

# family health

## Things to Know

### When emotions make you eat

It doesn't do much good to tell your troubles to a bag full of cookies.

And eating all of them will only make things worse.

Many of us have turned to food for comfort after a bad day. Eating too much of a favorite treat might make us feel better for a little while.

It can also become a bad habit.

Emotional eating won't solve your problems. And it may make new ones—such as weight gain or feeling bad about yourself.



Think about when you eat. Do you eat only when you're hungry? Or do you eat when you're bored, lonely or sad?

Keep a daily diary. Note how you feel and what you eat.

If you're bored or stressed, don't reach for a snack. Put on your shoes instead, and take the kids or the dog for a walk.

## Time for good foods

**K**ids need plenty of fruits and veggies to grow up healthy and strong. And with a little help, they can learn to like all kinds of foods that are good for them.

Try these tips:

- Ask your kids which fruits and veggies they like best.
- Go shopping together. Let kids pick out new fruits and veggies to try.
- Have kids help fix fresh foods. They can tear up

lettuce or wash fruit, for example.

- Have a potato party. Serve baked, steamed or boiled potatoes. Put out toppings like salsa, broccoli and cheese.

- Chop up some fruit and let kids make their own salads.

- Add veggies to favorite foods. You could mix peas with macaroni and cheese. Or put chopped veggies in spaghetti sauce.

- Set a good example.

Pile your own plate with fresh veggies and fruits. And be willing to try new ones!



Sources: American Dietetic Association; U.S. Centers for Disease Control and Prevention

Si necesita esta información en español, llame al 800-391-2000.

# Medicines: 4 ways to protect yourself

Some things don't get the respect they deserve. That includes over-the-counter (OTC) medicines—drugs you buy without a prescription, such as aspirin.

OTC drugs may seem harmless. But like any medicine, they can sometimes cause serious side effects. Unless you use them

carefully, they can hurt you rather than help you.

So play it safe the next time you take an OTC drug. Be sure to:

- 1. Learn.** Read the label and find:
  - The name of the drug.
  - What problem the drug treats.
  - If you should check with your doctor before using the drug.
  - If there are things you shouldn't



## » action

take

To learn more, go to [www.familydoctor.org](http://www.familydoctor.org). Click on "Over-the-Counter Guide."

do while using the drug, such as driving or eating certain foods.

- How the medicine might make you feel.
- How much you should take.
- When you should stop taking the drug.

**2. Speak up.** Check with your doctor, nurse or pharmacist if you still have questions about taking the drug.

**3. Remember:** More doesn't mean better. Never take a drug in a higher dose or for a longer time than the label says to. If the medicine isn't helping, check with your doctor. You may have a different problem or need a different medicine.

**4. Be choosy.** Always pick an OTC drug that treats only the problems or symptoms that you have. Otherwise, you take extra medicine that you don't need.

Source: U.S. Food and Drug Administration

## Take extra care with pain medicine

The last time you had a headache you may have taken Tylenol, or a pain pill like it, to feel better.

Another name for this medicine is acetaminophen.

It is also in many other drugs. For example, it may be in drugs that help you sleep or ease a

cold or cough.

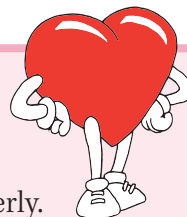
This medicine is safe if you use it properly.

But it's dangerous in high doses. Too much can hurt your liver.

So be sure to read drug labels to see if a drug has this medicine in it.

And remember these three don'ts.

**1. Don't overdo it.** Never take more of a drug than the label says to take.



**2. Don't double up.** Never use two drugs at the same time if they both have acetaminophen in them.

**3. Don't take risks.** Don't take this medicine if you have liver or kidney disease or drink alcohol regularly. Talk to your doctor first. Alcohol and this drug aren't safe together.

Source: U.S. Food and Drug Administration



## Steps to take to have fun in the sun

Some days a beach or a pool is the place to be.

But spending time in the sun can also damage skin and lead to skin cancer. So protect your family when you play outdoors.

