Whooping Cough
New School Immunization Law

A new school immunization law requires all students entering 7th through 12th grades in the 2011-2012 school year in California to be immunized with a pertussis (whooping cough) vaccine booster called Tdap.

Pertussis (or Whooping cough) is a very contagious respiratory disease that can be severe and last for months. It is spread from person to person by coughs and sneezes. The immunity received from either early childhood immunization or pertussis disease wears off over time, leaving older students and adults susceptible again to pertussis. Immunization with Tdap can protect students, schools and communities against pertussis.

When babies get pertussis, it can be life threatening. It can result in hospitalization due to difficulty breathing. Some can develop pneumonia or even die from complications. A person of any age can catch whooping cough, but it is more common in babies, teens, and young adults. Over the last 30 years, there has been a rise in the number of people in the United States who catch whooping cough. Therefore, this law will help protect against the spread of pertussis.

The new requirement affects all students – current, new, and transfers – in public and private schools. The law has two phases:

- For the 2011-2012 school year, all students entering into 7th, 8th, 9th, 10th, 11th or 12th grades will need proof of a Tdap shot before starting school.
- For 2012-2013 and future school years, all students entering into 7th grade will need proof of a Tdap shot before starting school.

The information above was derived from www.ShotsForSchool.org

If your child needs a Tdap vaccine, you can have it done at the Pediatric Injection Clinic (Department 188) at the Santa Clara Homestead Facility, Monday through Friday from 9:00am – 5:00pm. No appointment is necessary.

If your child has had a recent Tdap vaccine, you can obtain proof of immunization by accessing your child’s medical record on kp.org or at the Pediatric Injection Clinic (Department 188), Monday through Friday from 9:00am – 5:00pm.

Celebrate Screen Free Week
April 18-24, 2011

What would your family do with an extra 32 hours or more per week*? Find out by joining families across the nation who will turn off their TVs, video games and computers from April 18 – 24 for Screen Free Week.

Why is decreasing children’s screen time so important?
- 60% or more of all childhood weight may be attributed to excessive TV, video game & computer time.
- Direct exposure to TV and overall household viewing are associated with increased early childhood aggression.
- Screen time for children under 3 is linked to irregular sleep patterns and delayed language acquisition.
- For more information, see the Kids and Screens handout at www.commercialfreechildhood.org/factsheets/screentime.pdf

Here are some ideas of things you and your children can do with the extra time:
- Exercise as a family by taking walks, riding bikes, playing sports or active games together.
- Go to a library or museum together
- Set up screen free play dates.
- Read a book, listen to music, or encourage your kids to write a story, draw, or create an art project.
- You can also join our volunteers in the pediatric waiting rooms who will be reading stories, coloring, and playing games with children before their appointments.

* 32 hours is the average amount of time children spend per week watching TV, playing video games and using a computer.

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New “I Can Do It” Toddler Program
Toddlers are wonderful and challenging to parent. They are “long on will and short on skill” – grown up enough to know what they want but their bodies and emotions are still developing and they need their parents to guide them. To assist parents with their toddlers ages 15 to 30 months, the Pediatric Rehabilitation and Pediatrics departments have teamed up to offer a series of four classes. Parents are encouraged to bring their children. This is hands-on!

Description of the sessions follows:
Session 1: “I Want to Move” Discover how toddlers move and develop and ways you can help your child improve his/her motor skills.
Session 2: “I Want to Talk” Learn some of the basic tools a speech therapist uses to improve a toddler’s speaking and listening abilities.
Session 3: “Help Me Eat” What are proper foods and portion sizes for toddlers? What is normal eating behavior? We will answer these questions and more.
Session 4: “Help Me Parent” Understand toddler behavior and simple steps you can take to raise a happy responsible child.

The class is free-of charge and is open to Kaiser Permanente members only. For more information about the “I Can Do It” classes or any of our other pediatric health education programs, please call our health educator, Kimberly Young at (408) 851-1144.

Teen Corner -- Talk With Your Kids About TV News
Why is it important to talk with your kids about what they see on the news? As adults, we depend on “The News” as our primary source for information about the world we live in. Whether it’s the local newspaper, nightly TV newscasts, cable news networks, news radio, or Web sites, graphic footage and accounts of the latest happenings in the world are being delivered right into our homes 24 hours a day. This constant barrage can be overwhelming for adults, but it can be especially confusing and frightening for young children.

Many adults do not realize how many kids actually watch TV news or read the newspaper. In addition, consider the opportunities kids have to be exposed to the news. Maybe you listen to news radio in the morning while you drive the kids to school. Perhaps you read the newspaper at the breakfast table. Remember, while you’re reading an article on page seven, your kids may be staring at the front-page headlines. You might watch the evening news while helping your kids with their homework. Or they may be exposed to a “newsflash” during their favorite sit-com. Even if you avoid exposing your kids to the news, they still get the latest news accounts from their peers.

At the same time, the daily news can perpetuate stereotypes, confuse, anger and even frighten children. By talking with our kids early and often about the stories and images they are exposed to by the news and other media, we can help them better understand the world around them.

Healthy Kids Recipe
Corn & Broccoli Calzones
Makes 6 servings
Prep time: 30 minutes Cook time: 45 minutes

Ingredients
1 ½ C. chopped broccoli florets
1-½ C. fresh corn kerns
1 C. shredded part-skim mozzarella cheese
2/3 C. part-skim ricotta cheese
4 scallions, thinly sliced
¼ C. chopped fresh basil
½ tsp. garlic powder
¼ tsp. salt
¼ tsp. freshly ground pepper
All-purpose flour for dusting
20 ounces prepared whole-wheat pizza dough
2 tsp. canola oil

Preparation
2. Combine first 9 ingredients in a large bowl.
3. On lightly floured surface, divide dough into 6 pieces. Roll each piece into an 8-inch circle. Place a generous ¼ cup filling on one half of each circle, leaving a 1-inch border of dough. Brush the border with water and fold the top half over the fillings. Fold the edges over and crimp with a fork to seal. Make several small slits in the top to vent steam. Brush each calzone with oil. Transfer to the prepared baking sheets.
4. Bake the calzones, switching pans halfway through, until browned on top – about 15min.

Nutrition information per serving: Calories 350, Carbohydrate 50g, Dietary Fiber 4g, Protein 17g, Total Fat 7g, Saturated Fat 3g, Trans Fat 3g, Cholesterol 21mg, Sodium 509mg; Potassium 250mg

Recipe from www.eatingwell.com