



HEALTHY UTAH
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Family Health

August 2010

Newsletter

Making Reading Fun

School is out and the fun events of summer are well underway, but summer does not have to mean that kids' reading skills grow cold. Here are some ways to make reading a part of their summer fun:

- Explore your library – Plan a trip to the library and allow your kids to explore. Many libraries have summer reading programs, book clubs, and reading contests you can get your kids involved in.
- Read on the road – Stock your backseat with favorite books to entertain your kids during a road trip. If you're not driving you can even read aloud or get a kid friendly book on tape for everyone to enjoy.
- Keep in touch – Recruit other family member or friends to be pen pals with your kids.
- Make your own book – Pick one of your family's favorite parts of summer and have your kids draw pictures of it. Paste the pictures onto paper to make a booklet and write text for it. Read and enjoy!
- Keep up the reading rituals – Read with your kids every day and don't forget to always take a book along for your summer adventures.



Prevention Corner

August is Children's Eye Health and Safety Month

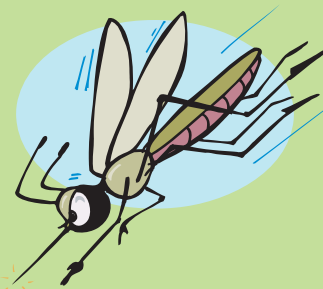
- The eyes of newborn infants should be evaluated in the hospital nursery.
- Between six months and two years of age, infants should be checked for good eye health by a doctor or other appropriately trained health care provider during routine well-baby care or other doctor's office visits.
- Beginning at age 3 and continuing through 10 years of age, vision screenings should be performed assessing visual acuity and ocular alignment.
- Visit www.aao.org (Academy of Ophthalmology) for information.

Bug Bites and Stings

Bug bites and stings usually are just nuisances. They bring momentary alarm, temporary discomfort and pain, but no serious or lasting health problems. But on occasion, they can cause infections that require treatment and allergic reactions that can be serious, even fatal.

Get medical help right away if you notice any of the following signs:

- wheezing or difficulty breathing
- tightness in throat or chest
- swelling of the lips, tongue, or face
- dizziness or fainting
- nausea or vomiting
- chills or fever
- muscle aches or severe cramping



Kids Corner:

Ocean in a Bottle

Not going to make it to the ocean this summer? Make your own with this fun craft. You'll need:

- Empty 2 liter plastic bottle with a lid
- Clear vegetable oil or mineral oil
- Water
- Funnel
- Blue food coloring
- Small star fish, shells and other sea creatures
- Glitter
- White craft glue
- Hot glue (get an adult to help with hot glue)

Directions:

1. Wash and dry 2-liter bottle and remove labels
2. Fill bottle halfway with tap water.
3. Add a few drops of blue food coloring and swirl around to mix.
4. Add a little glitter.
5. Add sea creatures.
6. Using funnel, fill the bottle the rest of the way with vegetable oil.
7. Make sure the rim and cap are dry, and then apply white craft glue around the inside rim. Screw cap on the bottle. This will seal the cap.
8. Have an adult put a layer of hot glue around the outside edge to keep it from leaking.
9. Turn the bottle on its side and gently rock the bottle to create waves!

FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Grilled Veggie Wedges and Dip

Serves: 6

Prep time: 10 minutes; Cook time: 6 minutes

Ingredients:

- 2 medium zucchini, cut on the diagonal into 1/2-inch slices
- 2 medium summer (yellow) squash, cut on the diagonal into 1/2-inch slices
- 1/2 cup Italian dressing (not balsamic)

Dip:

- 2/3 cup reduced-fat sour cream
- 2 scallions, chopped fine
- 1/2 tsp Worcestershire sauce
- 1 tsp freshly squeezed lemon juice
- 1 tsp salt
- Pinch of black pepper

Directions:

1. Preheat grill to medium high. Toss zucchini and squash with the Italian dressing in a medium bowl. Place vegetables on grill and cook for 3 minutes. Turn and cook another 3 minutes, until tender.
2. Prepare the dip: In a medium bowl, stir together all ingredients. Cover and chill until serving time.

**How kids can help: Measure ingredients; stir together dip ingredients.

Per serving: 108 calories, 8 g fat (3 g saturated), 200 mg sodium, 14 mg cholesterol. Source: www.parenting.com



Kids Corner

Trying to fit in one last road trip before school begins. Here are some ideas for games and activities to get your family revved up for a trip long on smiles and short on frustration.

- Good Ol' Games – Use the fallback road-trip games: 20 Questions, License Plate Game, I Spy, or try the Alphabet Game (you pick a topic - say, animals - and a letter, and then have everyone spout off animals that begin with that letter.
- Journal Jotting – Buy or make journals and have your kids write down and describe what they see along the way.
- Map Quest - Bring a map just for the kids. Have them use stickers and highlighters to mark each road you take on your journey.
- Window Gallery - Use washable window markers to make colorful creations or to play endless, paper-free games like tic-tac-toe and hangman. Have a cloth or dust rag handy so you can keep the fun going the whole trip. Make sure the driver's view isn't blocked!