

Mark Your **calendars.....**

Upcoming Events

- June 5th/July 3rd/August 7th, 10-11, La Leche League at Junebug in Star Mill, Middlebury. 382-1589.
- June 8th, 12th Annual Champ Run, Charlotte Central School. (802) 425-5630
- June 15th, Fathers' Day.
- June 20th & 27th & ALL Fridays in July & August, 10:30-11:30, Garden Story Time @ Ilsley Library, Middlebury. 388-4095.
- June 21st, Family Quest Hike, 9-11, Wright Park, Middlebury.
- June 22nd, Pocock Rocks! Bristol's Music Festival & Street Fair, Bristol.
- June 24th, 9-Noon, Water Carnival @ Ilsley Library, Middlebury. 388-4095.
- July 6th-12th, 36th Annual Festival on the Green, Middlebury. 462-3555.
- July 17th, 24th, 31st, August 7th & 14th, 10:30-11:15, Yoga @ Ilsley Library, Middlebury. 388-4095.
- August 5th-9th, Addison County Fair & Field Days, 1790 Field Days Rd., New Haven. 545-2557.
- August 23rd, 33rd Annual Vergennes Day, 10-4, Vergennes.
- August 27th-29th, 3:15-5:30, Tween Zone @ Ilsley Library, Middlebury.

Ongoing Events

- Summer Farmers' Markets
 - Middlebury Farmers' Market, Marble Works, Every Wednesday & Saturday, 9-12:30 pm.
 - Vergennes Farmers' Market, City Green, Every Thursday, 3-6 pm.
- Story Times/Teen Movie Night
 - Bixby Library, Thursdays, 10:30-11:00.
 - Ilsley Library, Thursdays, 10:30-11:15.
 - Teen Movie Night, 1st Friday, 6-10 pm, Addison County Teen Center, 94 Main St., Middlebury. 388-3910.
- Playgroups/Open Gym/Carseat Check
 - Bridport School, Playgroup, Tuesdays, 9:30-11:30. 388-3171.
 - Bristol, First Baptist Church, Playgroup, Tuesdays, 9:30-11. 388-3171.
 - Carseat Safety Check, MVAA, 55 Collins Dr., 1st Saturday by appt, 9-1. 388-3286.
 - Ferrisburgh Central School, Open Gym, Fridays, 9:30-11, 877-1312/3247.
 - Lincoln Library, Playgroup, Fridays, 10:30-11:30. 453-2665.
 - Middlebury: Baptist Church, Tues, 9:30-11; Headstart & EEE, 1st 2 Fridays, 10-Noon. 388-3171.
 - Vergennes: 2 Wolves Holistic Ctr, Wednesdays, Noon-2. 870-0361; Congregational Church, Wednesdays, 9:30-11. 388-3171.

Websites & Resources

- 2wolvescentervt.com/ - Kids' Martial Arts & Yoga classes. 870-0361.
- www.addison teens.com - ACT (Addison Central Teens). Middlebury Town Office building. Teen drop-in space. 388-3910.
- addisoncountypcc.org/services/playgroups.html - Local playgroups; support and education for families. 388-3171.
- www.addisonindependent.com/calendar - Addison Independent calendar of events, health & parenting groups, free meals, museums, & library programs.
- www.bristol skatepark.com - The Hub Teen Center and Skatepark. 110 Airport Drive, Bristol. 453-3678.
- www.greenmountainclub.org/ - Find group hikes, outings and events.
- www.maltvt.org/ - MALT (Middlebury Area Land Trust). Hikes & outings on TAM (Trail Around Middlebury) & conserved lands. 388-1007.
- www.minibury.com - Listing of family friendly local & seasonal activities, plus summer camps: day & overnight.

Remember to check out your local recreation department for fun stuff to do during the summer for the whole family!

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Issue ONE

Seasonal Snippets from your Pediatric Providers

Growing together

Kids' Corner:

Silly Jokes

- Q: What's cheese called that isn't yours?
A: Nacho cheese!
- Q: Why did the fisherman put peanut butter into the sea?
A: To go with the jellyfish!

