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QUARTERLY NEWSLETTER

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Have A Healthier Holiday Season in 3 Steps

Step 1: Stay Active!

Even small amounts of physical activity can have a large impact on your health this season.

Increased physical activity has been shown to reduce anxiety and promote better sleep. You can fit extra activities in your daily routine by parking further away from store entrances and walking briskly inside. Go for group walks with your family before or after dinner, and including a scavenger hunt makes the walk more fun.

Step 2: Eat Healthy

If you are planning to eat high calorie or high fat foods, do so in moderation and choose smaller portions. Fill your plate with fruits and vegetables first, and THEN add small portions of less healthy options. If you are bringing a dish to a party, make it a healthy one, so there is at least one healthy item for you to enjoy there.

Step 3: Plan Activities that Don't Involve Eating

Volunteer in your community or place of worship. Try a winter hike, building a snowman or ice skating. Go on a walk with a friend or family member. Visit a museum or zoo as a family. Play games like charades, or minute to win it.

FOR MORE INFO CLICK: [HOW TO HAVE HEALTHIER HOLIDAYS](#)



***Take time to get a flu vaccine every season.** Now is the best time if you have not received one this year. Everyone 6 months of age and older should get a flu vaccine every season. You do not get the flu from the flu vaccine, but if you do happen to get the flu after having the vaccine, studies show the symptoms are milder and shorter lasting.

A **FLU**
VACCINE
CAN TAKE
FLU FROM

WILD
TO
mild



#FIGHT FLU



FURTHER GERM REDUCTION TECHNIQUES

- Wash your hands frequently with soap and water or use Alcohol based hand sanitizers if soap and water are unavailable.
- Cover your nose and mouth with a tissue when you cough or sneeze. If no tissues are available, cough or sneeze into your elbow.
- Avoid touching your eyes, nose and mouth
- Improve air quality by bringing outside, fresh air inside, purifying indoor air, or gathering outdoors.

Take action every day to stop the spread of germs.

- Limit Close contact with people who are sick.
- If you are sick, take action to prevent spreading the infection to others. Stay home for at least 24 hours, until you are:
 1. Fever free without medication
 2. Showing improvement in symptoms.

*Stay
Safe!*

FOR FURTHER INFORMATION CLICK HERE
[CDC: Preventing Seasonal Flu](https://www.cdc.gov/flu/prevent/)

Safe Skincare for Preteens

From Le Bonheur Children's Hospital "Practical Parenting" Blog

Young and younger- people are getting into the skincare game, which provides no shortage of options, many highlighted on social media by influencers. How do you know what's safe (and what's not) for your preteen?

Teresa Wright, MD, chief of Pediatric Dermatology at Le Bonheur Children's Hospital, offers helpful information surrounding skincare and what's appropriate for preteens to use.

Ingredients to Avoid

Many of the beauty products on the market aren't safe for preteens, as they contain ingredients that are too harsh for young skin. This raises the risk side effects like irritation, contact dermatitis and allergic reactions. However, none of that risk is communicated in advertisements or TikTok videos sometimes.

"I think there are a variety of different trends, so to speak. But in general, what they all have in common is just this emphasis on needing to have all these different products, these expensive name brand products. That's not really needed for younger kids," cautions Wright. "These are products that were developed for adult people who have adult skin concerns like fine lines and wrinkles or sagging skin or discoloration from age spots and concerns like that."

One ingredient to avoid is RETINOL, which works to exfoliate dead skin layers. Preteens have youthful, plump skin and not necessarily many extra dead skin cells to eliminate. Another potentially harmful ingredient is HYALURONIC ACID, which draws moisture to the skin—but it is a form of acid.

NIACINAMIDE and VITAMIN C are used for brightening the skin and helping to fade dark spots, but these can be irritating, especially to young skin that tends to be thinner and more sensitive. PEPTIDES, an anti-aging ingredient, are another common skincare ingredient that can cause irritation and isn't necessary for young skin.

Which Products CAN Preteens Use?

It's natural for preteens to start to see early signs of acne, such as small blackheads and oily skin. The best approach, says Wright, is to use a mild cleanser and mild moisturizer that has sunscreen built into the formula. If the acne starts to progress, she says it's fine to add in a cleanser that contains SALICYLIC ACID or BENZOYL PEROXIDE.

"If they're just getting a few little blackheads, that'll be enough to treat that. But really, it's all about just mild cleanser, some kind of moisturizer with sunscreen and maybe some lip balm. You can buy all of those items at the drugstore. There are really good skincare product lines available at the drugstore," she assures. "You don't have to go and spend a lot of money on these fancier product lines."

Authored by:



Teresa Wright, MD
Chief of Pediatric Dermatology

<https://www.lebonheur.org/blogs/practical-parenting/safe-skincare-for-preteens>

Apple Cider Mocktail:

Ingredients

- 2 cups of fresh apple cider
- 1 tablespoon of honey
- 1 cinnamon stick
- 1 star anise
- 1 pinch of cloves
- Fresh orange and apple slices
- 1/2 cup sparkling water



While primarily a treat, Apple Cider Mocktails do offer some health benefits:

- Apples contain antioxidants that may help reduce the risk of certain diseases.
- Cinnamon has anti-inflammatory properties and may help regulate blood sugar.
- When consumed in moderation, this mocktail can contribute to your daily fluid intake.
- Using honey as a sweetener provides trace amounts of vitamins and minerals.

Follow these steps to prepare your mocktail:

1. Chill your serving glass in the freezer for about 5 minutes.
2. In a saucepan, warm the apple cider over medium heat.
3. Add the cinnamon stick, star anise, and cloves to the cider. Let it simmer for 5 minutes to infuse the flavors.
4. Stir in the orange slices and let it simmer for another 2-3 minutes.
5. Remove from heat and stir in the honey until dissolved.
6. Fill your chilled glass about 2/3 full of the warm cider mixture.
7. Top off with sparkling water for a refreshing fizz.
8. Garnish with a cinnamon stick and apple slices if desired.

<https://mocktailjoy.com/apple-cider-mocktail/>