

Pediatric Centre for Weight and Health (PCWH)

Fall 2011 Newsletter

More information:

www.albertahealthservices.ca/pcwh.asp

Phone: 780-401-BOOK (2665)

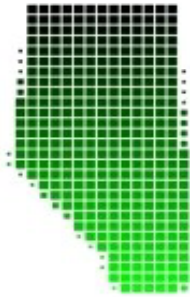
Toll-free: 1-866-401-BOOK

pcwh@albertahealthservices.ca

PCWH Edmonton General to have their own TeleHealth Unit

The PCWH Edmonton General (EG) is seeing more and more families from outside of Edmonton. A great way to provide service to these families is with TeleHealth. The clinic used to borrow a mobile unit, but have become such "heavy users" of the technology that the Stollery TeleHealth team saw the need for a dedicated system.

Thank you to all the families who use TeleHealth, to the PCWH EG staff for embracing the technology and Rosann Skwarok (PCWH Secretary) for spearheading the project.



New Active Start Season

City of Edmonton is starting up Active Start after a break for the Summer. Active Start is a well-priced Saturday morning program for PCWH kids, siblings and parents. For more information, email pcwh@albertahealthservices.ca or pick up a brochure from the clinic.

We're HIP for Youth

PCWH Edmonton General Director Dr Geoff Ball (and colleagues) had a paper published in the journal of *Paediatrics & Child Health*. It is about the HIP (Health Initiatives Program) and YLP (Youth Lifestyle Program) programs for teens the PCWH ran a couple of years ago. It showed that the group program helped teens set and reach lifestyle goals, and helped their weight management. The PCWH EG now has a teen program called SKILZ, which the HIP and YLP programs helped inform.

Community Connections

Parents: Get Net Savvy

Take the e-parenting tutorial at www.media-awareness.ca

Primary Care Networks

What is a Primary Care Network? Is your family doctor part of one? What can they offer my family? Learn more at www.albertapci.ca

Family Geocaching

Geocaching is light activity with outdoor adventure. Learn about Geocaching and GPS at the John Janzen Nature Centre. GPS units are provided. October 1. Father & Son geocaching October 15. \$12 per person, register by calling 311 or at www.edmonton.ca/ereg

Be Your Own Boss

A new chronic disease self-management program for youth. Thursdays 6-8:30pm, October 13 - November 17, Bonnie Doon Public Library. Call 780-401-BOOK(2685) to register. Email selfmanagement@albertahealthservices.ca

Sleep

Sleep is an important part of health and weight management. Hormones in the body that control appetite and feelings of fullness are affected by sleep. People who do not get enough sleep might experience increased appetite and might feel less full after eating. Lack of sleep in children and teens can affect their emotions, behavior and academic performance during the day.

Consistent bedtime routines are important, even during weekends and vacation. It will help bedtime be a relaxing time for your family. The **bedtime routine** should include:

1. tasks that prepare the child for going to bed (like brushing teeth),
2. getting ready for the next morning (like setting out school clothes),
3. quiet and relaxing activities such as reading, just before bedtime.

Avoid:

- stimulating activities at bedtime (video games, watching TV)
- keeping video games, televisions or distracting toys in the bedroom



How much sleep?

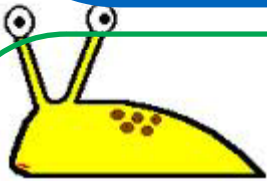
Children 5-12 years - 9-11 hours

Teens – 8.5 to 9.5 hours

Adults – 7-9 hours

Talk to your doctor if you have concerns about your child's sleep.

Christine Orosz, PhD, Registered Psychologist



Feeling Sluggish After School?

Does your child or teen like to crash in front of the TV or play video games after school? Kids may feel tired and sluggish after school, but this is **a key time-slot for being active.**

Combat that sluggish feeling with this strategy:

1. limit the screen time to 30 minutes
2. at the same time, plan activities and support your child or teen to get moving.

The payoffs are huge: your child or teen will feel better, snack less and may even sleep better at night. There are lots of ideas to get active during this key after school time - check out www.participaction.com for some tips.

Kristine Godziuk, Exercise Specialist

Orange Pumpkin Muffins

To make 12 muffins you will need:

2 eggs

½ cup sugar

¼ cup canola oil

1 cup cooked or canned pumpkin puree

1 ¾ cups flour

1 tsp baking soda

1 tsp baking powder

½ tsp salt

½ tsp each of ginger, nutmeg, cinnamon and orange zest

½ cup raisins

Preheat oven to 400 °F. Stir eggs, sugar, oil and pumpkin until well mixed. In a large bowl, mix dry ingredients and raisins. Pour pumpkin mix into dry ingredients and stir gently until just combined. Spoon into a greased muffin tin and bake for 20 to 25 minutes.

Each muffin has: 175 calories, 5.3g fat, 3.8g protein, 29.5g carbohydrate, 3.1g fibre, 240mg sodium

Adapted from a recipe by
Alberta Health Services Nutrition Services