



# South Lake Star

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Appointment Line  
952-401-8300

Website and Online  
Appointments  
[southlakepediatrics.com](http://southlakepediatrics.com)

## Teaching Children Good Behavior

By Mary Meland, MD

All parents want children who are loving, kind and respectful of themselves and of others. How can a parent help a young child make positive choices and learn self discipline? It's often easier to let children do whatever they like. Who wants a hassle at the end of a long day? But parents who give in to a child's demands all day and let him fall asleep on the couch watching TV may wonder why their requests are ignored and even yelling doesn't work.

Parenting is hard work and results can be gradual over a long period of time. Basic routines work well for meals and bedtime. Enforcing a few simple and fair rules can go a long way in teaching children self control. Children copy what they see. When parents treat children and each other with respect, they are modeling appropriate behavior.

Discipline is a good thing—the word just means teaching after all. Parents are a child's first teachers and need to show him or her the right way to say and do things. Allow for mistakes as a child practices his or her new skill and praise the effort whatever the result. Don't be afraid to say "no" if it needs to be said. Your child will love you anyway and you will take pride in being the parent your child deserves.

## Family Fun Night

South Lake Pediatrics welcomes all families to join us for our annual Family Fun Night on Thursday, August 11, at 6:00 pm to 8:00 pm at Burnes park in Hopkins. Families can bring a picnic dinner and bring your favorite stuffed animal to be seen at our ever-popular Teddy Bear Clinic. You can also enjoy face painting, games, enter drawings and dance with the Teddy Bear Band. Watch our website for complete details. Mark your calendar!

## Leaving older children home alone/babysitters

- ✓ Explain your expectations for any time your children are unsupervised.
- ✓ Create a first aid kit and teach children how to use it. Make a list of emergency phone contacts and keep it by the phone.
- ✓ Store alcohol and prescription medication in a location that is completely inaccessible to children.
- ✓ Establish rules about friends coming over to visit.
- ✓ When selecting babysitters, consider your sitter's age and maturity level along with their decision-making abilities; some suggest a minimum age of 12 years for girls and 14 years for boys.



## Poison Ivy By Robbi Moore, RN, MA

Outdoor summer season is upon us and so is poison ivy season in Minnesota. The poison ivy plant is present from early spring until the fall freeze. It consists of several 3-leaf branches and has a woody stem. Contact with the oil of the plant causes a very itchy rash and blisters. The rash is often a streak pattern and breaks out on skin that is not covered by clothing. It usually appears 1-2 days after exposure. Treatment helps symptoms but does not cure the rash, which can last up to 2 weeks. Prevention is the best treatment. Wear long pants and socks in the woods or natural areas. Teach your child what to look for and avoid.

If there is contact with poison ivy, wash the skin with soap for 5 minutes as soon as possible. After 1 hour, it is too late to prevent absorption of the oil into the skin.

### Homecare:

- ✓ Do cold water soaks then air dry
- ✓ Apply a steroid cream (like Cortaid) soon after initial breakout then 2 x daily for 7-10 days
- ✓ Wash all items that may have had contact with the oil, including pets.
- ✓ Wear gloves when handling these items to prevent new contact.

### Call South Lake Pediatrics if:

- ◆ Itching becomes severe, even with treatment
- ◆ The rash is near the eye area or lips
- ◆ The skin looks infected (you see pus or soft yellow scabs)
- ◆ The rash lasts longer than 2 weeks



Leaves of 3, let it be!

Never burn poison ivy as the smoke causes a severe respiratory reaction!

## easyCARE Information



easyCARE

See clinicians you know and trust at your convenience, at a location and time that works best for you.

No appointment is needed for minor illnesses such as sore throats, earaches, rashes, pink eye, fever and minor injuries.

<b>Chaska</b> 111 Hundertmark Road, Suite 210	M-F	8:30 am to 12:15 pm and 1:15 pm to 5 pm
<b>Children's West</b> 6060 Clearwater Dr, Suite 240	M-F	8:30 am to 12:15 pm and 1:15 pm to 5 pm
<b>Eden Prairie</b> 800 Prairie Center Dr, Suite 120	M-F	8:30 am to 12:15 pm and 1:15 pm to 5 pm
<b>Maple Grove</b> 12000 Elm Creek Blvd, Suite 250	M-F	8 am to 5 pm
<b>Minnetonka</b> 17705 Hutchins Dr, Suite 100	M-F	8 am to 5 pm
<b>Plymouth</b> 2805 Campus Dr, Suite 235	M-F	8 am to 5 pm