

Manage Your Health



WINTER 2017

A publication of Texas Children's Health Plan

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CM-0117-293

Be active! Stay healthy! Keep fit!



Learn how to live a healthier life.

Members from 10 to 18 years old can sign up for our **Keep Fit Club** and learn fun, easy ways to stay active and make smart food choices. And it's no cost to you!

Keep Fit offers:

- Healthy cooking and easy recipes.
- Fun exercises you can do at home.
- Special activities.

Sign up: [TexasChildrensHealthPlan.org/Keep Fit](http://TexasChildrensHealthPlan.org/KeepFit)

Session 1: Saturdays

Feb. 4 (11 a.m. to 1 p.m.)
Feb. 11 (11 a.m. to 1 p.m.)
Feb. 18 (11 a.m. to 1 p.m.)
Feb. 25 (11 a.m. to 1 p.m.)

Sagemont Community Center

11507 Hughes Rd.
Houston, TX 77089

Session 2: Saturdays

March 25 (11 a.m. to 1 p.m.)
April 1 (11 a.m. to 1 p.m.)
April 8 (11 a.m. to 1 p.m.)
April 22 (11 a.m. to 1 p.m.)

Tom Wussow Park-Pavilion

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Texas Children's
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Cough medicine does not work as well as you think...


but honey can help relieve coughs.

The cough is one of the best defenses the lungs have. Mucus traps bacteria. Coughing gets rid of the mucus and the bacteria goes with it. Without a good, productive cough, children can much more easily get pneumonia (lung infection) and lung damage.

Research studies show that cough medicine does not work to reduce cough from a cold. That means that giving cough medicine is no better than giving no medicine at all. And, it puts the child at risk for side effects from the medicine. Studies in children with colds that compared honey to cough medicine and to giving no medicine, found that honey helps the cough, while cough medicine did not help.

When I speak to pediatricians, most of them know that cough medicine does not work, but they prescribe it anyway. When I ask why, they say the parents expect it. If a child has a cold with a cough and the doctor does not prescribe cough medicine the parent thinks that the doctor has not done his or her job. Most doctors are relieved when a parent says that they do not want cough medicine for their child.

*Harold J. Farber, MD, MSPH
Associate Professor of Pediatrics, Pulmonary Section
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Associate Medical Director, Texas Children's Health Plan*



DO NOT
give honey to
an infant under
the age of 1.

What can a parent do for their child who has a cough with a cold?

Stay well hydrated. Chicken soup is great!

- If a child is over the age of 1, a teaspoon of honey can help the cough. Don't give honey to an infant under the age of 1. This increases the risk for infant botulism.
- Remember, the cough protects the lungs. The cold should get better in a few days.
- See a doctor right away if there is high fever, difficulty breathing, fast breathing, or tightness in the chest.



What to do when you're sick and blue


Cold and flu season is here. Many kids will get sick and need to be home from school. They may be stuck in the house for many days. Here are some things to keep them entertained when they are feeling crummy and bored.

They will feel the worst the first two days, so they will need lots of love and rest. You can spend these days watching their favorite movies and reading them stories. They won't feel like doing much else and will sleep a lot.

Soon they will begin to feel better but will still need a few more days at home while they fully recover. This is when they start to get bored. Here are some activities to help these days pass pleasantly.

- Board games
- Coloring
- Looking at old family pictures
- Building a fort

Christopher M. Smith
LMSW, LMFT, CCM



Make sock puppets using old socks, fabric, buttons, glue, and scissors. Once you make your characters, you and your child can act out a puppet play. You could even perform the play later that day when the rest of the family comes home.



Does your child have a Written Asthma Action Plan?

An Asthma Action Plan is a written guide to help keep your child well and deal with asthma problems. You make this plan with your child's doctor. The plan may change as your child's asthma needs change. You should have a copy at home and at school and with other caregivers.

An Asthma Action Plan includes:

- A daily care plan to help keep your child well and meet goals for asthma control.
- A rescue plan to help your child deal quickly with increasing symptoms.
- A guide for asthma emergencies to help you know when to call the doctor and when you need emergency help.

Call us at 832-828-1430 if you need an Asthma Action Plan.



Help your child **manage diabetes**

Sometimes parents of children with diabetes can get discouraged. It is hard enough handling work, a home and other family members. But, managing a child with diabetes can be overwhelming. Whether your child was recently diagnosed with diabetes, or this is something you and your child have been dealing with for a while, we want you to know that we at Texas Children's Health Plan, are here to support you! You can call one of our case managers or health educators at 832-828-1430 for help.

