



Pediatric
Therapy
Professionals, Inc.

3023 Wilmington Rd.
New Castle, PA 16105
724-656-8814
Fax: 724-656-8815

PTP News

January 2011

Question and

Answer:

Where can I get information about overall development, like when my child should walk, talk, and stop using a bottle?

The CDC website (www.cdc.gov) has some great checklists and milestone charts. They go from birth to eight years old.

Book Corner:

January 18th is Winnie the Pooh Day! On that day in 1882, the author of the classic Winnie the Pooh books was born. His name was A.A Milne. (Here is a wacky fact...A.A stands for Allan Alexander) Before Pooh and his friends were popularized by Disney, they were just characters in the Hundred Acre Wood. The first two books were *Winnie the Pooh* and *The House at Pooh Corner*, which was the first book with Tigger. This January, you and your kids should rediscover the timeless stories of Winnie the Pooh.



How to Stay Healthy

Sadly, it's here...cold and flu season. It runs from November to April. So, what can you do to protect you and your children from getting really sick this winter. Here are some tips to help you:

- Avoid close contact with people who are sick. No play dates with sick kids. No family visits with cousins who are sick. Stay out of large crowds in close quarters.
- If you or your children are sick, stay home and don't infect everyone around you.
- Cover your mouth and nose when you sneeze or cough. Encourage your children to do the same. It is best to use your elbow. That way you won't contaminate your hands and spread more germs.
- Do a lot of hand washing. Use anti-bacterial soap and warm water. Teach your children to wash their hands as long as it takes to sing "Happy Birthday to You!" Sing for them, if you have to.
- Avoid touching your eyes, nose, and mouth to reduce the spread of germs and the likelihood of getting sick.
- Get a flu shot. The CDC says that people who get the flu shot are 90% less likely to get the flu.
- Eat a healthy, well balanced diet all the time, including lots of fruits and vegetables.
- Get plenty of sleep and drink plenty of water. You don't want to get too fatigued or dehydrated.

- If your child has a suppressed immune system, keep them at home away from crowds and sick people. Even with a short exposure, like a run to the grocery store, could cause them to become very ill.
- Keep surfaces and toys in your home clean. You can use virus-killing disinfectant or a bleach solution. You can make it with 1 part bleach to 10 parts water.

For more information about cold and flu symptoms and tips to stay healthy, go to www.cdc.gov or www.keepkidshealthy.com.



Food Allergies

It has been happening more and more lately. More kids are developing food allergies. They can be very dangerous. Early detection is the key to help your kid.

If there is a family history of allergies, your child is more likely to have them as well. It's a good idea to present new foods one at a time. This

way, you can keep an eye out for symptoms:

- Rashes or eczema, especially on the face
- Diaper rash
- Hives
- Diarrhea, gas, or vomiting
- Irritability

- Temperament changes
- Puffy eyes
- Nasal congestion

If your child has some of these symptoms or you have allergy concerns, talk to your pediatrician or an allergist.

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By: Brooke Dorsch
bdorsch@pedtp.com



Upcoming Events

- BluePrints Play Groups, Every Tuesday starting 1/11 from 1:30-2:30pm at Baierl Family YMCA in Wexford. Every Wednesday starting 1/12 from 6:30-7:30 at Positive Steps Therapy in Renfrew, PA. For more info, call 724-934-9600
- 1/18, BluePrints Bounce at Bounce U in Warrendale from 6:30-7:30. \$6.95 per child, children under 2 get in free. For more information, call 724-934-9600
- 1/22, Moraine Winterfest at McDanel's Launch in Moraine State Park. Admission is free. Activities include ice skating, winter hike, chili cook-off, music and crafts.
- 1/22 ABOARD's 7th Annual All Abilities Camp Fair, 10-3 at the Shoppes at Northway, Upper Level. For more info, visit www.aboard.org

If you know of any upcoming events or activities in your area, please contact Brooke Dorsch, Director of Community Outreach. Her email is bdorsch@pedtp.com. We will put any child or family related event or activity in our newsletter. Other families who read it may be interested in attending. Thank you for the information!!

