



happy+healthy

your family at its best

Stress-Free Sledding

There's nothing like the pure joy of zipping down a snowy hill: the speed! the freedom! It's no surprise, then, that each year thousands of kids get hurt on the hills. But with a few precautions, you can feel good about letting your kids soar. Just follow this advice from John T. Gaffney, D.O., chief of pediatric orthopedic surgery at Winthrop University Hospital in Mineola, NY, and father of five sled enthusiasts:

» DRESS FOR SAFETY

Skip long scarves, which can get caught. Add a snow-boarding or bike helmet for noggin protection.

» PICK THE RIGHT SLEDS

Choose an aerodynamic plastic foam sled; it looks like a boogie board with handles or ropes for steering. (We like the Snow Rocket Foam Sled by Flexible Flyer, Toys“R”Us, \$35.) Avoid vintage sleds with metal rails and hard-to-control plastic saucers or tubes.

» INSPECT THE HILL

Do a scan for ice, trees, and hidden stumps! A large landing area with no road in sight is also a must. Scope out a spot the day before, and then head out first thing in the morning when it's less likely to be crowded.

—Holly Pevzner

WINTER WELL!

Scan this page for more stay-healthy advice or visit Scholastic.com/happyhealthy.



health *news*

BY HOLLY PEVZNER

HOW TO SURVIVE

Stomach Bugs!

It's high season for these very contagious, vomit-inducing viruses: They thrive in the low temps, low humidity, and close quarters that are winter. And kids, with their sometimes questionable hygiene, are prime targets. Melissa Arca, M.D., a mom and pediatrician at Kaiser Permanente Northern California, is here to walk you through the days-long nightmare known as gastroenteritis:



PREVENT THE SPREAD

"It's gross to think about, but this bug is spread via the fecal/oral route." So, everyone needs to wash their hands *a lot*. It's also imperative to promptly wash vomited-on clothes and blankets (in hot water) and to disinfect faucets, light switches, and doorknobs with a chlorine bleach-based cleaner. Stash some tubes of Clorox wipes around the house for easy access.



TREAT YOUR TOT

Dehydration is the biggest concern, so insist on fluids. "Know that if your child can hold fluids down for 20 or 30 minutes, that's enough time to hydrate," says Dr. Arca. If your kid repeatedly throws up immediately after drinking, call the doctor. Hit with a diarrhea double whammy? Skip the meds and let the virus, um, run its course.



COMFORT YOUR SICKIE

Get him set up in a comfy position, and try a pillow under his knees or between his thighs. Keep a bag by his bed for emergencies and some flushable wipes in the bathroom. Also, no need to stick to a super-bland diet once he's ready for food. "Just be sure to keep meals small and avoid fatty, greasy, and sugary foods that are hard to digest," says Dr. Arca.

74

percent of breast milk purchased online was **contaminated with bacteria**, according to a study in *Pediatrics*. If you're having trouble producing enough milk, ask your doc about safe alternatives.

TXT 4 HLTH

Researchers at the Georgia Institute of Technology found that texting asthmatic kids reminders about symptoms and offering asthma info improved their health and understanding of their condition. If your child takes a medication, try the site Ohdontforget.com, which allows you to set up daily reminders.



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Get-Fit Video Games (Really!)

Video games: It seems that every kiddo is playing them and every kiddo wants them for the holidays. But before you heave a heavy sigh of exasperation, know this: Kids aren't simply sitting on their rear, mindlessly fiddling with a controller.

"Active video games where players need to move in order to control the game are hugely popular with kids—and they can be great exercise," says Jeanette DePatie, a certified fitness instructor who specializes in training beginners, kids, and adults alike.

Case in point: Recent research in *The Journal of Pediatrics* shows that high-intensity games (involving huffing and puffing) can improve heart health and energy expenditure in children.

But before you blindly select a game, take advice from our real-life kids. We gathered a group and had them test out both new and classic games from the two most popular active gaming systems: Nintendo Wii (\$130) and Xbox 360 with Kinect (\$199). Here's what their sweat equity yielded.



AGES 4 and up
SYSTEM Wii and Kinect
PRICE \$30
SWEAT METER Drenched
THE GIST Kids mirror dances to pop hits, songs from kid TV shows, and more.
KIDS' TAKE They loved that they get to mimic real kids instead of the animated outlines of dancers that are in other versions.
MOMS' TAKE Parents can set custom playlists with a focus on fitness.

WII CONTROLLER: @HKPNC/ISTOCKPHOTO

Starting with baby's first tooth...



caring and cleaning as they grow...



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**WIPEOUT
CREATE
& CRASH**



**ZUMBA
KIDS**



**KINECT RUSH:
A DISNEY-
PIXAR
ADVENTURE**



**WII SPORTS
RESORT**



**ADVENTURES
TO FITNESS**

AGES 10 and up
SYSTEM Wii and Kinect
PRICE: \$30-\$40
SWEAT METER Sweaty
THE GIST Based on the ABC show *Wipeout*. Contestants run a crazy obstacle course and try to avoid getting tossed in the water.
KIDS' TAKE They couldn't get enough of the slapstick humor.
MOMS' TAKE Players can build their own courses, which gives it an extra learning boost.

AGES 7 and up
SYSTEM Wii and Kinect
PRICE \$30
SWEAT METER Drenched
THE GIST Based on the popular aerobics craze. Kids learn international dance styles like salsa and merengue.
KIDS' TAKE Awesome! Their mad skills on the dance floor helped unlock rewards. They dug it!
MOMS' TAKE It's a fun, energetic let's-play-together family game.

AGES 7 and up
SYSTEM Kinect
PRICE \$40
SWEAT METER Sweaty
THE GIST Kids throw, climb, steer, swing, and run all over the place while exploring a variety of games set in favorite Pixar movies.
KIDS' TAKE What's cooler than being part of their favorite movies?
MOMS' TAKE In addition to energy burning, there's a solid amount of problem solving.

AGES 5 and up
SYSTEM Wii
PRICE \$30
SWEAT METER Sweaty
THE GIST Kids dive into 12 different activities, including cycling, basketball, bowling, frisbee, and golf.
KIDS' TAKE They loved the sheer number of options and that hard work unlocked new levels.
MOMS' TAKE We may or may not bowl when the kids are asleep...

AGES 5 and up
SYSTEM None needed
PRICE \$13 per DVD
SWEAT METER Sweaty
THE GIST A live-action host demonstrates moves (climbing, running, etc.) in front of cartoon backdrops of far-off lands.
KIDS' TAKE Running from a bison stampede or zip-lining in a jungle? So cool!
MOMS' TAKE The host sneaks in plenty of educational info.

until the day they can brush on their own.



FROM
teething
TO
brushing.
Orajel IS
big WITH little
MOUTHS

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