

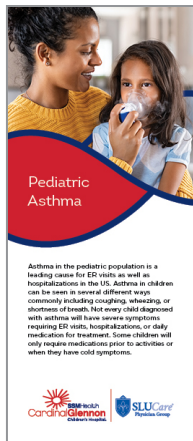
# Kids' Health Order Form

## Parent Education Cards

Replace dozens of informational brochures in your office with health tip cards guiding families to our online resources. As a service to your patients, these items are provided on a complementary basis by SSM Health Cardinal Glennon Children's Hospital for educational purposes. **Select quantities for each card (in bundles of 50 cards).**



pkgs of 50



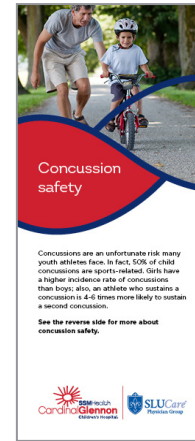
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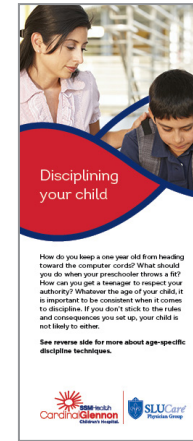
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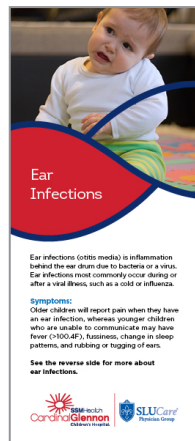
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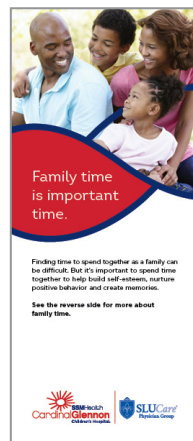
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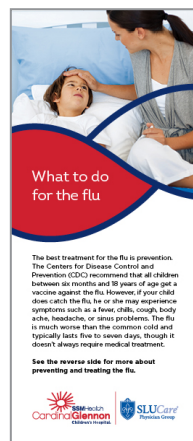
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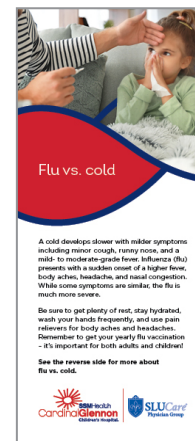
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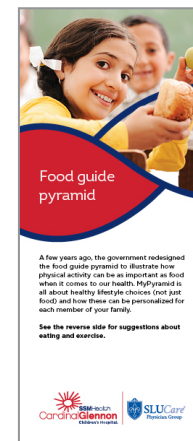
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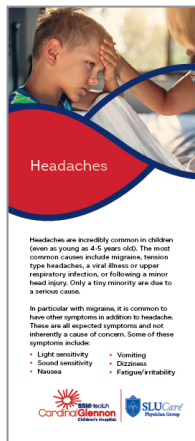


Email this form to: Joe Guccione at [joe@archgraphics.com](mailto:joe@archgraphics.com).

# Kids' Health Order Form

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**Headaches**

Headaches are incredibly common in children (even as young as 4-5 years old). The most common causes include migraine, tension type headaches, a viral illness or upper respiratory infection, or following a minor head injury. Only a tiny minority are due to a serious cause.

In particular with migraine, it is common to have other symptoms in addition to headache. These are all expected symptoms and not inherently a cause of concern. Some of these symptoms include:

- Light sensitivity
- Vomiting
- Sound sensitivity
- Dizziness
- Nausea
- Fatigue/irritability

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**Insect bites and stings**

Although insect bites and stings can be irritating and bring temporary discomfort, symptoms usually do not require treatment by a doctor. However, sometimes they can cause infections or allergic reactions that require medical attention. To help prevent bites, avoid walking barefoot, using scented soaps playing in areas where insects nest, and drinking from soda cans outside.

See the reverse side for more about bite and stings.

