



SPRING 2009 NEWSLETTER

PHYSICALLY ACTIVE CHILDREN

- Spring is a great time to get the entire family moving!
- **The benefits to a child's body and health include:**
 - Maintaining and building healthy joints & muscles
 - Controlling weight and body fat
 - Improved sleep pattern
 - Decreases the risk for diabetes, high blood pressure and heart disease
- **Tips for getting started:**
 - Pick a fun activity that the child enjoys. The more they like the activity the longer then will stay involved with it.
 - Choose an activity that is developmentally appropriate. Teenagers may like weightlifting and distance running but for younger children swimming, bike riding & soccer are more appropriate.
 - Provide active toys to play. Great ideas are jump ropes, balls & outdoor games.
 - Be a role model for your child. Children that see active parents are much more likely to be active.
 - Turn off the TV & computer!!! Children should spend no more then 1 or 2 hours with these activities every day!

We encourage you to visit
& use our website

WWW.HPGKIDS.COM

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INSECT REPELLENTS

- The best repellents use DEET as the active ingredient.
- **Types that are not effective include:**
- Ultrasonic devices that give off sound waves.
- Wristbands with chemicals.
- Backyard bug “zappers”. These actually attract more insects to the area.
- **Tips for safely using repellents:**
- Read each label and follow the directions.
- Only apply on the child’s clothing and exposed skin.
- Use in open areas to avoid breathing them in.
- Using more does not make it more effective!!
- Wash the child’s hands and skin when returning indoors.
- Never use on children under 2 months old.
- The repellents only work for biting insects not stinging ones!! So bees, wasps and hornets need to be avoided!!

AFTER HOURS CARE

Sometimes emergency room and urgent care visits are unavoidable. We ask you to please call our office before using these facilities. All sick children can be accommodated during our office hours. After hours, one of our physicians can discuss treatment options with you. Most of the time going to the urgent care and emergency room will be avoided and save you the trip!!!! We feel the best medical care for our patients is if they are consistently seen by the same group of physicians.

