

Mark Your calendars.....

Upcoming Events

- Dec 4th/Jan 1st/Feb 5th, 10-11, La Leche League at Junebug, Middlebury. 382-1589.
- Dec 1st-31st, 'A Very Merry Middlebury' Holiday Events. www.experiencemiddlebury.com
- Dec 2nd, 6-7:30pm, "The Power of Play" Child Development Workshop, Vergennes High School. 877-6702.
- Dec 5th, 6:30pm, Santa's Candy Cane Hunt, Bristol Town Green.
- Dec 5th-6th @ 7pm/Dec 7th @ 2pm 'Story of the Nutcracker', Middlebury High School. 382-9222.
- Dec 5th-20th, Gingerbread House Exhibit, Vermont Folklife Center, Middlebury. 388-4964.
- Dec 6th, 10-6, Festival of the Wreaths, Mary Johnson Children's Center, Middlebury. 388-2853.
- Dec 6th-7th, Sheldon Museum Holiday Open House. Sat 10-4/Sun 12-4.
- Dec 19th-21st, "Night Fires" a Winter Solstice Celebration @ Town Hall Theater, Middlebury. 382-9222.
- Dec 31st, 5-10pm, Best Night Celebration, Downtown Bristol.
- Dec 31st, 7:30-9:30pm Fireworks & Free Public Ice Skating, Middlebury.

Ongoing Events

- Farmers' Markets**
 - Middlebury Farmers' Market, Mary Hogan School, Saturdays, 9-12:30 pm.
- Teen Centers' Hours/Libraries Story Times**
 - Addison Teen Center, Middlebury. M,Tu,Th - 3-6 pm, W,F - 3-7 pm.
 - Hub Teen Center & Skatepark, Bristol. M-F - 10am-6pm.
 - Bixby, Vergennes, Thursdays, 10:30am.
 - Brandon, Fridays, 1pm.
 - Ilsley, Middlebury, call: 388-4097.
 - Lincoln, Fridays, 10:30am.
 - Platt, Shoreham, call: 897-2647.
 - Russell, Monkton, 2nd/4th Fridays, 10am.
 - Sarah Partridge, Tuesdays, 10:30am.
 - Weybridge School, Mondays, 10am.
 - Whiting, Wednesdays, 10am.
- Playgroups/Open Gym/Carseat Check**
 - Bridport & Bristol Playgroups, Tuesdays, 9:30-11:30. 388-3171.
 - Carseat Safety Check, MVAA, 55 Collins Dr., 1st Saturday of month by appt, 9-1. 388-3286.
 - Ferrisburgh Central School, Open Gym, Fridays, 9:30-11, 877-1312/3247.
 - Middlebury: Baptist Church, Tues, 9:30-11; Headstart & EEE, 1st 2 Fris, 10-Noon. 388-3171.
 - Vergennes: 2 Wolves Holistic Ctr, Weds, Noon-2. 870-0361; Congo Church, Weds, 9:30-11. 388-3171.

Websites & Resources

- 2wolvescentervt.com/ - Kids' Martial Arts & Yoga classes. 870-0361.
 - www.addisonteens.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.bristolskatepark.com - The Hub Teen Center and Skatepark. 110 Airport Drive, Bristol. 453-3678.
 - www.greenmountainclub.org/ - Find group hikes & snowshoe outings.
 - www.middleburysnowbowl.com - Downhill skiing; instruction available for all ages/skills. 443-7669.
 - www.minibury.com - Listing of family friendly local & seasonal activities, plus summer camps: day & overnight.
 - www.rikertnordic.com - Nordic skiing; 50km of trails, Bread Loaf. 443-2744.
- Remember to shop Holiday Bazaars & Fairs at local schools and churches to support your community!*

in this issue >>>

- ❖ Treatment of Croup
- ❖ Ideas for Indoor Activities
- ❖ Lighten Up Comfort Foods
- ❖ Favorite Pasta Dish Recipe
- ❖ Answers on Lice
- ❖ Community Calendar



Issue
Three

Seasonal Snippets from your Pediatric Providers

Growing together

Kids' Corner:

Silly Jokes

- Q:** Why wouldn't the shrimp share his treasure?
A: Because he was a little shellfish.
- Q:** Why didn't Cinderella make the basketball team?
A: She ran away from the ball!
- Q:** What gets wetter the more it dries?
A: A towel.
- Q:** What's the difference between a guitar and a fish?
A: You can't tuna fish.
- Q:** Why did the banana go to the Doctor?
A: Because it was not peeling well.

coming soon >>>

In Each Issue...

