

Parent Talk

****formerly known as the Weekly Chatter**

Every Kid Healthy Week: Apr 24th - 28th

This week marks the fifth annual [Every Kid Healthy™ Week](#) (1), a campaign to help support sound nutrition, regular physical activity and health-promoting programs in schools. This week, parents, educators and child health care practitioners will join together to improve the health and wellness of their students and to spread awareness of the **link between nutrition, physical activity and learning**.

[Combatting the Stress of Poverty Through Art](#) (2) Recent research shows that **school arts programs may help lower stress in impoverished children**. Poverty causes stress in both adults and children; and for kids and teens especially, poverty can negatively affect educational, social-emotional, and physical health.

STUDENTS IN
ARTS
PROGRAMS
ARE
44%
LESS LIKELY
TO USE DRUGS

READING MUSIC

HELPS WITH DYSLEXIA

PAINTING PICTURES

HELPS WITH AUTISM

DANCING

HELPS WITH MOTOR SKILLS

ACTING

HELPS WITH SPEECH IMPEDIMENTS

(3)

[Dangerous Social Media Trends](#) (4) Online challenges are spreading via social media; and two recent ones are especially dangerous to children. The **Eraser Challenge** is a "dare" where kids use erasers to rub away the skin on their arms, often while reciting the alphabet or other phrases. After comparing the resulting injuries, the most injured player is deemed the "winner." This challenge may cause **pain, burns to the skin, scarring, local infections**, and in severe though rare cases, life-threatening sepsis and gangrene.



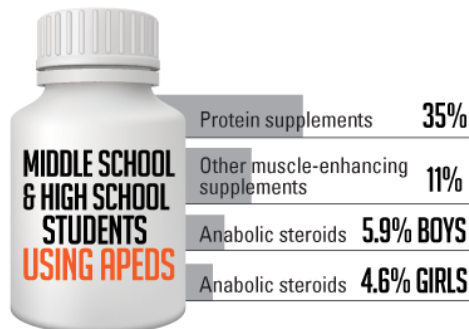
Another dangerous challenge circling the internet is the **Fire Challenge** which causes self-inflicted, life-threatening flame burns from igniting lighter fluid or alcohol poured on the skin. **Posting videos to social media while performing dangerous and senseless acts** have become both commonplace and widespread, so parents should regularly talk with kids and teens about popular trends, especially those that can be dangerous.

Teen Sports & the Dangers of Dietary Supplements (5) According to a recent [survey](#) (6), high school sports participation has increased for the 27th year in a row; and with increased participation has come **increased interest in dietary supplements**. Despite warnings from the American College of Sports Medicine, sales attendants at health food and vitamin supplement stores still endorse supplements like creatine and testosterone boosters for teenage customers, a recent [study](#) (7) showed.

Supplements are **not regulated by the FDA** so they can contain unhealthy ingredients and banned substances that can **affect testosterone and growth hormone levels**. They can also contain stimulants (e.g., caffeine, ephedra or synephrine) that can lead to **anxiety, racing heart or an irregular heartbeat**. While teens may think they need supplements to become



top athletes, [research](#) (8) shows not only are dietary supplements unnecessary for most individuals, they may actually **increase the risk of illness, cancer and death**.

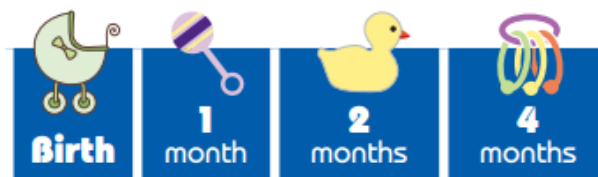


The Taylor Hooton Foundation (THF) is a non-profit organization leading a national campaign to educate youth and their adult influencers about the dangers of **Appearance and Performance Enhancing Drugs (APEDS)** including anabolic steroids, hGH, and unregulated dietary supplements. Please

visit TaylorHooton.org/dietarysupplements for more information.

