



Take Care

HEALTHY TIPS for WINTER 2024

The air is cold and crisp, and spirits are lifted high this winter. Even though the days are shorter, there is nothing cozier than spending cold evenings in a warm house with the ones you love. During this holiday season, we hope you take care.



Holiday Fun & Family Meaning: Connecting Our Lives

Family and cultural traditions can have a magical way of connecting our lives and generations. Have you ever prepared one of your grandmother's holiday recipes with your kids, for example, or played her favorite game with them? Did you find yourself sharing stories about her and parts of her personality you see shining through in them?

Here are 3 ways you can use traditions—new or old—to reinforce the strengths of your family's meaning systems and your relationships with your kids.

Share memories

Tell a story about a grandparent, aunt, neighbor, or someone else who you used to see at the holidays. Talk about that person's qualities and what you, as a child, thought of them. Were they funny? What kind of stories did they tell? Did you learn anything from being with them? How did it affect you?

When you talk about your own mental experiences as a child, you can open up a lot of insight for your kids about who you are, and their own inner workings.

(continued on page 2)

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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Portland, Oregon 97239
503-222-5703 503-224-3938 (fax)
www.ch-foundation.org



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Make something

It could be a new idea you saw online, or something you've made for decades. Get your kids involved by telling them the story of what it means to you. Depending on your child's age, you can break down the steps so they can contribute. (For example, toddlers can stir with a spoon with your help, while a 5-year-old might even try pouring the vanilla extract!) Talk out loud from step to step (like "hmmm—ok, what's next?") so they can chime in and feel like a helper. It doesn't need to be perfect: the back-and-forth act of building something together matters most.

Fill your calendar with more than gift-getting

Kids can get hyper-focused on their wish lists and gift exchange. If you loved doing things around the holidays as a kid—like ice skating, celebrating the winter solstice with [candles](#) or [getting out in nature](#). Put it on the calendar and help your child look forward to it year after year. This type of visual reminder will give them a sense of predictability and security that helps kids thrive.

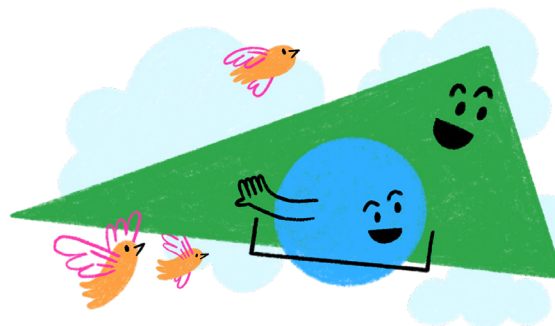
Remember

This is also a time for deciding which traditions didn't have meaning for you, and maybe felt full of guilty obligation! Take time to think about it, reflect on who you loved and what you did with them as a kid, and carry it on. Happy holidays!



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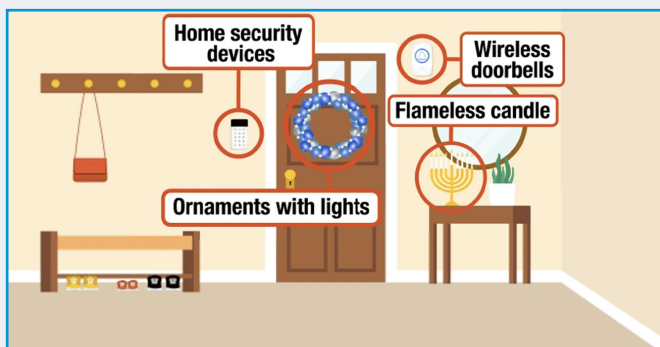
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Small Battery Safety at Home: A Winter Holiday Walkthrough

In many family homes, the winter holidays bring extra cheer but also some extra hazards for young children. An important one to keep in mind is button batteries and lithium coin batteries, which can cause serious and sometimes fatal injuries if swallowed. These small batteries are found in items throughout many homes any time of the year, but especially during the holidays. Think twinkling holiday decorations, for example, or newly opened gifts of electronic toys and gadgets.

