



University Pediatrics Healthy News Summer 2006

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SWIMMER'S EAR

Children who love to be in the water often get swimmer's ear. If your child has ear pain, itching, or redness, she may have an ear infection known as swimmer's ear. It can happen whether the child swims in the ocean, a lake or in a pool. Swimmer's ear happens when a child's ear canal gets wet and stays damp for hours.

When this happens he may complain of itchy ears, or ears that feel ticklish. The ear may look red and swollen. Often, chewing makes the infected ear hurt more. The pain can range from mild to severe.

To avoid swimmer's ear dry ears thoroughly after water exposure, avoid swimming in polluted water and use water resistant earplugs when swimming.

You should see your health care provider if you think your child has swimmer's ear to determine the

HINTS TO INCREASE YOUR CHILD'S SELF ESTEEM

Pay full attention to your child. When he needs to talk to you, turn off the TV or put aside your book, and listen.

Trust your child's judgment by letting her make simple decisions, such as what to wear or take for lunch.

Allow your child to solve his own problems as often as possible - he'll learn to be self-reliant.



* **Take an interest in your child's school projects** and play activities. For example, ask her how she created that color of red.

* **Teach your child how to do small but important tasks**, such as mailing a letter. This will make him feel capable and competent.

* **Be a good role model.** Children take their cues from the way

BEST BEDTIME SNACKS

When your child is hungry before bed, give her a small snack that's rich in calming carbohydrates they help boost the body's levels of serotonin, a natural relaxer - and low in protein. Just make sure she brushes her teeth!

* A banana and two graham-cracker squares

* A handful of homemade trail mix: dry whole-grain cereal, mini pretzels, and dried fruit

* Two cups of air-popped popcorn (for kids 4 and older)

* Half of a whole-grain English muffin with all-fruit spread

PORTION PRIMER

According to the newest recommendations from the USDA:

* kids from ages 2 to 3 should have a total of one cup of vegetables a day;

* kids ages 4 to 8 should have 1 1/2 cups; and kids 9 to 12 need 2 to 2 1/2 cups.

...determine the best way to determine the
right treatment option for your
child.

parents handle their everyday
activities.