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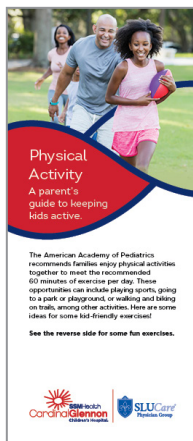
**Childhood obesity**

"Quick and easy" seems to be the mindset of many people today. Fast food, television, and video games often replace proper nutrition and exercise. Busy families have fewer free moments to prepare nutritious, home-cooked meals. Helping kids choose healthy lifestyles begins with parents who lead by example, so look for ways to change your family's eating and exercise habits. It could prevent your child from becoming overweight.

See the reverse side for more about obesity prevention.

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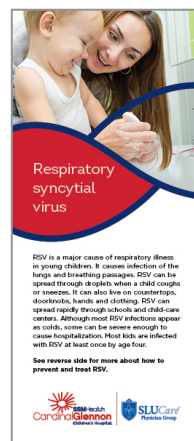
**Physical Activity**  
A parent's guide to keeping kids active.

The American Academy of Pediatrics recommends families enjoy physical activities together to meet the recommended 60 minutes of exercise per day. These opportunities can include playing sports, going to a park or playground, or walking and biking on trails, among other activities. Here are some ideas for some kid-friendly exercise!

See the reverse side for some fun exercises.

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**Respiratory syncytial virus**

RSV is a major cause of respiratory illness in young children. It causes infection of the lungs and breathing passages. RSV can be spread through droplets when a child coughs or sneezes. It can also live on counter tops, doorknobs, hands and clothing. RSV can spread rapidly through schools and child care centers. Although most RSV infections appear as colds, some can be severe enough to cause hospitalization. Most kids are infected with RSV at least once by age four.

See reverse side for more about how to prevent and treat RSV.

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**Safe sleep for your baby**

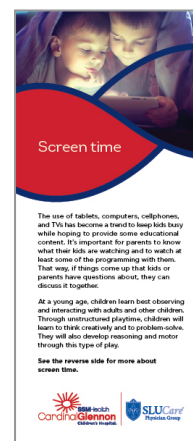
More than 3,500 babies in the US die suddenly and unexpectedly every year while sleeping. Other than the sudden infant death syndrome (SIDS), accidental deaths from suffocation, or strangulation.

In an effort to reduce the risk of all sleep-related infant deaths, we have provided several recommendations for safe sleep for your baby.

See the reverse side for more about safe sleep.

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**Screen time**

The use of tablets, computers, cellphones, and TV has become a trend to keep kids busy while hoping to provide some educational content. It's important for parents to know what their kids are watching and to watch at least some of the programming with them. That way, if things come up that kids or parents have questions about, they can discuss it together.

At a young age, children learn best observing and interacting with adults and other children. Through unstructured playtime, children will learn to think creatively and to problem solve. They will also develop reasoning and motor through this type of play.

See the reverse side for more about screen time.

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**Sports injuries**

Children ages 5 to 14 make up almost 40% of all sports injuries treated in hospital emergency rooms. Injuries in children are best treated by pediatric specialists trained in treating skeletal immature patients. Here are some tips to keeping your kids safe!

- Warming up: Start by raring and raring at a slower, more relaxed pace and gradually work up to full speed. When preparation begins, the muscles are warmed up and ready for a workout.

See reverse side for more tips.

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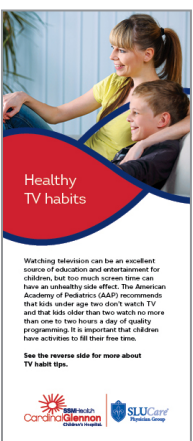
**Summer sun protection**

The sun is a good source of vitamin D, which helps on absorb calcium for stronger healthy bones. But unprotected exposure to the sun's ultraviolet rays can cause weaker immune systems, skin and eye damage or even cancer. Unprotected sun exposure is even more serious for kids with moles, fair skin or a family history of skin cancer. It's important that parents teach their children how to enjoy fun in the sun safely.

See the reverse side for more about playing safely in the sun.

