

TRIGR Family News

Editor's corner

The theme of this issue is traveling with children. Sometimes it is fun and wonderful and sometimes it is not. We are trying to give you some ideas to ease up possible tight situations with children. Our study doctor from the Czech Republic is giving you also first aid tips. Our study is going on as planned, thanks to all participating families. Please be active in your cooperation and take all the benefits the study visits offer to you and your child. We like to take good care of you.

Matti Koski
Chief Editor

Prevent the "Travel Boredom Blues" on Your Next Family Vacation

With the warm weather approaching, you may be dreaming of your next family vacation. A vacation can be really relaxing and enjoyable time for your family. Vacations are a time for your family to bond and to enjoy each other's company. Maybe you are traveling to another country or going to visit the grandparents. Whatever your destination may be, if the children are coming, you will want to keep them entertained during your travels.

This article will discuss several ways to keep your children amused while traveling. Whether your child is 6 months or 10 years old, there are a variety of activities to help ease your children's "travel boredom blues." When planning travel activities, it is important to focus on your children's interests and create activities based on what they enjoy. Just remember to be creative; the possibilities are endless!

Here is a list of some ideas to keep the children amused. These activities can be used whether you are traveling by plane, train or car.



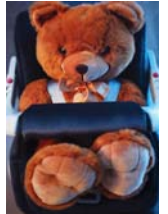
Infants

- Rattles
- Calming music
- Bright toys
- Toys with different patterns and textures
- Sensory toys
- Musical toys (not too loud!)
- Large blocks (different shapes)
- Pop-up toys
- A plastic mirror
- Blanket



Toddlers

- Bubbles
- Amusing songs
- Containers with lids
- Items to put into the containers
- Stuffed animal
- Blanket
- Busy boxes with pulleys, levers and bells
- A variety of sensory toys
- Picture books



Preschoolers

- Coloring books (washable markers or crayons work best!)
- Activity books
- Play sets
- Tic Tac Toe
- Draw pictures and have your child guess what it is
- Books
- Blocks
- Chalkboard
- Etch-A-Sketch
- Magna doodle
- Wooden puzzles
- Cars
- Dolls
- Puppets
- Disposable camera
- Tell a story or have your children make up a story



School-Aged Children

- Activity books
- Drawing tablets
- Word guessing games
- I spy games
- Ad-Libs

- Books
- Walkman or an I-Pod
- Magna doodle
- Etch-A-Sketch
- Felt boards
- Card games
- Travel sized board games
- Hand held games
- Cars
- Yarn
- Lego sets
- 20 Questions Game



Other Ideas

- Scavenger Hunt: Create a list of objects or items you know you will be seeing during your travel (rest stops, trees, different types of flowers, signs and the like). Create your list using words for older children and pictures for younger children. Have your children look for the items on the list during your travel.
- Photographs: Provide your children with disposable cameras. Let the children take pictures while you are traveling. When you get home, your children can create their own scrap book to help them remember their vacation.
- The Alphabet Game: While traveling, have your children name items they see that correspond with a certain letter of the alphabet. It may be easier to start at the beginning of the alphabet with the letter A and work your way to Z. Letter A could be an Airplane or an Apple tree, B could be a bird or bus. Allow your children to be creative with their answers. The game is not over until you reach the letter Z!
- Portable DVD Players: Movies and shows are very popular with children of all ages. Many portable DVD players have head phone jacks so the movie will not disturb others.



Children watching a movie while traveling.

Vacations can be a wonderful experience for the entire family. Keeping your children entertained during your travels is an important component to a happy vacation. Whether your family is traveling across the country or 100 miles from home, it is important to be safe, have fun and enjoy the experience. Happy travels!

Breinne Regan is a Certified Child Life Specialist. For more information on the Child Life Profession please visit the Child Life Council's Website at www.childlife.org

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Travelling with children – the first aid pocket guide

The three most important tips when it comes to travelling with children are to plan, plan and plan. A carefully packed first aid box is one of the things which could make your holidays with your child more likely to be safe and ensure hassle-free relaxation.

Basic hints :

- Before any long journey, it is advisable to visit your child's pediatrician
- Check your child's vaccination history, whether he/she might need any further vaccinations for travel, and what effect this might have on your travel plans
- If your child is on a course of medication, take sufficient supplies and enquire about the availability of medications in your destination (some over-the-counter medications may be prescription-only in other countries) and take copies of any necessary documentation relevant to your child's treatment
- Take a travel First Aid kit suitable to the destination and type of your trip (you will need different one for a Paris sightseeing compared to a Thailand jungle expedition)

First aid kit for travelling with kids must have:

- Social Security or health insurance documentation to get your child medical attention.
- Your doctor's phone number.
- Thermometer, tweezers, scissors.
- Sterile bandages and dressings of gauze and cotton, Band Aid, plasters.
- Disinfectant, sterile saline drops.
- Children's pain and fever relief remedy.
- Nasal drops.
- Antihistaminic ointment for stings and bites, will work for sunburn too.
- Nausea and rehydration remedy.

Pack the contents of your first aid kit in a waterproof container with a properly fitting lid; a zippered plastic bag, Tupperware container, or old lunchbox all work well. Don't assume the kit you packed for your last trip is still safe for use today; many medicines have a limited half-life. Check expiration dates and ask your pharma-

cist for advice on keeping the contents of your kit effective and safe to use.