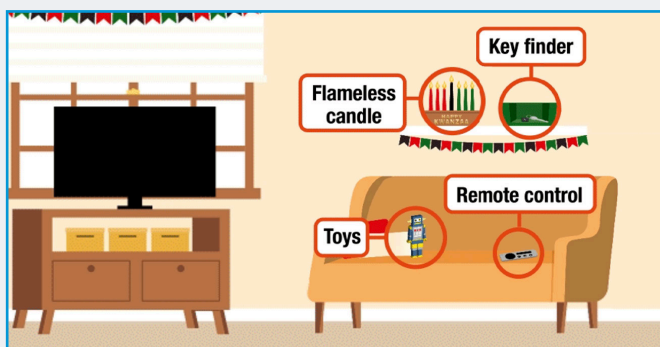
Use this room-by-room winter holiday walkthrough to help locate items that may contain small batteries. Then, you can take steps to ensure your child can't access them. If a lithium coin battery gets stuck in a child's esophagus, acting quickly is important. Seek medical attention right away. These batteries can cause a chemical reaction that damages or burns through the esophagus within 2 hours. These types of injuries can quickly become life-threatening.

Entryway



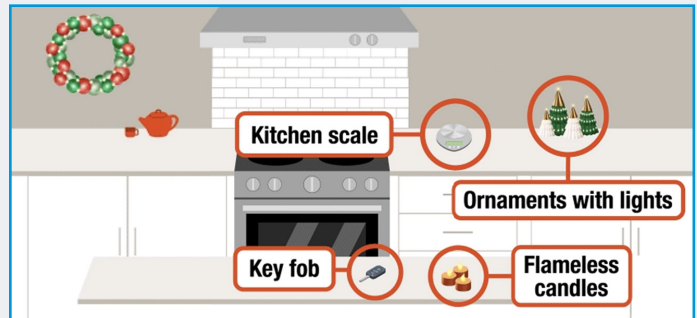
Look for small batteries in lighted decorations such as wreaths, garland, flameless candles, ornaments and musical greeting cards that arrive in the mail. Button batteries and lithium coin batteries may also be found in items left by the door, such as light-up shoes and key fobs in purses and jackets.

Living Room



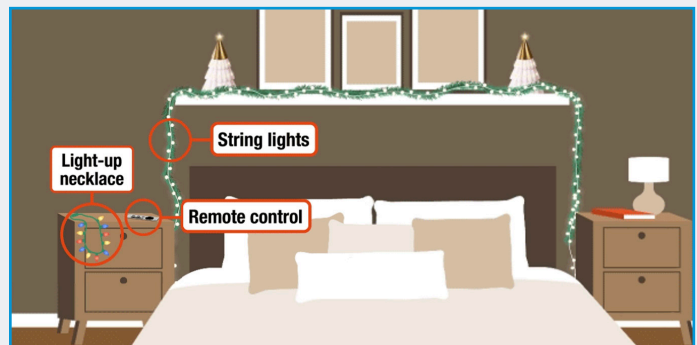
Make sure young children can't open the battery compartment of any new electronic toys, games or remote controls. If the items are not secured with a screw, consider taping them shut. If you're using a digital camera to take photos, remember that these may contain button or lithium coin batteries, too.

Kitchen



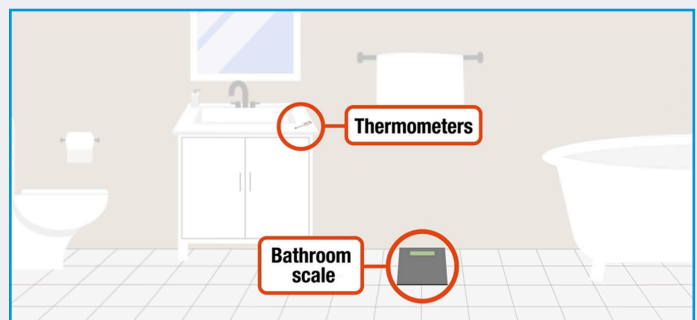
Check cooking accessories such as kitchen scales and meat thermometers that may contain lithium coin or button batteries. Store extra batteries up and away, avoiding cabinets and drawers that young children can get into. When you buy new button and lithium coin batteries, look for safety features such as blister packaging. And when you replace "dead" batteries, wrap the old batteries in tape right away to recycle or put them in the trash outside your home.

Bedroom



Check the battery compartments in string lights and light-up accessories like necklaces and earrings. Children's books that play sounds may also contain small batteries. If you have grandparents or other relatives staying with you, remind them to keep items such as hearing aid batteries out of reach of little ones.

