



## Pediatric Associates of Durango Newsletter

Happy Summer! We are always looking for new ways to enhance your experience here at Pediatric Associates of Durango. Below is a survey that we hope you will take the time to fill out.

Feel free to get the surveys back to us by "snail" mail, email or fax:

1. You can print and mail it to: Pediatric Associates of Durango, 1199 Main Ave, Suite 205, Durango, CO 81301
2. You can cut and paste and email to: [admin@paofdurango.com](mailto:admin@paofdurango.com)
3. You can print and fax them to: 970-259-7366.

Thanks!

Dr. Pakhi, Amanda, Kodie, Laura and Tiffany

### 2010 Patient Survey Feedback

**We would appreciate if you could take the time to complete the survey. Please return by fax, mail or e-mail.**

Fax # 259-7366

Pediatric Associates of Durango  
1199 Main Ave Ste 205  
Durango, CO 81301

e-mail [admin@paofdurango.com](mailto:admin@paofdurango.com)

1                      2                      3                      4                      5  
(Poor)   (Below Average)   (Average)   (Great)   (Excellent)

Have you been treated in a courteous manner by our office staff?

1              2              3              4              5

How would you rate the care you received from the nursing staff?

1              2              3              4              5

How would you rate the care you received from your doctor?

1              2              3              4              5

How would you rate the After Hours Nursing Triage Service?

1              2              3              4              5

Have you been satisfied with your overall experience?

1              2              3              4              5

**Thank you for all of your referrals!**

**Suggestions / Comments / Questions:**



## **SUN SAFETY**

Summer is almost here and it is getting much warmer outside. Finally our kids can play outside! But if they are going to be out in the sun, especially on a hot day, they need to stay safe.

The sun is a very essential part to growth on our planet. Daily, the sun is sending down light which includes invisible **ultraviolet rays**. Some ultraviolet rays pass through air and clouds and penetrate the skin. When our skin's been exposed to too many of these rays, we get what's known as sunburn. Ouch! Sunburn is bad for our skin and can really hurt.

### **BY AGE:**

**0 - 6 months:** It is recommended that infants be kept out of the direct sunlight because they are unable to move and change positions in excessive heat. They should be placed in shade or kept **out of** the sun. **Sunscreen: Do not use sunscreen** in this age group. Keep them covered with the stroller, hats and light cotton clothing. But definitely go outside and enjoy the fresh air!

**6 months to 12 months:** It is generally still best to keep this age group out of direct sunlight. **Sunscreen:** Use sunscreen. The babies skin is still very thin and burns easily even with the use of sunscreen, so it is still VERY important to keep the babies skin covered as much as possible.

**> 12 months:** Always still best to cover up with light weight cotton and hats as well as using sunscreen!

**\*\*REMEMBER: 80% of sun damage occurs before age 18!!!\*\***

The Environmental Working Group has created an exhaustive resource regarding the least toxic and most effective sunscreens. Go to this link to see what sunscreen is best for you and your family:

<http://www.ewg.org/2010sunscreens/>

## Important Information Regarding Insect Repellents!

**Good News! The American Academy of Pediatrics states that the more natural alternatives to DEET (specifically 2% Soybean oil and Oil of Lemon Eucalyptus) are safe alternatives in infants as young as 2 months. The determination was not based on safety testing, instead it was based on the maturity of a baby's skin at this age i.e. one should still use caution when using these substances and use them in a limited fashion.**

<b>Insect Repellant/Concentration</b>	<b>Use</b>
Products with <b>5% DEET</b> (N, N-diethyl-meta-toluamide)	Effective for periods of approx. 2 hours. The American Academy of Pediatrics (AAP) state that this is safe for children $\geq$ 2 months. The Canadian Pediatric Society advises against the use of DEET under 6 months of age and states children aged 6 months to 2 years should be limited to one application per day.
Products with 10% DEET	Effective for periods of approx. 3 hours. As above.
Products with 24% DEET	Effective for periods of approx. 5 hours. The AAP states that 30% DEET is the maximum concentration currently recommended for infants and children. The Canadian Pediatric Society advises that a concentration of DEET over 10% be used only in children $\geq$ 12yrs old.
Picaridin 5-10%	Effective for periods of time comparable to DEET. The AAP states that this is now safe for children $\geq$ 2 months.
Oil of Lemon Eucalyptus This has not been tested	Effective for periods of time comparable to lower

against mosquitoes that spread malaria and some other diseases which occur internationally.	concentrations of DEET. The AAP states that this is now safe for children $\geq$ 2 months.
Products with 2% soybean oil	Effective for periods of time comparable to lower concentrations of DEET. The AAP states that this is now safe for children $\geq$ 2 months. .

