires injure 2,600 individuals and cause over \$930 million in damage. (United States Fire Administration) Each year, hospital emergency rooms treat about 12,500 people for falls, cuts, shocks, and burns due to incidents involving faulty holiday lights, dried-out Christmas trees and other holiday decorations (Consumer Product Safety Commission).

The holiday season is usually a time of joy, but it also brings with it the potential for poisonings. The following tips from the Drug and Poison Information Center (DPIC), a service of Cincinnati Children's Hospital Medical Center, include frequent holiday safety hazards and ways to ensure that families have a safe holiday season. DPIC is a 24-hour emergency and technical information telephone service and can be reached at any time of the day or night by calling 1-800-222-1222.

### Christmas Trees

- Choose a fresh tree, cut 1 to 2 inches off of the trunk and put it in a stand designed to support the tree.
- Place the tree away from heat sources, exits and flammable materials.
- Water the tree daily, it will lose a 1/2 gallon of water a day (6' tree).
- Check lights for damaged sockets, frayed or bare wires and loose connections. No more than 3 strands connected together.
- Shut off the lights before you leave or go to sleep.

### Chimneys/Fireplace Safety: maintenance, wrapping paper:

- Have your chimney checked each year.
- Use only seasoned hardwood, never burn wrapping paper.
- Install a carbon monoxide detector.

### Smoke Detectors:

- Install smoke alarms on every level and outside the sleeping areas of the home.
- Install a new battery every year, immediately if the alarm "chirps".
- Test alarms once a month with the test button or approved smoke substitute, clean the unit according to manufactures instructions.
- Buy special smoke alarms for persons who are deaf or hard of hearing.