Bathroom

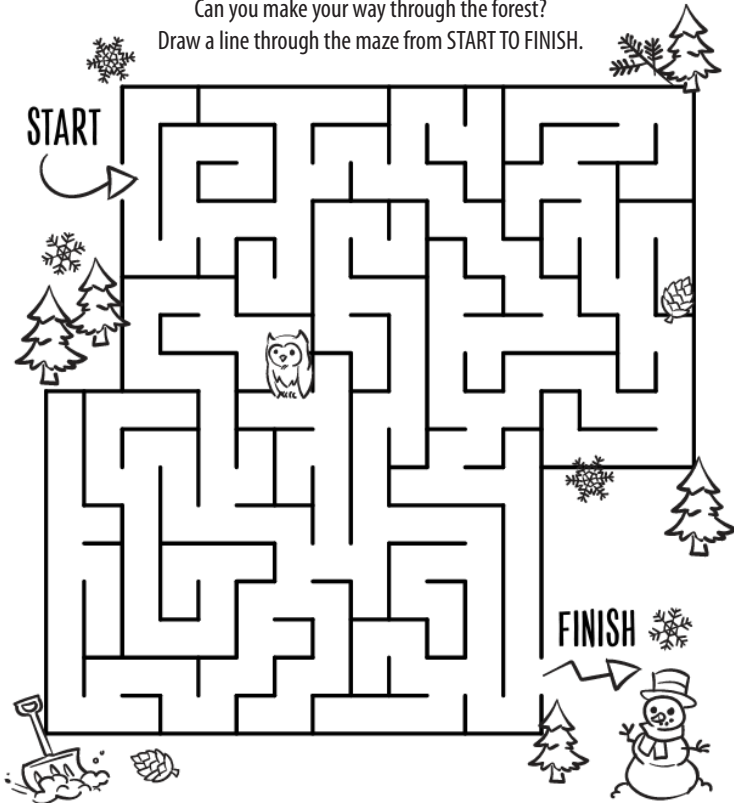


Wintertime is often when colds, flu and other respiratory viruses hit their peak. If you have the thermometer out to check for fever, be sure to put it back away since electronic thermometers contain small batteries. Also make sure the batteries in digital bathroom scales are secure.



Winter Forest Maze

Can you make your way through the forest?
Draw a line through the maze from START TO FINISH.



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Recipe: Zimtsterne



During December, homes and bakeries in Switzerland are filled with the aroma of classic cookies like these Zimtsterne.

Ingredients

- 1 cup butter, softened
- 2 cups sugar
- 2 large eggs
- 3 ounces semisweet chocolate, melted and cooled
- 2-3/4 cups all-purpose flour
- 1/3 cup ground cinnamon

Instructions

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and chocolate. Combine flour and cinnamon; gradually add to creamed mixture and mix well. Wrap dough in plastic wrap; refrigerate for 1 hour or until easy to handle.
2. On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut with a floured 2-in. star-shaped cookie cutter. Place 1 in. apart on ungreased baking sheets. Chill and reroll scraps if desired.
3. Bake at 350° for 9-11 minutes or until edges are firm. Remove to wire racks.

Winter Book Recommendations



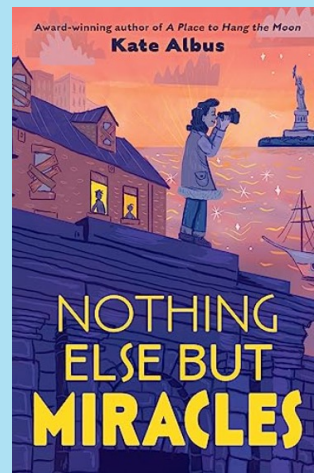
I'm Going to Build a Snowman

Jashar Awan
(ages 4-8)

A child awakens to snow falling: time to build "THE BEST SNOWMAN EVER!" With a hat tip to Ezra Jack Keats's simple forms, Awan renders comic strip-like action as the child bundles up and heads into an instructional interlude, a dream sequence, and finally the real building process, yielding a snowperson that's very different from the ideal, but is the "BEST SNOWMAN YET." The sunny protagonist accepts the surprises of creation, so readers can, too.

Nothing Else but Miracles

Kate Albus (ages 9-12)



Three close-knit siblings rely on each other and their supportive Lower East Side community after their widowed father is called up for service during WWII in this suspenseful family novel rich in New York City period detail. Dory, Fish, and Pike are managing thanks to the neighborhood's generosity, but when their new landlord threatens to report the underage trio to city authorities, their situation grows precarious. Then, Dory's canny observations land them a perfect hideaway.