- ❖ A Featured Article
- ❖ Nutrition & Recipe Ideas
- ❖ Advice from a Pediatrician
- ❖ Guidance on Behavior
- ❖ Upcoming & Ongoing Events
- ❖ A Common Question Answered

Croup: How to Help Your Child

by Laura C. Panto, MD

Croup is a problem many parents hear about in the winter. Some children always seem to get it and are worse in the evening when medical care is harder to find. But what is croup? And what can you do about it at home to help your child feel better? When is it the right time to get a doctor's help?

"Croup" is an infection caused by many viruses, the most common is parainfluenza (not related to flu), seen mostly in winter. It's passed through saliva; coughing and sharing utensils makes it spread quickly.

Croup is an infection of the airway in the neck area, and causes swelling around the vocal chords. This is what produces the characteristic "barky cough". It is similar to an adult losing their voice with laryngitis, which is an infection of the same area.

The difference for infants and small children, however, is their airway is so small that swelling can cause trouble breathing or even closure of the airway. When this happens an audible gasp can be heard while a child is breathing in (called "stridor"), especially after a coughing fit when a child takes a big breath in. If your child has stridor

they need to see a doctor for treatment. If symptoms have not become so severe, at home treatment for croup has a lot to do with easing breathing. Cool air can decrease swelling in the throat.

[Croup] causes swelling around the area of the vocal chords... [producing] the characteristic "barky cough".

Bundling up your child and taking them out to breathe some cold air can be very soothing. Moisturizing the air indoors with a humidifier or vaporizer can also comfort. Cold and cough medicines do little for this problem, and are not

recommended in children under 6 years old. Tylenol or Motrin can help ease fever (most of the time low grade) and help with throat pain.

Croup can be an emergency if a child's stridor is worsening. If they begin to show signs of respiratory distress they need a doctor's help sooner rather than later. (*'Croup' cont. on next page.*)

The featured article on croup was contributed by Laura Panto, MD, from Middlebury Pediatrics & Adolescent Medicine.

A joint publication from Middlebury Pediatrics & Adolescent Medicine and Rainbow Pediatrics



Smart choices. Powerful tools.



Croup by Laura Panto, MD

Signs of respiratory distress include:

- Pulling hard with belly muscles to take breaths.
- Seeing muscles between ribs suck inward during breaths in.
- Nasal flaring and head bobbing to try and force more air in.

Call or get help immediately if these things occur.

For most children croup is a simple cold with a barking cough. It lasts about a week and then they are back to normal. The older a child gets, the less croup affects them. By school age you rarely hear about a child needing treatment for croup. Those few children who end up sick worry parents. To know how to treat croup, and when to get a doctor involved hopefully makes it seem less scary. We are always available for additional questions, and happy to help.



Make a Snow Globe

A homemade snow globe is a childhood must, and it's a perfect opportunity to get rid of some of the pesky plastic figurines lying around the house - or LEGOs, if your child can part with them!

Instructions:

1. Decide which plastic figurine you want to put in your snow globe.
2. Glue, place, and stick your plastic figurine to the inside of the jar lid.
3. Fill your jar with water and/or glycerin and add glitter—1-2 teaspoons.
4. Screw the lid on the jar – glue it if you're concerned about your child trying to open it.

That's it! Shake your jar or tip it upside down to make it snow!

Materials:

- Small glass jar
- Plastic figurine(s)
- Glycerin and/or water (glycerin makes the glitter float better)
- Glitter
- Glue - a hot glue gun or superglue

wellness advice >>>

How to Lighten Up Comfort Foods

by Nicole Rohrig, RD, CD

Winter is here and many of us crave casseroles, stews, and comfort foods on cold days. These types of dishes tend to be higher in sodium, fats, and calories which can encourage weight gain through the winter months. With a few simple swaps we can lighten up comfort food classics for a healthy meal that you feel good about serving to your family. In a time crunch? Try new slow cooker recipes for a quick no-hassle dinner!

Tip #1: Select a lean protein!

Start with lean cuts of meats (chicken breast, pork loin, ground turkey, at least 85% lean ground beef, or lean stew beef). To stretch the food budget or for a vegetarian casserole: select beans or tofu.