It is recommended that **children should not apply to repellents themselves** and instead a parent or responsible adult should apply the repellent.

- Apply repellents only to exposed skin and/or clothing (as directed on the product label). Do not use repellents under clothing.
- Never use repellents over cuts, wounds or irritated skin.
- Do not apply to eyes or mouth, and apply sparingly around ears. When using sprays, do not spray directly on face - spray on hands first and then apply to face.
- Do not allow children to handle the product. When using on children, apply to your own hands first and then put it on the child. **Do not apply to children's hands.**
- Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation generally are unnecessary for effectiveness.
- After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing it again. (This precaution may vary with different repellents - check the product label.)
- If a child develops a rash or other apparent allergic reaction from an insect repellent, stop using the repellent, wash it off with mild soap and water and call a local poison control center for further guidance.

## Free Yoga Class



Pediatric Associates of Durango would like to welcome Michelle Rotherbeg.

Class taught by Michelle Rothberg, I.B.Y. Cert.

Class will be held at Pediatric Associates of Durango  
For Children ages 3-7 years old  
Classes are once a month 3:15pm - 4:00pm

Wednesday, June 16

Wednesday, July 14

Wednesday, August 11

Please call the office 259-7337 to reserve a space for your child.

## Free Infant Massage Class at Pediatric Associates of Durango

Wednesday, July 21st

Wednesday, August 18th

10am - 11:30am

Where: Pediatric Associates of Durango

Class limit 8 children

***Pre-registration is required***

Please call Pediatric Associates of Durango to schedule

your infant for this class.

Newborns age 2 wks up to 9 months are welcome  
Please bring a baby blanket and your baby to class,  
massage oil will be provided.

Come learn the Healing Art of Touch Therapy; how to  
lovingly massage your baby.

The benefits of learning to massage your baby are huge:

**\*A massaged baby will have less colic, gas and  
constipation.**

**\*Stimulates growth and development**

**\*Aids in normalizing sleep patterns**

**\*Irritability and tantrums are reduced with massage; a  
calm baby will lead to calm parents**

**\*Massaged babies have stronger immune systems  
resisting infections and other health problems.**

**\*Baby massage helps build a bond between Mom, Dad  
and Grandparents**

**\*Especially beneficial for preemies and special needs  
babies**

Instructor: Robin Davis, LPN, CPMT, Doula

For more information contact Robin Davis of Mothering U2  
Birth Services #970-764-0545

**Infant massage class at Kids Rock**

June 22nd 6:30pm - 8pm

Where: Kids Rock 1032 Main Ave

Pre-registration is required, contact Robin Davis to register  
cost is \$12.00

Newborns age 2 wks up to 9 months are welcome

Please bring a baby blanket and your baby to class,  
massage oil will be provided.

Instructor: Robin Davis, LPN, CPMT, Doula

For more information contact Robin Davis of Mothering U2  
Birth Services #970-764-0545

## **Meet The Trucks**

**La Plata County Fairgrounds - June 26, 10am-3pm**

This event is held to raise money for Skills for Living and Learning. This is a non-profit school in Bayfield that specializes in educating children with sensory processing disorder.

Admission is \$2/person with children two and under free. At this event there will be vehicles ranging from fire trucks, semi trucks, ice cream trucks, school buses and a hearse. Smokey the bear will also be visiting with the children. Kiwanis will be offering free child ID kits at the event. There will be face painting, cake walk, bake sale, food vendors & live entertainment.

For more information please visit website

[www.meetTheTrucks.com](http://www.meetTheTrucks.com)

## **The Family Center of Durango**

**Infant /child CPR class for parents**

Thursday, June 10 5:30pm - 8:30pm

\$35.00

## **Playgroups**

Baby and Me - Birth - 11 months  
Tuesday 1:30-3:00pm

Lil' Noodle - Os 12-23 months  
Various days and times

Mommy & Me 2 - 3 years  
Various days, 10am - 12pm

Grasshoppers 3.5 - 4 years  
Various days and times

Dragonflies 3.5 - 4 years  
Tuesday 11am - 1pm

Caterpillars 4 - 5 years  
Thursday 10am-12pm

Weekend Warriors birth - 5 years  
Saturday 10:30am - 12:30pm

La Leche League for nursing mothers  
1st Monday 10am - 12pm

## **FAMILY CENTER OF IGNACIO/BAYFIELD**

Jammin Juniors  
Every Monday and Wednesday at the Lavenia McCoy Library in Bayfield from 10-11am. Come to the library and have fun playing with a parachute, singing, doing fingerplays and reading books! This is a free program available to children ages 0-5. Call Amber at 884-9750 for more

information.

