



Choking Hazards and Children

Since 1943, March has been Red Cross month in the U.S., a celebration of “the individuals across the country who turn compassion into action, helping others in times of crisis.” In light of this critical mission, we are talking about an important first aid skill this month, how to prevent, recognize, and help choking children.

Prevent it! - Unfortunately, choking is a real danger to our littlest ones. 75% of deaths in children under three come as a result of choking. The best thing, of course, is to prevent choking in the first place.

Both food and inedible objects can lead to a choking incident. A good rule of thumb for small toys or art supplies is to make sure that all parts are larger than the width of a toilet paper roll, including the batteries. Steer clear of craft projects with small items such as beads. You can also check toy recall notices from the U.S. Consumer Product Safety Commission to make sure you know if your child’s playroom contains unknown dangers.

As for food, skip “sticky” foods until babies are at least one. This includes peanut butter, dried fruits, gummy candies, marshmallows, and even large clumps of raisins or cranberries. Hard foods that could be swallowed whole, like popcorn or nuts, should be avoided until 4 years old. For round or cylindrical shaped snacks, like grapes or hot dogs, it is safest to cut them into pieces until a child is at least 3 years old when they can be allowed to eat them whole.

Recognize it - Not everything is avoidable, however, so you should know how to recognize when your child is choking. The most common initial symptoms for children are choking, gagging, coughing, or wheezing. Yet it is possible that these symptoms may subside without the problem going away. If you hear a high-pitched sound when the child breathes, your child’s cough gets worse, or your child is unable to speak, the foreign object may still be causing airway obstruction. If your child stops breathing or has blueness around the lips, you need to act immediately.

Treat it - If you need to take action, don’t try to remove the foreign object yourself. You could end up pushing the object further down the child’s throat. Call 911 if your child is having trouble breathing before you begin taking any other action. If your child is still coughing, encourage them to keep doing so. If your child stops coughing but has trouble breathing or talking, you may need to do the Heimlich maneuver. If the child is upright, bend them forward while holding their waist. Alternate five back blows between their shoulder blades and five abdominal thrusts until the object dislodges or the child can cough or breathe. If your child becomes unconscious you may need to perform CPR. The fine details of both the Heimlich and CPR are beyond the scope of this newsletter but you can learn how to do so from reputable organizations like (of course) the Red Cross or the American Heart Association.

News & Events

• Tulipalooza

- Friday, March 17, 2023 at 9 a.m.
2000 Civic Center Ln
Waxahachie, TX

The event our community has grown to love is back for its fourth year blooming with fun, friends and fresh tulips for the picking! All to benefit our favorite local charities.

For more info visit:

<https://tulipalooza.org/>

• Spring Break Art Extravaganza

- March 14 to March 17, 2023
Kimbell Art Museum
3333 Camp Bowie Blvd, Ft Worth, TX
Experiment with materials and techniques, explore the galleries, and get moving with yoga during a full week of Spring Break family fun. Don't miss MELT Ice Cream and Art by Sam caricatures on selected days. For more info visit:

<http://kimbellart.org/>

• Sazon Latin Food Festival

- Sunday, March 26, 2023
11:00 a.m. to 6:00 p.m.
Armadillo Den 10106 Menchaca Road Austin, TX 78748
Free admission, outdoor, family friendly, live DJ and plenty of curated food options from all over Latin America! For more info visit:

<https://ourlatincity.com/>

Resources

• **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: www.vivaped.com/resources

For current events visit us on Facebook. www.facebook.com/VIVAPeds

• **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! www.carestarter.co/connectionsapp



• **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at www.theparkerleeproject.org

• **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: www.facebook.com/ProtectTXFragileKids
For more info visit: www.protecttxfragilekids.org

• **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. www.dfwchild.com/thrive/directory

• **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



Get Healthy with Giggles

Tips to Help Children Maintain a Heal Weight

In the United States, the number of children with obesity has continued to rise over the past two decades. Obesity in childhood poses immediate and future health risks.

Parents, guardians, and teachers can help children maintain a healthy weight by helping them develop healthy eating habits and limiting calorie-rich temptations. You also want to help children be physically active, have reduced screen time, and get adequate sleep.

Develop healthy eating habits - To help children develop healthy eating habits: Provide plenty of vegetables, fruits, and whole-grain products.

Limit calorie-rich temptations - Reducing the availability of high-fat and high-sugar or salty snacks can help your children develop healthy eating habits. Only allow your children to eat these foods rarely, so that they truly will be treats!

Help children stay active - In addition to being fun for children, regular physical activity has many health benefits. Children ages 3 through 5 years should be active throughout the day. Children and adolescents ages 6 through 17 years should be physically active at least 60 minutes each day.

Reduce sedentary time - Although quiet time for reading and homework is fine, limit the time children watch television, play video games, or surf the web to no more than 2 hours per day.

Ensure adequate sleep - Too little sleep is associated with obesity, partly because inadequate sleep makes us eat more and be less physically active. Children need more sleep than adults, and the amount varies by age. See the recommended [amounts of sleep](#) and suggested habits to improve sleep.*www.cdc.gov

Food for Thought



Crockpot Spinach Dip

Ingredients

10 ounces frozen chopped spinach
1 package, thawed. (Pat out the excess liquid with a paper towel)
½ cup light sour cream
¾ cup low-fat Greek yogurt
½ cup freshly grated Parmesan cheese
8 ounces canned water chestnuts 1 small can, diced
1 clove garlic crushed
1½ cups shredded low moisture/low-fat mozzarella cheese
⅛ teaspoon ground black pepper
to taste

Directions

- Combine all of the ingredients and mix until well combined
- Place ingredients in a slow cooker on high, stirring occasionally. Once dip is hot, you can set the cooker on warm while serving.
- Serve with baked pita chips, or crackers.

Enjoy!

Why was the math book sad?



It had a lot of problems



Just for Giggles!