

Wise and

Wonderful



Good news and information for our friends and families

Spring Showers Brings Flowers And Allergies

Seasonal allergies are a problem for many people, and they can be especially difficult with younger children. Often infants and toddlers to elementary age children have significant seasonal allergies which may become less problematic as they age or they may become more of a problem. The biggest culprits with spring allergies include ragweed, grass, tree pollens, molds (both indoors and out), insect bites and dust. Combinations of these potential allergens can make symptoms even worse. The good news is that seasonal allergies are rarely as serious as food allergies and with prevention of exposure or limiting exposure and over-the-counter antihistamines the symptoms can usually be controlled.



Symptoms to Monitor Parents should watch their children carefully for signs of:

- Occasional or persistent sneezing and wheezing
- Stuffy noses
- Itchy eyes which may or may not water
- Hives or skin rashes
- Coughing and cold-like symptoms without fever
- Irritability and fatigue
- Stomach and digestive problems

If your child has asthma or if asthma is an issue with either side of the family it is important to see your doctor if you notice any of these signs as asthma attacks can spike during this time of year.

Testing: It is important for parents to schedule an appointment with their child's pediatrician if they suspect seasonal allergies. The doctor may elect to perform an allergy skin test or a serum-specific IgE antibody test to confirm the cause of the symptoms. However, many doctors may choose to wait to see if the symptoms respond to treatment using antihistamines and limiting exposure if the symptoms are mild. The doctor may also test for other conditions such as asthma to rule out these health concerns.

As a parent it is important to educate children about the triggers for their allergies. In addition parents can help reduce exposure to allergens, particularly the airborne allergens by:

- Keeping children indoors in the mid afternoon to early evening when the most pollen is present in the air
- Monitoring the online pollen counts and keeping children indoors on days when the count is high
- Keeping windows and doors closed in the home
- Removing mold and mildew which becomes more pronounced in the higher humidity and warmer temperatures of spring.

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Imminent Disaster

Late one night at an airport, an air traffic controller shot bolt upright as he heard a voice on his radio:

“Tower, I need immediate clearance to land! I’m in a helicopter holding at 3,000 feet right above your heli-pad.”

Before he could answer, the controller heard a second frightened voice:

“What? No! Tower, I’m in a helicopter at 3,000 over your pad, too! I have to land first!”

The controller sensed imminent disaster—until the first voice snapped:

“Idiot! You’re my co-pilot!”

Monthly Quote

“There is something more—the spirit, or the soul. I think that that quality encourages our courtesy and care and our minds. And mercy, and identity.”

— Maya Angelou



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GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

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Financial Tips For New Parents

Healthcare costs before your newborn even exits the hospital can be pricey, even more so if it is a complicated birth, and that is just the beginning. New parents should, therefore, begin planning a budget early on, and then make sure they stick to it.

That budget can then serve as a reference point and a guide to assist parents to manage their money and to be able to make any changes when needed. Cutting out frivolous expenses, such as eating out and luxury goods, will also be crucial. Creating future savings for your new baby is also a good idea, with the help of close friends and family members. Any excessive debt also needs to be dealt with before the arrival of your new baby, so having it completely paid off or at least having do-able payment plans established is paramount.



From the desk of

Jennifer Winters, Director

President CAEYC- Pikes peak Chapter

Dear friends, as always there is SO much going on here at YSA. THANK YOU SO MUCH for voting us GOLD in Best of the Springs. Thank you for your constant support and conversations. I appreciate you tons! We are looking forward to an awesome summer. Hope you have taken advantage of early registration! All summer we are going to do BBQs for you. At least one Friday a month so check your calendars. It will be a great opportunity to meet others, connect and of course eat some super wonderful food. Again thank you for choosing us, growing with us and letting us know you and your children. Truly, the good stuff!

Teenagers And E-Cigarettes

A new study has found that it is very simple for teenagers to be able to purchase e-cigarettes via the internet. Researchers used eleven teenagers in North Carolina between the ages of fourteen to seventeen to try to purchase e-cigarettes from ninety-eight sellers online. On seventy five attempts the teens were able to successfully buy the products. Only twenty three such attempts were rejected, five of which were due to problems with age verification. Selling e-cigarettes to minors is currently banned in forty-one states, but researchers found that the great majority of vendors were still failing to even try to verify the age of their customers, with as much as ninety-four percent not even attempting to discern their customers ages. The report was written by Rebecca Hill of Chapel Hill's University of North Carolina. Two years ago, back in 2013, North Carolina passed a law making it mandatory to verify age before selling e-cigarettes.