#### **Bayfield Area Playgroup**

This playgroup is multiage for parents of children ages 0-5. Come and meet with other parents to discuss the joys and challenges of raising children and share or gain insights about how to make it through each developmental stage. Playgroup meets the first Thursday of every month at 10am at the Lavenia McCoy Library in Bayfield. Call Amber at 884-9750 for more information.

## **The Children's Museum**

### **Commencing Countdown**

On June 18, 2010, The Children's Museum will begin the transformation - and transportation - of our sweet little museum. That means closing the doors upstairs at the Durango Arts Center and heading down to the Powerhouse. While we'll be closed until October so we can fill the amazing new space with great exhibits and activity areas, you can still look forward to Camp Discovery and other programs throughout the summer. And don't forget to make the most of your museum membership privileges, including free admission to over 350 museums worldwide.

### **Summer Science Day Camps at The Children's Museum:**

#### **Spring Meltdown**

*Ages 5-8 (must have completed Kindergarten)*

June 7-11, 9am-3pm

\$175 for members, \$200 for non-members

Have you ever wondered why the river changes colors in June? Spring Melt is an exciting time to study river systems. Campers will learn about local watersheds by building sand mountains, and through fun games, captivating story time, and nature based art. We will also collect water samples for view under microscopes, visit the Durango Fish Hatchery, play like fish in the great outdoors and more!

#### **Lego League Boot Camp**

*Ages 9-12 (must have completed 3rd grade)*

June 21-25, 9am-1pm

\$.150 for members. \$.175 for non-members

Lego Leaguers! Want more time building robotic arms and roving bots? This camp is for you. You will program the LEGO NXT Robot all week long, while working as a team to create designs of your own invention. Your school will love you when the season starts next fall.

### **Get With the Flow!**

*Ages 9-12 (must have completed 3rd grade)*

July 26-30, 9am-4pm

\$220 members, \$245 non-members

From flies that float to kids that boat, come explore your very own Animas River. This week will start off awfully-fishy as we explore creepy crawlers and aquatic life under microscopes. We will visit the hatchery, experiment with making our own flies, and go fly fishing! Experience the power of the Animas through boat races, river energy experiments, water quality tests and of course an end of the week white water rafting trip!

### **Let's Get Cellular**

*Ages 10-14 (must have completed 5th grade)*

August 9-13, 9am-3pm

\$175 for members, \$200 for non-members

Campers in this week-long biology extravaganza will conduct in-depth studies of the smallest form of life: cells! Become an expert with compound microscopes, grow and examine colonies of bacterial cells, and study several types of animal cells. We will isolate and view DNA, and study cell death by experimenting with various antibiotic agents on the bacterial colonies. Join us for this magnificent microscopic madness!

### **Discovery Drama**

*Ages 4-7*

August 9-13, 9am-12pm

\$100 for members, \$125 for non-members

Join Atomic Ashley to explore science and our solar system through drama! We will use age appropriate theatre games and dramatic role play activities to better understand the scientific world around us. A short performance will wrap up the last day of this week-long camp.

### **The Body Shop! (or Pre-Pre-Pre Med School)**

*Ages 8-11 (must have completed 2nd grade)*

July 12-16, 9am-3pm  
\$175 members, \$200 non-members  
Get an icky, sticky, in-depth look into anatomy and physiology! Campers will learn about body systems, dandruff, vomit, and all the gross things our body can do! The body shop includes isolating bacteria that grows on our skin, and dissection of animal heart, brain, and other organs. Future doctors and nurses, this one's for you!



### **Birthday Parties at the Museum**

Have your birthday party at Durango Discovery Kids! We will open up the museum for you and 10 of your friends for 2 hours, set up and clean up, and provide a craft and entertainment. We can also provide a birthday cake!

Prices and availability vary. Please call 259-9234 for more information

or visit their website to view their birthday menu packages

## **Durango Public Library**

### **"Make Waves" Kick-off Party for Teen Summer Reading**

Upcoming Programs:

#### **June 3**

- Make Waves! Kick-Off Party: Stop by the Library between 3:00-5:00 PM to sign up for this year's program.

