



## Chillin' With Winter Safety

It may be getting cold outside but it's just as important for children to get physical activity during the winter as it is during the warmer months. Physical activity should be a healthy part of your family's routine throughout the year. And safety should always be a central part of your children's recreational fun.

First, it's important to still remember the sunscreen. It may seem odd, but you can still get sunburned in the winter, especially when skiing or sledding for hours. Sunlight reflects off of snow and ice. Wear sunscreen on exposed areas, an SPF lip balm, and protective eyewear.

Think about keeping your child warm enough. Regulating body temperature is more difficult in younger children so hypothermia can occur more easily. Layering is a good idea and keeping as much skin covered as possible. Moisture-wicking fabrics are helpful because if a child sweats and then gets exposed to cold air as they remove layers, the sweat can chill them.

Finally, make certain your child is wearing the proper equipment for their sport to minimize opportunities for injury. Wrist guards for snowboarding prevent wrist fractures. Children should always wear helmets while sledding, skiing, snowboarding and playing ice hockey. Also ensure all equipment is sized properly and not broken. [Source: Kidshealth.org](http://Kidshealth.org)



Dear Stamford Pediatrics Families,

Fall has arrived in New England! The leaves are changing color, there's a chill in the air and our children are returning to school, fall sports and all of their fun activities. This season's newsletter has tips on nutrition for your athlete and how to stay safe while playing outside as we head into winter. There is also advice for taming tantrums. Have a healthy and safe fall season and happy holidays!

The Doctors and Staff of Stamford Pediatric Associates.

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MAKING A DIFFERENCE IN THE LIVES OF CHILDREN AND FAMILIES

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# Sports Nutrition

Young athletes need a balanced diet that includes a variety of foods. This is important to improve athletic performance and maintain a healthy body.

The daily training diet should include a balance of carbohydrates, protein and fat. Carbohydrates should provide 55-75% of total calories. Fats should provide 25-30% of total calories. Proteins should provide 15-20% of total calories. Athletes may need some extra protein, but total needs rarely exceed 1 gram per pound of body weight per day. Keep in mind protein supplements have not been shown to enhance muscle development, strength or endurance. Using amino acid supplements will not increase muscle mass or decrease body fat. On game day the pre-exercise meal may include any reasonable foods that an athlete feels may help his or her performance and do not cause any complaints.

Children are at increased risk of dehydration and heat illness. Risk is greatest in hot, humid weather and during long and intense activities. Never restrict fluids for any reason. Make sure drinks are available at all times. Plain water is the best drink for most athletes but offering flavored water or a sport drink might encourage the young athlete to drink more. Athletes need to drink 4-8oz of water for every 15-20 minutes of activity. Be aware that an athlete may become dehydrated before he or she feels thirsty.

Remember that failing to take in enough fluids and calories may lead to early fatigue, irritability, or a sudden drop in performance.

Source: [healthychildren.org](http://healthychildren.org)



## Spotlight on Calcium

Calcium is a key building block for strong, healthy bones. But many children fail to get the recommended daily amount.

Children 1-3 years old need 500mg daily; 4-8 years old need 800mg daily; 9-18 years old need 1,300mg daily

During childhood the body uses calcium to build strong bones. This process is almost complete by the end of the teen years. Bone calcium begins to decrease in young adulthood and progressive loss of bone occurs as we age, particularly in women.

Teens, especially girls, whose diets don't provide the nutrients to build bones to their maximum potential are at greater risk of developing osteoporosis, which increases the risk of fractures. Younger children with insufficient calcium and vitamin D intake are at risk for rickets, which is a bone-softening disease.



Calcium plays an important role in muscle contraction, messaging between nerves, and the release of hormones. If blood levels are low due to poor intake, calcium is taken from the bones to ensure normal cell function.

Milk and other dairy products are the best sources of calcium and most contain added vitamin D, which is also important for bone health. All milk (from skim to whole) contains the same amount of calcium per serving. Two cups of milk or other dairy product per day for children 2-8 years old and 3 cups per day for those older than 9 years old fills the daily requirement.