Tip #2: Try a whole grain! Most casseroles have a source of carbohydrates ranging from pasta, rice, or potatoes. Experiment with brown rice, whole grain/high fiber pastas, beans, or sweet potatoes or winter squashes for added nutrition.

Tip #3: Add plenty of vegetables!

Add more vegetables than a recipe calls for, or add them in when the recipe doesn't call for it. Pick your family's favorites so they are more likely to eat them!

Tip #4: Use a healthy sauce!

• Use fats in moderation. Try swapping butter out for a healthy oil such as olive or canola oil.

• Tomato sauce, diced tomatoes, or salsa can make for a low-fat flavorful sauce.

• For a creamy sauce: Use SOS (Soup or Sauce) mix instead of using canned creamed soups. It's easy and inexpensive - see recipe in recipe section! In a pinch, go for low sodium creamed soup varieties.

• Low-fat milk or evaporated milk can be used instead of half and half or cream, use flour or cornstarch to thicken to desired texture.

• Select low fat sour cream or try non-fat Greek yogurt instead of regular sour cream

Chicken Broccoli Alfredo



Makes 8 servings

Ingredients

1 pound package of whole wheat fettuccine noodles, uncooked
4 cups water
1/2 cup SOS Mix (see below)
1/3 cup grated Parmesan cheese
2 cups fresh or frozen broccoli
1 lb. boneless chicken breast, cooked

In a skillet, combine SOS Mix, water, Parmesan cheese and fettuccine noodles. Bring to a boil, cook until thick and noodles are almost tender. Then add broccoli and cooked chicken. Heat thoroughly until noodles are tender. Serve with additional Parmesan cheese.

For a healthy cookbook featuring SOS mix recipes google "Utah State University SOS Mix".

Time to Get Moving

by Amy Rice, RD, CD

Eating well and being physically active are equally important for health. Eating and drinking provide the body with energy, in the form of calories. The body uses energy to fuel growth, everyday living, and physical activity. To be healthy, it is important to balance the energy put into the body with the energy used up by the body. Too much energy is due to overeating, OR too little energy out due to not enough physical activity results in the body storing the extra energy as fat (weight gain).

The Center for Disease Control and Prevention (CDC) recommends that children receive 60 minutes or more of physical activity each day. This amount of physical activity helps maintain a healthy weight as well as

creates strong bones, promotes sleep, and provides stress relief. Unfortunately, fewer than half of all American families reach this goal, placing these families at a higher risk for diseases such as heart disease, diabetes, respiratory problems, and obesity.

How can you and your family keep active during the cold winter months? Here are some indoor activity ideas:

- Have a Dance-a-thon
- Walk around a museum or a mall
- Go bowling
- Cook a meal together
- Build with popsicle sticks/blocks
- Face painting
- Hide and seek
- Play with the cat/dog
- Card games, board games

<<< activity idea



Stay active this winter with yoga or another indoor activity.

- Yoga
- Puzzles
- Simon Says
- Freeze tag
- Hula hoop, jump rope
- Juggling
- Bean bag toss
- Twister
- Indoor basketball
- Mini trampoline
- Water play
- Paper bag skits
- Jumping jacks & burpees
- Treasure hunt

Use your imagination and get moving!

ask the experts >>>

Nurse Deb
@ Middlebury Pediatrics & Adolescent Medicine



Q: My child was sent home from school with head lice. Is my child contagious and how long does he/she need to remain out of school?

A: Only live lice can transmit to another child. Lice are transmitted via close contact, like direct head-to-head contact that allows the pests to crawl from one person's hair into another's. Lice can also survive for a short period on clothing or other personal items, so a shared hairbrush can help a louse find a new host. They cannot jump or fly. Your child may return to daycare or school after 1 treatment with the anti-lice shampoo.

SOS Mix

Equals 9 (10.5 oz cans) of cream soup

Ingredients

2 cups powdered non-fat dry milk
3/4 cup cornstarch
1/4 cup instant chicken bouillon granules (low sodium)
2 Tbsps. dried onion flakes

Combine all ingredients in a Ziploc bag, mixing well. Store until ready to use.

To substitute for 1 can of cream soup: Combine 1/3 cup of dry mix with 1 1/4 cups of cold water. Whisk until well blended. Cook and stir on stove top or in microwave until thickened and add to casseroles as you would a can of soup.