**June 10** - Freaky Movie Day: Coraline 3:00-5:00 PM

**June 17** - Action Movie Day: Iron Man! 3:00-5:00 PM

**June 24** - Book Wallets! Turn your favorite paperback into an awesome wallet! 3:00-5:00 PM

**July 1** - Drama Movie Day: The Count of Monte Cristo! 3:00-5:00 PM

**July 8** - THE Committee Meeting: Join THE Committee and let your voice be heard! 4:00-5:00 PM

**July 15** - Andy Hackbarth! Come hear Andy perform, learn about songwriting, and help write your own song! 3:00-5:00 PM

**July 22** - SciFi Movie Day: Stardust! 3:00-5:00 PM

**July 29** - Sayonara Summer! Bid farewell to TSR with awesome games, prizes, and snacks! 3:00-5:00 PM

## **"Make a Splash" Summer Reading Program 2010**

The 2010 Summer Reading for children ages 0-12. Online reading logs, fun programs to attend, certificates and prizes. Upcoming Programs:

**June 1- Splash Down and Sign-up Party 2-4:30 PM**

**June 10-11:00 AM-Where the Wet Things Are-Storyteller Bob Kanegis**

**June 17-1:00 PM-The Yo-Yo Man, Luke Renner**

**June 24-11:00 AM- Erica Sodos, Pirate Magic**

**June 30- 3:00 PM- The Water Horse (Movie)**

**July 8-11:00 AM- Salida Circus: The Lost Mermaid**

**July 15- 1:00 PM- Singer, songwriter Andy Hackbarth**

**July 21-2:00 PM- Make a Splash with Water Experiments!**

**July 29-11:00 AM- Matt, the Magician**

### **2010 Summer Reading June 1 - July 29**

Durango Public Library

Fort Lewis Mesa Branch Library

Sunnyside Branch Library

Books, programs, and prizes for kids and teens

For more information please call 375-3380 or visit

[www.durangopubliclibrary.com](http://www.durangopubliclibrary.com)

### **PreSchool Storytimes**

Wednesdays 10:30am - 11:30am

### **Baby, Books and Me - Baby Storytime**

Thursdays 1:30pm - 2:30pm

### **DFRA presents: "Fired Up Stories"**

2nd Friday of the month when the Durango Fire & Rescue Authority presents "Fired Up Stories"! Local area firefighters, EMS Medics, EMT's and support staff come to the library for a special storytime. A very popular storytime, don't miss it!

## **Joy of Life Family Medicine**

For more information on Dr. Joy Kanevski ND, RM please visit her website <http://www.joyoflifem.com>

## **Breastfeeding Workshop**

**June 8, 2010**

**6pm - 7:30pm**

**Where: Kids Rock 1032 Main Ave.**

Topics that will be discussed:

- \* Why breast is best: benefits for baby & mom
- \* Proper latch & positioning
- \* How you know your baby is getting enough
- \* How to prevent/manage sore nipples
- \* Expectations on day one through 2 weeks
- \* How to get the support you need
- \* When to ask for professional help

For mothers and fathers to-be

Breastfeeding manual & snacks provided!

\$20 per family & walk - ins welcome

For more information and to pre-register call 946-1345  
or Kids Rock 259-9400

## **Thrive in the First Year**

**A workshop for new Mothers and Fathers**

**July, 14th**

**6pm-7:30pm**

**Where: Kids Rock 1032 Main Ave**

- \*How to prevent illness in the first year of your baby's life
- \*Tools to treat: teething, first fevers, colds, flu, ear infections, diaper rash.
- \*How and when to introduce solid foods to prevent food allergies, and promote proper immune function and digestion.
- \*Healthy sleep tips.
- When to ask for professional help.

\$20 per family and walk - ins welcome

For more information and to pre-register call 946-1345 or  
Kids Rock 259-9400

## **Childbirth in Durango**

**July 31st**

Designed for young people who are considering family in the future, parents-to-be, and experienced parents who have stories to share.

\*Bring family, friends and neighbors who might be interested. Please forward this email!

Location and other details still to come... but we WILL gather on July 31 for a picnic hosted by three local Durango area homebirth midwives:

Dr. Joy Kanevski of **Joy of Life Family Medicine**  
Carole Nighswander of **Ahmavine Midwifery**  
Juanita Nelson of **Community Midwives**

Looking forward to a joyous and informative exploration of birth options!

For more information about these events please visit website

<http://www.joyoflifefm.com>