

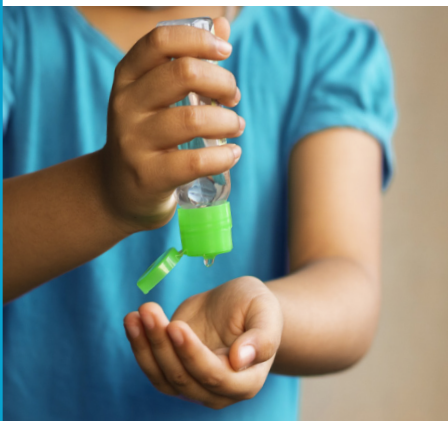


Spring 2021

TAKE CARE

HEALTHY TIPS FOR SPRING

Spring brings changes in the weather (sometimes a change every 5 minutes in the Pacific NW), spurts of sunshine, and fresh, new colors all around us. May these transitions alight hope in you and in those for whom you care, as we look to the future and continue to look out for one another.



When can children get the COVID-19 vaccine?

by: James D. Campbell, MD, MS, FAAP (source: www.healthychildren.org)

With vaccines becoming available to protect against COVID-19, we've made a big step toward slowing down the virus that causes this deadly disease. The first vaccines released are authorized for use in adults and teens who are at least 16 years old. High-risk groups such as frontline workers and elderly people are first in line to receive the vaccines, with other adults and teens likely to have access later this spring.

Research shows these new vaccines to be remarkably effective and safe. The American Academy of Pediatrics urges teens and adults to get the COVID-19 vaccine as soon as it is available to them.

Clinical trials for children

Before COVID-19 vaccines become available for younger teens and children, clinical trials need to be completed. This is to ensure they are safe and effective for these age groups. Children are not little adults; we can't just assume a vaccine will have the same effect on a child as it does for someone older.

While there are current studies that include children as young as 12 years of age, it is critical that children of all ages be included in more trials as quickly as possible. *

The COVID-19 pandemic continues to take a terrible toll on children's lives. We need more data on vaccines for children so they can be protected from this virus and the pandemic can be controlled. Once this information is available, the AAP will review it and make vaccine recommendations for children and adolescents.

Will there be a vaccine before the 2021-22 school year?

The timing of vaccine availability will depend on the results of the trials of the vaccine in adolescents and children that are planned or underway now. But based on the current pace of research, it may be possible to have a vaccine for at least some age groups of children and adolescents before the 2021-22 school year begins.

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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www.ch-foundation.org

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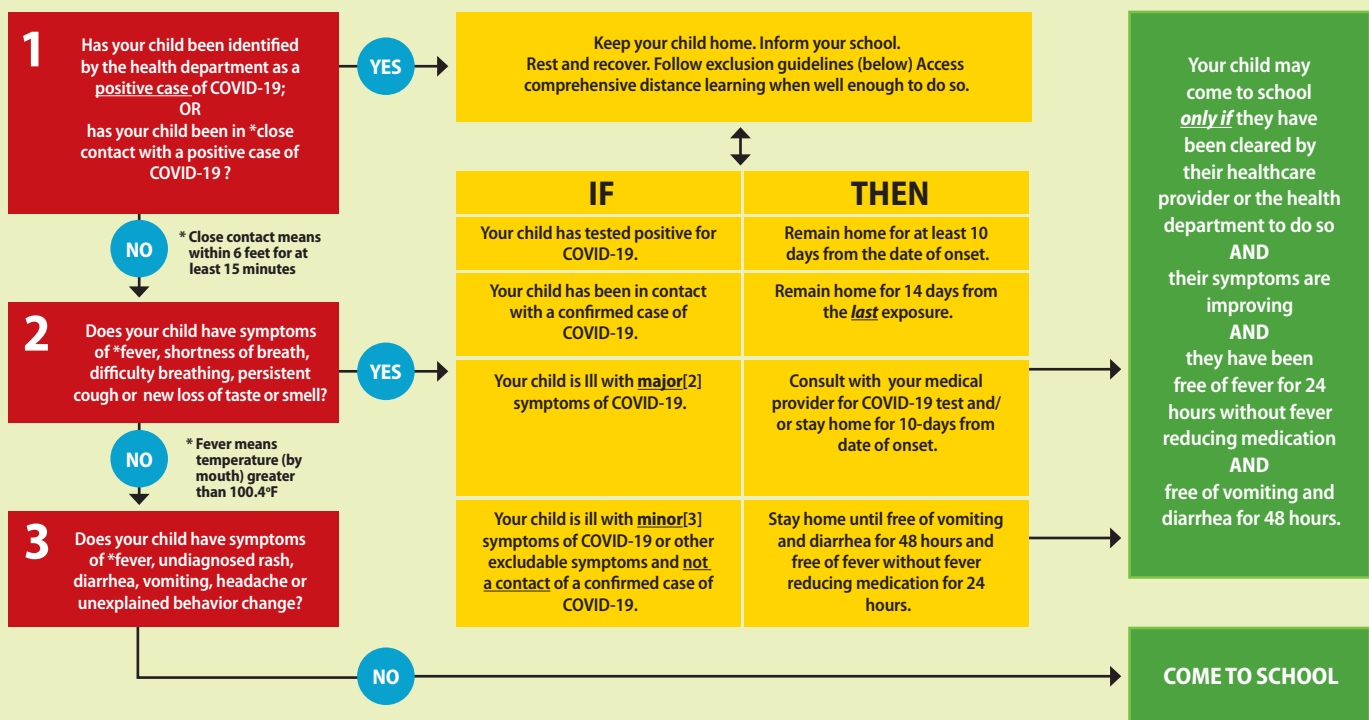
Will a COVID-19 vaccine be required for school entry?