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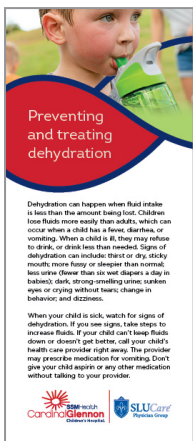
**Healthy TV habits**

Watching television can be an excellent source of education and entertainment for children, but too much screen time can have an unhealthy side effect. The American Academy of Pediatrics (AAP) recommends that kids under age two don't watch TV and that kids older than two watch no more than one to two hours a day of quality programming. It is important that children have activities to fill their free time.

See the reverse side for more about TV habits.

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**Preventing and treating dehydration**

Dehydration can happen when fluid intake is less than the amount being lost. Children lose fluids more easily than adults, which can occur when a child has a fever, diarrhea, or vomiting. When a child is ill, they may refuse to drink, or drink less than needed. Signs of dehydration can include that or dry, sticky mouth, more fussy or sleepier than normal, less urine (more than six wet diapers a day in babies), dark, strong smelling urine, sunken eyes or crying without tears, change in behavior, and seizures.

When your child is sick, watch for signs of dehydration. If you see signs, take steps to increase fluids. If your child can't keep fluids down or doesn't get better, call your child's health care provider right away. The provider may prescribe medication for vomiting. Don't give your child aspirin or any other medication without talking to your provider.

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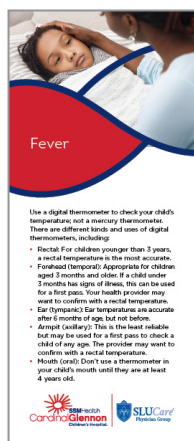
**Fainting: How to care for your child**

Fainting in children, especially adolescents, is common but shouldn't be ignored. Also called syncope (SHH-buh-poo) - it is usually not a sign of a dangerous problem. A person faints when there isn't enough blood going to the brain due to a drop in blood pressure. Blood pressure can drop for many reasons: dehydration, a quick change in position, standing or sitting still for too long, or a sudden fear. Often, a person has warning signs (a change in vision, dizziness, nausea, or stomach pain) before passing out.

Staying well hydrated can help reduce many types of fainting. Children should drink plenty of caffeine-free fluids, such as water, every day. If exercising or playing outside in the heat, electrolyte drinks can also help. Urine should look clear or very pale yellow.

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**Fever**

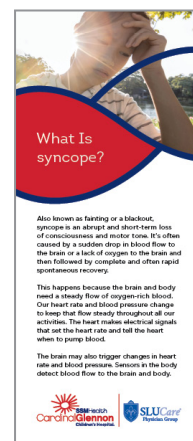
Use a digital thermometer to check your child's temperature, not a mercury thermometer. There are different kinds and uses of digital thermometers, including:

- Rectal: For children younger than 3 years, a rectal temperature is the most accurate.
- Forehead (temporal): Appropriate for children aged 3 months and older. If a child under 3 months has signs of illness, this can be used for a first pass. Your health provider may need to confirm with a rectal temperature.
- Ear (tympanic): Ear temperatures are accurate after 6 months of age, but not babies.
- Armpit (axillary): This is the least reliable but may be used for a first pass to check a child's eye age. The provider may need to confirm with a rectal temperature.
- Mouth (oral): Don't use a thermometer in your child's mouth until they are at least 4 years old.

The brain may also trigger changes in heart rate and blood pressure. Factors in the body detect blood flow to the brain and body.

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**What Is syncope?**

Also known as fainting or a blackout, syncope is an abrupt and short-term loss of consciousness and motor tone. It's often caused by a sudden drop in blood flow to the brain or a lack of oxygen to the brain and then followed by complete and often rapid spontaneous recovery.

This happens because the brain and body need a steady flow of oxygen-rich blood. Our heart rate and blood pressure change to keep that flow steady throughout our activities. The heart makes electrical signals that set the heart rate and tell the heart when to pump blood.

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 Address: \_\_\_\_\_

Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_



Email this form to: Joe Guccione at [joe@archgraphics.com](mailto:joe@archgraphics.com).