National Infant Immunization Week: Apr 22nd - 29th

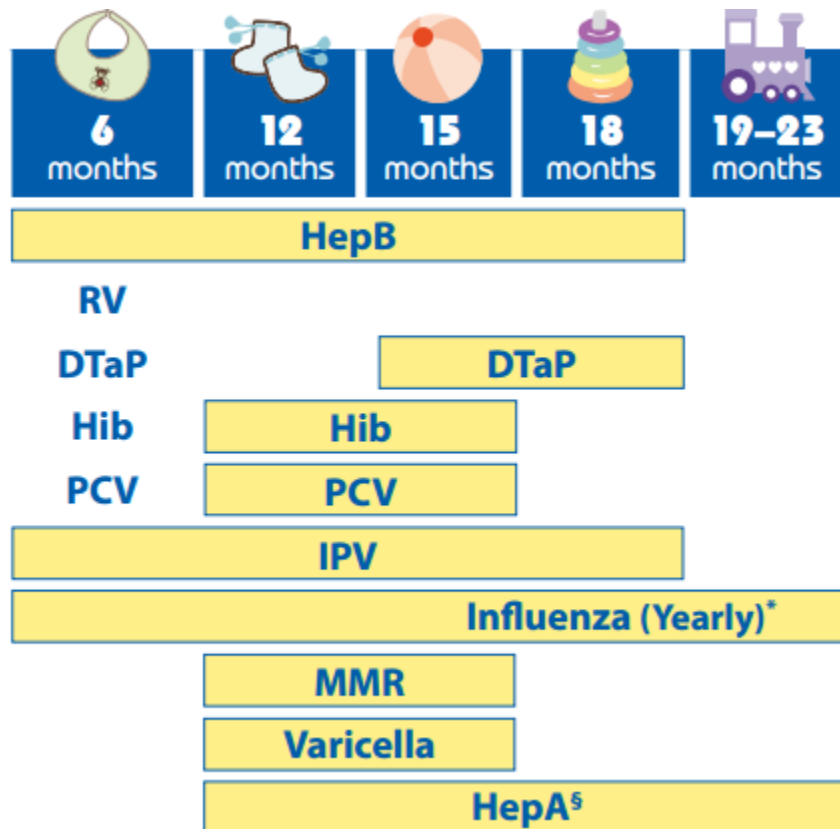
Vaccines not only protect babies and small children from disease; they also help to **prevent diseases from spreading**. It's easy to think of these as diseases of the past; but the truth is they still exist.



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

RV	RV
DTaP	DTaP
Hib	Hib
PCV	PCV
IPV	IPV

Children in the US can-and do-still get diseases like measles, chickenpox, pertussis and more. **Immunization is one of the best ways parents can protect their infants** from 14 serious childhood diseases before age 2.



This year, immunization schedules for both children and adults have been revised and updated. [Click here](#) (9) for the **recommended immunization schedule for children and adolescents aged 18 years or younger** in the United States.

Human relationships are the building blocks of healthy development; and when parents are available and reliable, a child can develop a sense of trust in the world.



For more information on the importance of family bonding,

[CLICK HERE](#) (10)

and please, leave a comment!

We love to hear from our readers and hope to receive your feedback!

Check [ACPeds.org/Blog](https://www.acpeds.org/Blog) each Monday for a new post. Click [here](#) (11) to subscribe.



Don't hesitate to contact us with your questions and comments. We look forward to hearing from you.

Dear Member,

Each Parent Talk that you receive is stored on the ACPeds website at this address: <https://www.acpeds.org/parent-talk>

We invite and encourage you to share the links to these Parent Talks on your practice website, on your social media pages, or in your patient newsletters for the benefit of patients & families. Pick and choose from the list of topics or post them all!

Thank you for helping us share information that serves the Best for Children.

American College of Pediatricians, P.O. Box 357190, Gainesville, FL 32635

1 <http://www.everykidhealthyweek.org/>

2 <https://www.wcupa.edu/communications/2016/12.19artresearch.aspx>

3 <https://s-media-cache-ak0.pinimg.com/originals/5c/85/12/5c8512c45f4c38d59e69a5cfd147c51b.png>

4 https://medlineplus.gov/news/fullstory_164228.html

5 <http://files.constantcontact.com/6c7b7138001/831ea1ff-4bc8-4ee6-9445-ffb17b7f3ea7.pdf>

6 <https://www.nfhs.org/articles/high-school-sports-participation-increases-for-27th-consecutive-year/>

7 <http://files.constantcontact.com/6c7b7138001/831ea1ff-4bc8-4ee6-9445-ffb17b7f3ea7.pdf>

8 <http://www.coloradocancerblogs.org/dietary-supplements-shown-to-increase-cancer-risk/>

9 <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

10 <https://www.acpeds.org/human-relationships>

