



# KidsFirst

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A PUBLICATION FOR TEXAS CHILDREN'S HEALTH PLAN CHIP AND STAR MEMBERS AGES 0-6 AND THEIR PARENTS



## Attention parents and caretakers: are you ready to quit smoking?

Texas Children's Health Plan can help! Ask your child's doctor for a referral to the Texas Children's Health Plan Case Management program. You can receive counseling and nicotine replacement medicines at no cost to you. For more information, you can call Member Services at **1-866-959-2555** (STAR) or **1-866-959-6555** (CHIP).

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**Take a look inside!**

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# Tips for treating summer bug bites and stings

Ouch! Bug bites and stings are common during the summer, and in most cases they don't require medical care. Some kids are allergic to some bug bites or stings, though, which means that they should get medical attention.

Signs of a **mild** reaction:

- Red bumps
- Itchiness
- Mild swelling

If your child is experiencing these symptoms:

- If your child was stung and you can see the insect's stinger, remove it fast by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with the bite or sting with soap and water. Pat the area dry with a clean towel.
- Put ice or a cool wet cloth on the bite or sting to help the pain and swelling.

Signs of a **severe** allergic reaction:

- Swelling of the face or mouth
- Difficulty swallowing or speaking
- Chest tightness, wheezing, or difficulty breathing
- Dizziness or fainting

If your child is experiencing these symptoms:

- If your child has injectable epinephrine (like an EpiPen), give it to her right away, then call 9-1-1. If someone is with you, have that person call 9-1-1 while you give the epinephrine.
- Take your child to the nearest urgent care facility if:
  - The sting or bite is near or inside the mouth;
  - The area looks infected (more redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite); or
  - You know your child has a severe allergy to an insect sting or bite.

*Please note that this infographic is meant as a guide and for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. If you are not sure if your child needs urgent or emergency care, go to the closest emergency room or call 9-1-1.*



To help prevent bug bites or stings, make sure your child does not walk barefoot in the grass, play in areas where insects have nests, or drink from soda cans outside (which can attract bugs).

# Making a reader-friendly home

A home filled with reading material is a good way to help kids become excited readers. What kind of books should you have? Ask your kids about their interests. If they're too young to tell you, ask your local librarian for suggestions about age-appropriate books. Also, you can visit [readingbrightstart.org](http://readingbrightstart.org) to find book suggestions for children from birth to age 5.



Here are some other tips:

## Keep a variety of reading materials

Collect board books or books with mirrors and different textures for babies. Preschoolers enjoy alphabet books, rhyming books, and picture books. Elementary-age kids enjoy fiction, nonfiction, and poetry, plus dictionaries and other reference books.

Kids can understand stories they might not be able to read on their own. If a more challenging book interests your child, read it together. Younger kids can look at illustrations in books and ask questions as they follow along.

Besides books, your kids might also enjoy:

- magazines (for kids)
- audio books
- postcards, e-mails, and text messages from relatives
- photo albums or scrapbooks
- newspapers
- comic books
- the Internet
- beginning reading and alphabet games on a computer/tablet
- magnetized alphabet letters
- e-readers or e-books

## Keep reading materials handy

Keep sturdy books with other toys for easy exploration. Books near the changing table and high chair can be

helpful distractions for younger kids. Plastic books can even go in the bathtub. Keep books next to comfy chairs and sofas where you cuddle up so you can read after feedings and before naps.

## Create a special reading place

As your kids grow:

- Keep books and magazines on shelves they can reach in their favorite hangouts around the home. Make these shelves inviting and keep them organized.
- Place some of the books with the covers facing out so they're easy to spot.
- Put a basket full of books and magazines next to their favorite places to sit.
- Create a cozy reading corner, and encourage your kids to use it by setting up "reading corner time" each day.

## Make it inviting

Make sure reading areas have good lighting. Change the materials often — add seasonal books, rotate different magazines, and include books that are about topics your kids are interested in or learning about in school. Decorate the corner with your child's artwork or writing. Keep a CD or other music player nearby for audio books.

## Encourage creativity

Set up a writing and art center and encourage your kids to make books, posters, or collages that they decorate with their own pictures and writing. Kids love to read things they've written themselves or to share their creations with family and friends. Ask your kids to act out the story.

## Think about the reading environment

Other ways to encourage your kids to read:

- Limit your kids' screen time (including TV, computer, smartphones, tablets, and video games) to make sure they have time for reading.
- Keep reading activities family-centered, and guide your child in reading activities and media. Even with today's high use of technology, you can decide how much print and how much media to allow into story time. Reading e-books doesn't have to mean giving up lap-time. Make sure to snuggle up with a story often, in whatever format.
- Read together. Read a book aloud or ask your child to read to you from a favorite magazine or book. Make a habit of sitting together while you each read your own books, sharing quiet time together.

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# Congratulations to our 2019 T-shirt Design Contest winners!

We received more than 230 drawings for our 2019 T-shirt Design Contest. This year we picked 5 winners:

Chidera O., Age 10  
Linh N., Age 7  
Danielle P., Age 5

Rosie L., Age 11  
Tinsley T., Age 8

Congratulations to our winners for their great artwork!

Thank you to everyone who sent us their art this year. We look forward to seeing what you draw next year!



## Pizzadillas with red sauce

### Ingredients:

4 whole-wheat tortillas (8 inches)  
2/3 cup fresh or frozen spinach, finely chopped  
2/3 cup part-skim mozzarella cheese, shredded  
1 cup marinara sauce (store-bought or homemade)  
Cooking spray

### Equipment and supplies:

10- to 12-inch skillet  
Thin spatula (metal preferred)

### Directions:

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
2. Top with remaining 2 tortillas.
3. Place skillet over medium heat. Lightly coat pan with cooking spray.
4. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1–2 minutes).
5. Using a thin spatula, gently flip over the pizzadilla and cook for 30–60 seconds more or until cheese is fully melted.
6. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
7. Serve with marinara sauce for dipping.
8. You can wrap and refrigerate leftovers.

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