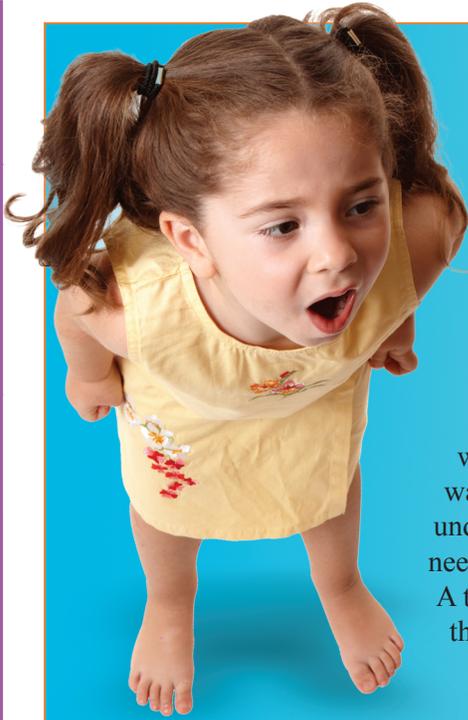
However not everyone is able or willing to consume dairy products. Other good sources of calcium include fortified orange juice, soy products, breads, and cereals. Some other options are almonds, white beans, red beans, chickpeas, dark green leafy vegetables, and broccoli. Finally, while it's best for children to get calcium through their diet, this may not always be possible. In that case, calcium supplements can be the answer.



Source: [Kidshealth.org](http://Kidshealth.org)

# Temper Tantrums

from KidsHealth.org



Temper tantrums range from whining and crying to screaming, kicking, hitting, and breath holding. Toddlers from age 1-3 years old are the chief offenders. Depending on the temperament of the child, some experience regular tantrums, whereas others have them rarely.

Tantrums are a normal part of development. Unlike adults, kids don't have the same inhibitions or control. Toddlers are trying to master the world and when they aren't able to accomplish a task or get what they want, they vent their frustrations via tantrums. Also toddlers can generally understand more than they can express. They have trouble expressing their needs with language. As language skills improve, tantrums tend to decrease. A tantrum is also a way for a child to get attention. Finally, keep in mind that a tantrum is more likely to occur when a child is tired, hungry, or uncomfortable.

## SOME STRATEGIES TO HELP AVOID TANTRUMS:

Reward your child with attention for positive behavior so that he or she doesn't act up in an effort to get attention.

Give toddlers some control over little things to fulfill their need for independence. ("Do you want orange juice or apple juice?")

Keep off-limits objects out of sight to make struggles less likely to develop over them.

Take advantage of your child's short attention span by offering a replacement for the coveted object or beginning a new activity to replace the forbidden one.

Set the stage for success when kids are playing by offering age-appropriate toys and games.

Choose your battles. Accommodate your child's requests if they are not too outrageous.

Know your child's limits. If you know your toddler is hungry or tired don't attempt to squeeze in one more errand.

## HOW TO HANDLE A TANTRUM WHEN ONE OCCURS:

Above all, keep cool. Don't complicate the problem with your own frustration. Instead take deep breaths and try to think clearly.

Your child relies on you to be the example. Hitting doesn't help. Physical tactics send the message that using force is OK. Have enough self-control for both of you.

Try to understand what's going on. Tantrums should be handled differently depending on the cause. If the child has had a great disappointment, you may need to provide comfort. But if the tantrum stems from being refused something then ignore the outburst if the child is in a safe place. Continue your activities but keep the child within sight. Don't leave your child- he or she may feel abandoned on top of all the other emotions.

Kids who are in danger should be taken to a quiet, safe place.

Never reward your child after a tantrum by giving in. This will only prove that the tantrum was effective. Instead praise your child for regaining control.

Kids may be especially vulnerable after a tantrum when they know they've been less than adorable. Now is the time for a hug and reassurance.

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Remember tantrums are not usually a cause for concern and usually diminish on their own. As kids mature, their frustration levels decrease. Less frustration and more control mean fewer tantrums.



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## EMPLOYEE Spotlight



### Lina Pirolozzi, LPN

Many of you may know Lina Pirolozzi. Lina is a nurse who has been with our practice for over two years. She works in both our Stamford and Darien offices. When Lina was growing up, she was a patient at the practice and used to see Dr. Geotes for her medical care. Lina grew up in Stamford and continues to live here.

Lina attended college locally while working at a variety of part time jobs at doctor's offices, restaurants, and for families as a babysitter. She received her LPN license at J.M. Wright Technical School in 2008. She has continued her education during her two years of employment with Stamford Pediatrics. She is currently in her second year at Norwalk Community College's RN program and anticipates graduating in May 2011.

*Lina enjoys working with people, especially children. At our office, the children respond beautifully to her patience and constant smile. Those of us who work with her, appreciate Lina's positive attitude and vivacious personality. She is a pleasure to have at Stamford Pediatrics as part of our professional staff.*

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