Here are a few basic things you should know to help you and your child start managing diabetes right away:

- **A1C:** You will hear this term a lot. It is important to know this number because it will let you know how well you are managing the diabetes. Keep a log of this value. Include the date and see your progress! The goal is to have an A1C below 7.
- **Medicines:** Be sure to take medicine exactly as prescribed by your doctor. Ask your doctor to write down the instructions. If you need him or her to show you how to do the test, just ask.
- **Glucometer:** Be sure you learn how to use it the right way. You can ask your pharmacist or doctor to train you how to use your glucometer.
- **Healthy eating:** Eating healthy can take a little work at first until you develop good habits. There are some easy things that you can start doing right away.
 - Make sure that you have healthy drink choices at home. Avoid buying sugary drinks, including sport drinks, and limit juices.
 - Be aware that fruits contain sugar and you should limit the portion when eating fruit. Try to eat a piece of cheese stick or some nuts (choose plain) when eating fruit.
 - A better snack choice is veggies, such as celery sticks, cucumber slices, or one of the many other options to choose from.
- **Physical activity:** Now is the time to start-and-stick with the program! Exercise is vital to managing diabetes. The American Diabetes Association recommends that you exercise at least 30 minutes each day for at least five days a week. Strength training is great because it makes your body more sensitive to insulin. You can do things like sit ups, pushups, or both, even while you watch TV.

Soon, you will know well how to manage your child's diabetes. Remember: if you ever need our help or advice, we are just a phone call away: 832-828-1430.

7- and 30-day **mental health follow-up**

Has your child been in acute psychiatric care? If so, you may have been informed that your child must have a 7- and 30-day follow-up visit with a mental health professional.

Take your child to an in-network provider within 7 days of release. And again within 30 days of release. We urge you to see a therapist for the 7-day follow-up and a psychiatrist for the 30-day follow-up. This makes sure your child is seen post release when they may be at the most risk for relapse. If needed, your child can work through any issues in therapy on an outpatient basis. And he or she can see the psychiatrist to check his or her medications.

You can **stay active** indoors this winter!

Getting physical activity is important year-round to help kids stay at a healthy weight. Children should get at least 1 hour of physical activity every day. They should also limit screen time (TV, video games and computers) to less than 2 hours each day. Staying at a healthy weight means balancing calories taken in (through food and drinks) with calories burned (through daily activities, exercise, and chores). When the weather is cold and rainy in the winter, it can be hard to get exercise. Here are some fun ways to keep the kids moving while indoors.

- **Attached at the hip:** Use a beach ball or a balloon and place hip-level between two kids standing side by side. See if they can walk across the room without dropping it. Start over if you drop the ball or balloon!
- **Around the world:** Place a large bowl or bucket in each room of the house. Roll up a sock. Have the kids stand in the doorway and try to throw their sock into the bowl. Once they score, they can move to the next room. The first person to score in every room is the winner!
- **Animal charades:** Write the names of animals on pieces of paper and put the pieces of paper in a bowl. Take turns choosing a piece of paper from the bowl and acting out that animal until someone guesses the answer.
- **Color walk:** Tape different colors of construction paper in a path on the floor. Mix up the colors in your pattern. See if your child can walk from one room to the other only stepping on certain colors.

- **Hallway bowling:** Fill up water bottles and set them up at the end of a hallway. Use a ball to roll down the hallway and knock them down!

See what other games you and your kids can come up with to keep them active, even when the weather is bad.

Jenny Rowlands, MPH, CHES, Texas Children's Health Plan



Sources:
www.parenting.com
www.mommypoppins.com

Treat your child's **ADHD**



If your child has ADHD and has been getting treatment, be on the lookout for a welcome packet from Texas Children's Health Plan ADD/ADHD Program.

This packet has helpful information about ADHD. It also has a doctor's visit and medication log. This will help you keep track of doctor and therapy visits.

Texas Children's Health Plan and the Health and Human Services Commission (HHSC) are checking key parts of care for children who are given ADHD medication. You may get follow-up calls to help remind you about the visit.

- Your child should go to a follow-up visit by the prescribing doctor during the first 30 days from the first date the medicine was given.
- Your child should also go to 2 follow-up visits within the next 9 months from a prescribing doctor.

Fruit dishes like these Baked Cinnamon Stuffed Apples can make a yummy, healthy dessert. The smell of these apples baking in the oven will have your mouth watering.

Baked Cinnamon Stuffed Apples

Ingredients:

- 4 large McIntosh or Golden Delicious Apples, cored
- ½ lemon, juiced
- ¼ cup + 2 tablespoons Splenda® Brown Sugar Blend
- ¼ cup oatmeal
- 1 teaspoon cinnamon
- 2 tablespoons trans-fat free margarine
- ¼ cup pecans, finely chopped

Directions:

1. Preheat oven to 425 degrees.
2. Drizzle lemon juice over apples.
3. In a small bowl, mix together remaining ingredients. Stuff each apple with approximately ¼ cup oat mixture.
4. Place apples in an oven safe baking dish and bake for 25-30 minutes.



ManageYour
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is published monthly by
Texas Children's Health Plan.

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Editor
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PO Box 301011
Houston, Texas 77230-1011
WINTER 2017