Word Scramble

- a) LPAEP b) ESECHE c) OTATPO

Brainteasers

- 1) What can be given before it's kept?
- 2) What can break without touching it?

Answers on back page.



ANSWERS: Unscramble the Words a) APPLE b) CHEESE c) POTATO / Brainteasers: 1) Your Word. 2) A Promise.

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Smart choices. Powerful tools.

coming soon >>>

In The Next Issue...

- ❖ Insect Repellent
- ❖ Back to School Nutrition
- ❖ Screen Time
- ❖ Behavior Health
- ❖ When to Use the ER

Challenging Behaviors

by Jack Mayer, MD, MPH

We have evolved over millions of years to deal with brief, sometimes intense, episodes of stress and trauma. Think of cavemen fighting off sabre-tooth tigers. Under stress our bodies release substances, like adrenaline and cortisol, to help our nervous system respond to life threatening stresses - Fright/Flight/Fight/Freeze.

In today's world, stress tends to be of lower intensity, but of longer duration, yet, the same stress substances are released. What happens when a child's brain is flooded by these compounds often?

Research has shown that these same hormones that get us out of trouble when we have brief stress, cause brain changes, behavioral problems, and long term health problems when the exposure is prolonged.

There is evidence that persistent exposure to electronic devices and multi-tasking activities that constantly require us to respond may be a form of chronic stress.

Children growing up in stressed homes, in poverty, in dangerous neighborhoods, often demonstrate

challenging behaviors because of chronic stress.

What can we do as parents, caregivers, relatives, friends, teachers, bus drivers, cafeteria workers - all of us - to respond when

things go wrong? Timeouts, suspensions, and expulsions, are often ineffective and can contribute more trauma and stress causing behaviors to escalate.

When kids act out, when their behavior pushes our

button, it is very difficult to think creatively about how to respond. All too often we 'parent from the hip', impulsively reacting to children's behaviors. Anger, frustration, and/or resentment is not a good plan for responding.

"All too often we 'parent from the hip', impulsively reacting to children's behaviors."

(Article continues on next page.)

Challenging Behaviors (continued from front page.)

Here's a better idea, one that works with 4 year olds and 18 year olds, (and even 50 year olds), it's called **Head Start-Trauma Smart**. It is based on a concept known as ARC (Attachment, Self-regulation, and Competency) developed at the Justice Resource Institute of Brookline, Massachusetts.

First, a basic principle of child development: children's behavior means something. It's often difficult to figure out what that meaning is, but we can respond in ways that teach kids how to stop or reduce these behaviors in ways that respect the child, and preserve our own dignity.

When children's emotions overwhelm them, you might find **Identify, Validate, and Defuse** response helpful.

1) **Identify the feeling.** Instead of yelling 'Stop!' give the child's feelings a name and describe what you see them doing, i.e., 'You look really mad. You're making fists and your face is all scrunched up.'

2) **Validate the child's feelings.** 'I'd be mad too if...' Strong feelings are okay, but it's important what we do with those strong feelings.

3) **Defuse the traumatic emotional response and help the child solve the problem.** For younger children having a 'safe spot' may be helpful for them to go and use calming techniques, i.e., blowing on a pinwheel to the count of 3, squeezing on a stress ball, or holding textured cloth. Older kids may find wearing a bracelet to focus on right away helpful to remind them to stop and make better



Help your child identify their feelings by describing what you see them doing.

choices. This technique helps children feel safe, learn self-mastery over difficult feelings, as well as control over how to respond to strong emotions.

There is no one answer, but **Head Start-Trauma Smart** is a strategy for helping children avoid problem behaviors and giving caregivers' strategies to safely respond to difficult behaviors. Ultimately, this response is healing by releasing kids from damaging consequences of chronic stress and trauma.

wellness advice >>>

Focus on Food Safety

by Nicole Rohrig, RD, CD

Summertime brings picnics, BBQs, and family fun. It also means eating more meals and snacks outside. Hot weather allows germs to multiply at a faster rate. Ensure that you are serving safe foods to your loved ones by following these simple tips.