Once a vaccine is shown to be safe and effective in children, health authorities, including the CDC and the AAP, will recommend when and how children should receive the vaccine. However, it is a state government decision which vaccines are required for school entry. Those decisions could vary by state.

One thing is certain: We look forward to the day when children are safely able to go back to school and enjoy their communities, thanks to safe and effective COVID-19 vaccines, and other measures that reduce transmission of the virus.

Update * On March 16, 2021, Moderna announced it had begun a study that would test its Covid vaccine in children ages 6 months to 12 years old. The study will enroll 6,750 healthy children in the US and Canada. In a separate study, Moderna is testing its vaccine in children ages 12-17 and may have results for that group by summer 2021. Johnson & Johnson has stated plans to test their vaccine in adolescents ages 12 to 18. Pfizer-BioNTech is currently testing its vaccine in children ages 12-15 and has plans to start testing in younger age groups. Currently, the Pfizer-BioNTech vaccine is the only vaccine authorized for use in youth, ages 16 and up.

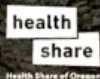
Can my child attend school today? (Start with question 1 and follow the "yes" or "no")



Graphic source: Oregon School Nurses Association

Still growing
at full speed.
**Still need
my vaccines.**

Make your child's appointment today!



**A lot is different this year,
but routine vaccines are
just as important as ever.**

Vaccines keep schools safe and healthy for all children. In Oregon, state law requires vaccinations for school and childcare – even if school is online. If you've missed your child's appointment this school year, it's OK. Now's a great time to catch up.

Learn more at
HealthShareOregon.org/vaccines

Just Breathe: The Importance of Meditation Breaks for Kids

source: www.healthychildren.org



Our kids' brains are tired, and children of all ages really need opportunities where they can take time out each day "unplugged" to relax and focus. Meditation offers this break and helps kids function more effectively and clearly.

Children today also have reportedly high stress levels. To help them take a break, the American Academy of Pediatrics (AAP) encourages parents to share meditation with their children—and teachers to incorporate mindfulness training into their lesson plans. The simple act of teaching children how to stop, focus, and just breathe could be one of the greatest gifts you give them.

Meditation Options for Children

Meditative practices have been used since ancient times to improve health and well-being. But, just as an athlete may do different exercises, people who practice meditation often use different types.

The most common types of meditation practice are concentration, mindfulness, movement based, cultivating positive emotions, and emptying. There are specific examples and ways to practice each type.

Many meditation practices use breathing techniques to promote a state of calm. Mindfulness meditation on breath, perhaps the most well-known type, involves sitting quietly, resting or closing your eyes and bringing your attention to your breath. When your attention drifts away, which it is likely to do, simply usher your attention back to your breath without judgment. You don't need years of meditative practice to benefit from this technique, nor do your children.

There's no doubt, however, that sitting still for any length of time can be difficult for some kids. For this reason, a movement-based meditation, such as yoga, may serve as a good introduction.

Research on the Benefits of Meditation in Children

Meditation is used to rest the mind, body and spirit. This, in turn, has many mental, physical, and spiritual benefits. Mindfulness meditation, specifically, is gaining a foothold in disease prevention and treatment. A number of studies in school settings also show improved attention and behavior. Some research has shown benefits for attention deficit hyperactivity disorder (ADHD), anxiety, depression, school performance, sleep, behavior problems, and eating disorders. For example, a trial of 300 low-income, minority urban middle-schoolers using school-based mindfulness instruction led to improved

psychological functioning and lower levels of posttraumatic stress disorder (PTSD) symptoms.