For instance:

- Seek shade when you can.
- Use a sunscreen with an SPF (sun protection factor) of at least 15 for yourself and kids older than 6 months. Use shade, hats and clothing to protect younger babies.

Also, cover up with:

- A wide hat that shades the face, neck and ears.
- Sunglasses that block at least 99 percent of UV (ultraviolet) sunrays. Check the label.
- Loose-fitting, long-sleeved shirts, pants or long skirts.

Finally, when you plan your day, try to avoid the sun when it's strongest—from about 10 a.m. to 4 p.m.



Sources: American Academy of Dermatology; American Academy of Family Physicians

**W**ater safety is a serious issue, no matter a swimmer's age. Young or old, some basic rules of safe swimming should be taken to heart.

Keep these key points in mind the next time you or your kids decide to go for a swim.

**Know how.** Learning to swim is the first step toward staying safe. Teach your child to swim. Or enroll your child in a swimming class.

**Buddy up.** Every swimmer—child or adult—should always swim with a buddy.

**Use the right gear.** If your child

isn't a strong swimmer, have him or her wear a life jacket. Don't use water wings or other air-filled items to try to keep your child safe.

**Pay attention.** Get out of the water if you are too cold or too tired or if there are signs of bad weather. Don't swim too far from safety.

**Keep in touch.** It's very important to watch carefully any time children are in or near water. Even better, use the touch rule—an adult should be within touching distance of a young child in the water at all times.

Sources: American Academy of Pediatrics; American Red Cross

## 7 ways to protect children near windows

An open window is a danger when children are near. Toddlers have fallen from windows open as little as five inches.

Take these steps to protect your child from a serious fall.

**1.** Keep windows locked when closed.

**2.** Move away from windows any items that children could use to climb to the windows.

**3.** If you need to open a window, choose one your child can't reach.

**4.** If you have windows that open from the top or bottom, open the top.

**5.** Put window guards on windows above the first floor. Use guards with an emergency release in case of fire.

**6.** Teach your child not to play near windows.

**7.** Keep a close eye on your child when a window is open.

Sources: Safe Kids Worldwide; National Safety Council

# Babies are born to breastfeed!

**B**reast milk is the best food for babies. Even a small amount has everything your baby needs. It is easy to digest and has all of the good things babies need in the early months of life.

Breast milk has antibodies that help protect against many illnesses, such as allergies, asthma and eczema. Babies who breastfeed have a lower risk of dying before their first birthday and are less likely to become overweight or obese, even as adults.

## What about formula?

Formula costs money. But the real cost of formula is the cost to your baby's health. Formula is missing many things babies need to be strong, healthy and smart.

Formula-fed babies have a greater risk of:

- Pneumonia.
- Diabetes.
- Cancer.
- Diarrhea/constipation.
- Ear infections.



## When should I start breastfeeding?

Breastfeed your baby as soon as possible after birth. The more you breastfeed, the more milk you will produce. Pacifiers and bottles can make you produce less milk because the baby does not breastfeed as often. Remember



to drink lots of fluids, eat healthy foods and get lots of rest. Women who are HIV-positive or taking certain medicines should not breastfeed. Ask your doctor if it is safe for you to breastfeed your baby.

## How do I know if my baby is getting enough milk?

Newborn babies have small stomachs. They need to breastfeed about eight to 12 times a day. You can tell your baby is getting enough milk by the number of diapers your baby uses. Ask your doctor how many diapers your baby should use.

Call your doctor if your baby:

- Has a dry mouth.
- Has red-colored urine.
- Has yellow skin (jaundice).
- Does not have enough wet or dirty diapers.
- Will not wake up to eat at least

eight times a day.

## Do mothers benefit from breastfeeding?

Breastfeeding helps mothers recover from childbirth and can keep them healthier throughout their lives. It creates a special bond between mother and baby and can help delay pregnancy for up to six months among women who do not use birth control.

Breastfeeding can also help mothers:

- Lose weight.
- Resume menstrual cycles 20 to 30 weeks after giving birth.
- Shrink the uterus to its pre-pregnancy size.
- Reduce the amount of blood lost after childbirth.
- Reduce the risk of osteoporosis and breast and ovarian cancer.

Source: California WIC