Keep it Clean!

Unwashed hands are the primary cause of most foodborne illness. Wash your hands before handling food. Wash with warm, soapy water for at least 20 seconds and dry well.

Keep Foods Separate!

Cross contamination of raw meat with ready-to-eat foods, such as raw fruits, vegetables, pasta salad, or bread is dangerous! Be sure to wash cutting boards, knives, etc. well (with warm, soapy water) if they come in contact with raw meat or meat juices before using them for further use.

Cook or Chill!

Harmful bacteria is killed when foods are cooked to safe temperatures, but cold foods can grow bacteria, too!

- Make sure meats are completely thawed before grilling so they cook evenly.
- Remove meats from refrigerator or cooler right before grilling.
- Use a food thermometer to make sure meat is thoroughly cooked.

- Keep cold foods cold! Foods such as: cheeses, vegetables, pasta or potato salads need to stay chilled. Transport cold foods on ice or in a cooler.
- Use the chart below to determine safe cooking temperatures for different types of meats.

Type of Meat	Minimum Temperature
Beef or Pork (steaks, chops, roasts)	145° F
Ground Meats (beef or pork)	160° F
Chicken and Poultry (including ground)	165° F

Have leftovers? Perishable food should be chilled within 2 hours; if it is above 80°F, chill within 1 hour.

Go to: www.foodsafety.gov or www.fsis.usda.gov for more information.



Banana Freeze Recipe

Craving a cold, sweet dessert? Instead of reaching for ice cream or sugary ice pops, try this delicious banana dessert! Bananas contain natural sugars for energy and are a good source of fiber, vitamins and minerals.

Ingredients

Makes 4 servings.

- 4 frozen, peeled bananas
- ¼ C. milk, milk substitute or vanilla yogurt

How to Prepare

Put bananas and milk in blender and mix until smooth. Serve in bowl immediately. Top with optional toppings, if desired.

Toppings: fresh berries or other fruit, 1 T. chocolate chips, 1 T. chopped nuts.

Nutrition Facts: 1 C. serving size
130 calories
36 g carbohydrates
2 g protein
0 fat
2 g fiber

Rise to the Challenge!

by Amy Rice, RD

Looking for a great way to enjoy the outdoors this summer? There is no better way than the 2014 Venture Vermont Outdoor Challenge.

This annual, statewide scavenger hunt is sponsored by Vermont State Parks and is less a challenge, and more an easy way to spend time outside, along with a chance to earn a free Vermont State Park pass in the process.

<<< activity idea



Catch fish or go on a hike and earn points towards a free Vermont State Park pass.

Here's how it works...

1. Download the scorecard at www.vtstateparks.com.

2. Complete activities from the Venture Vermont scorecard throughout the summer. For example, according to the 2014 score sheet, going on a hike earns 10 points, plus an additional 5 points if you hike to a waterfall. Or, earn 10 points for building a kite and flying it.

3. Take a photo of activities and keep track on the scorecard of the points earned for completing each task.

If doing the challenge as a family, you can take a group photograph, but each family member will need to submit their own scorecard. Additional weekly bonus challenges are posted each week on the Vermont State Parks Facebook page.

Once 250 points have been

reached, mail scorecard and photos, along with any video clips and written material to the address on the score sheet to receive a VIP gold coin that allows free day entry into Vermont State Parks for the rest of the 2014 season and the entire 2015 season.

The challenge runs from April 15th through October 15th, so there is plenty of time to take part in the family-friendly outdoor fun activities.

ask the experts >>>

Hannah Kaufman is an RN @ MPAM



Q: What should I do if I take a tick off my child?

A: Lyme disease can be transmitted to humans via tick bite by a tick infected with the bacteria "B burgdorferi"

- Mark your calendar with the day the tick was removed and monitor for any of the following symptoms 30 days after a tick bite: painless bulls eye rash anywhere on the body, fever, tiredness, headache, neck stiffness, joint aches, muscle aches, facial paralysis, and/or conjunctivitis.
- Contact your health care provider right away if your child manifests any of these symptoms following a tick bite.