There are also physical benefits as it calms the nervous system and decreases stress hormones. Studies have shown benefits for gastrointestinal symptoms, obesity, headaches, high blood pressure, pain sensitivity, and immune function. For example, a trial looking at the effect of mindful breathing meditation at a summer camp of 166 teens at risk for cardiovascular disease found that breathing awareness produced a reduction in blood pressure and heart rate.

Meditation Tips

Meditation does not have a set of rules, but there are some tips that can help.

- **The length of time and frequency of meditating can vary** for different people and different practices. But pediatricians typically recommend the following time frames:
 - Preschool children: A few minutes per day.
 - Grade-school children: 3-10 minutes twice a day.
 - Teens and adults: 5-45 minutes per day or more based on preference.
- **Try incorporating deep breathing** into your children's daily bedtime routine—it can help them wind down for the night and make meditation easier to do when other situations arise.
- **Remind grade-schoolers and teens to take a few deep breaths** before answering a difficult question at school, taking a test, or before an athletic performance.
- As young children learn to **manage strong emotions**, deep breathing can be part of the process—especially before and after time outs.
- While meditation can be done on your own, it can also be done with the help of a trained professional. Some counselors and **individuals with training in meditation can help** others learn and practice meditation.
- **Meditation is not currently covered by most insurance plans** unless given by a licensed counselor. It is always best to check with your individual plan. Flexible medical spending programs may count meditation training as a medical expense.
- **There are multiple ways to learn different practices of meditation.** There are books, audio recordings, videos, online training, websites, and even smartphone apps to help children meditate. Choose and practice the one that works the best for you and your child, and enjoy a calmer body, mind and spirit.

Nutritious Nibbles



Homemade Hummus

Kids really love to mash, so no need to use a food processor when making hummus! Enjoy as a dip for your favorite vegetables or serve with pita bread.

Ingredients

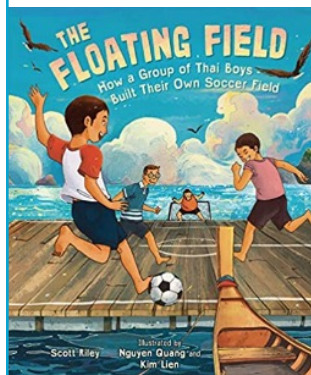
- | | |
|---|-------------------------|
| 1 (15-ounce) can garbanzo beans, drained and rinsed | |
| 1 garlic clove, minced | |
| 1 tablespoon tahini, optional | ¼ cup water |
| 3 tablespoons olive oil | ½ teaspoon salt |
| 3 tablespoons fresh lemon juice | ¼ teaspoon ground cumin |

Instructions

1. In a bowl, use a potato masher to mash the garbanzo beans until they are almost smooth.
2. Stir in the remaining ingredients and mix until well combined.

Recipe source www.cookingwithkids.org

Book Recommendations



The Floating Field

by Scott Riley. Illustrated by Nguyen Quang and Kim Lien

Ages 7 – 11 years

On the island of Koh Panyee, in a village built on stilts, there is no open space. How will a group of Thai boys play soccer?

After watching the World Cup on television, a group of Thai boys is inspired to form their own team. But on the island of Koh Panyee, in a village built on stilts, there is no open space. The boys can play only twice a month on a sandbar when the tide is low enough. Everything changes when the teens join together to build their very own floating soccer field.

This inspiring true story by debut author Scott Riley is gorgeously illustrated by Nguyen Quang and Kim Lien. Perfect for fans of stories about sports, beating seemingly impossible odds, and places and cultures.

If You Come to Earth

by Sophie Blackall, two time-Caldecott winning author-illustrator.

Ages 5 – 8 years

If You Come to Earth is a glorious guide to our home planet, and a call for us to take care of both Earth and each other.

This stunning book is inspired by the thousands of children Sophie Blackall has met during her travels around the world in support of UNICEF and Save the Children.

- An engaging storybook about a single curious and imaginative child
- Simultaneously funny and touching
- Carries a clear message about the need to care for the earth and each other



**April
Butterfly
Flower
Garden
Rain
Seeds
Umbrella**

D F I
U R A I N
W W M D P I S
B K O B J P F
H X H Z H R L L P
D C M T C O E S S
K X L I Q W J R L Y J
B P Y W E B V I L L J
W G S R E M J J Z R A
A P R I L A A Z L X Q
G I L Q Q V C R O O G
B U T T E R F L Y A U
R T M S O H C V R E H
L B O U R U D D C
Z K P O M E V Y Z
P E M N D N F
S E E D S R L
T J X N R
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