The common mishaps of a travelling kid and how to handle them

Sunburn

Babies have a very delicate skin which is easily burned. To prevent it, make sure that your children are not in the sun during the hottest hours and have them wear hats and sunglasses to avoid sunstrokes and eye lesions. Apply regularly high protection sunscreen (at least every 2 hours), a high quality, strongly protective sun cream is essential and there are many available designed with babies in mind which are hypoallergenic and gentler than adult sun creams. If the worst does happen and your baby gets some sunburn, make sure you have a soothing bottle of aftersun or calamine lotion to help cool his/hers skin. Avoid baby oils as they could heat on the skin and aggravate the sunburn.

Babies can also suffer from prickly heat, especially in hot and humid climates. This shows up as a red itchy rash. Again, calamine lotion will help soothe the irritation and an antihistamine liquid/ointment suitable from 12 months old is great for prickly heat and any other allergic reaction.

Tummy upsets

Many children suffer from travel sickness so it is a good idea to keep a packet of wet wipes and some tissues in your first aid kit, as well as some paper bags. Most travel sickness medications are not suitable for young children. However, travel sickness bands are effective little bracelets that work by applying light pressure to points on the wrist and are safe for all age groups. Ginger has also been shown to be effective in preventing nausea, either in form of ginger biscuits or ginger tea.

If your child develops an upset stomach which leads to vomiting or diarrhoea it is important that they do not get dehydrated which can happen quickly in young children. Some sachets of rehydration solution replace essential salts lost through sickness and diarrhoea. The best is of course to prevent any troubles of this type and especially in more adventurous location strictly to apply the golden adventurer's rule „Cook it, peel it or forget it“, use only originally bottled water for drinking, teeth brushing and preparing ice. To avoid any temptation, bring a few snacks with yourself to allow your children to nibble without being tempted by outside stalls, which you must absolutely avoid.

If diarrhoea or vomiting is excessive, accompanied by a fever or lasts longer than 12 hours, medical advice should be sought.

Temperatures and common colds

No first aid kit is complete without some infant paracetamol and ibuprofen syrup / suppositories / tablets. It will help reduce fever as well as ease any aches or pains. Nasal drops will save your

child's sleep should any coryza appear.

If the temperature lasts longer than 3 days or exceeds 38°C, medical advice should be sought

Minor Accidents

Cuts, scrapes, bumps and bruises happen even to children with the most vigilant of parents. The following will help you to minimize the eventual tears.

- Plasters - make sure you have an assortment of sizes to cope with everything from a cut finger to a scraped knee. There are a lot of brightly colored, patterned ones available featuring many of your child's favorite cartoon characters.
- Sterile or clean gauze swabs - ideal for mopping up and cleaning dirty wounds without the risk of introducing more infection
- Antiseptic spray - these are much kinder than they used to be and are ideal for spraying over a graze or minor cut to help clean and prevent infection, without having to touch the wound.
- Sterile saline drops - great for helping to flush foreign bodies (like sand) out of the wounds or eyes

Various stings and bites

These are an unpleasant experience, but antihistamine ointment turns it soon to just a reminder to be more careful when bees and wasps are around.

Should the sting happen to the tongue, throat or mouth or if the child has any history of allergy to stings, medical advice should be sought immediately.

As one of the Murphy's rules says, there never happens what you are ready for, so creating quite large and good equipped first aid box might from this point of view provide a safe vacation.

Happy travelling without any troubles to you and your families!

Pavla Mendlova
Co-Investigator of the Czech Republic



The Biles' family

I met Vicky Biles at the Janeway Child Health Center during her daughter, Shawna's admission with a diagnosis of Type 1 Diabetes. Shawna was 15 months old and Vicky was pregnant with her son William. The TRIGR Study was introduced to Vicky at this time. She was very receptive towards the study and after discussing it with her husband, agreed to participate.



*Vickie Biles, St. Anthony, NL
 Pictured are Vickie with husband Shawn, and children
 Shawna and William*

The Biles' family lives in St. Anthony, a small community on the most northerly tip of Newfoundland and 14 hours drive from St. John's, where the Janeway Child Health Center is located. Because of the distance the family would have to travel to St. John's for study visits, alternate arrangements had to be made.

As William was born at the Sir Charles S. Curtis Memorial Hospital in St. Anthony I was unable to meet him until his first study visit at 3 months of age. Since then, with the help of the pediatrician in St. Anthony, all study visits have been able to be carried out in their home community.

*Cheryl Crummell R.N.
 CAN13
 St. John's, NL*



terrible diaper rash on and off for about three months, and had become unusually fussy. Due to her age, I had attributed the change in mood to teething. In late September, we went on a holiday and I noticed her losing weight. She drank more, but I thought that was OK given the level of her activity and the fact that our fall weather had been unusually warm. One night during that trip, however, she awoke and cried for soda pop. I remember looking at my husband and saying that something was wrong. Still, when we were told on October 1, 2003 that she had diabetes, I literally lost my breath. It was a total and devastating shock.

My daughter and I were hospitalized for close to a month. Minute amounts of insulin made a big difference in her little body, and it took a long time to determine the appropriate dosage. She cried every time she was given a needle, and I dreaded having to be the one to do that to her. Within two weeks of her diagnosis I realized that I was pregnant. My new worry was how all of this stress would affect my baby. Thankfully, my second child was a very healthy baby boy. My husband and I had decided to participate in TRIGR to do whatever we could for diabetes research. Since we were so shocked by our daughter's diagnosis, we really didn't think that our son would even qualify. Finding out that he was at risk for diabetes was not a pleasant reality. Being involved with the TRIGR team, however, has provided our family with support from a wonderful group of people at the Janeway Children's Hospital in St. John's, Newfoundland.

Living with diabetes has presented our family with many challenges, but I think that we have adjusted well. I initially missed the spontaneity we had previously enjoyed, because suddenly everything had to be planned and on schedule. For a long time I dreaded birthday parties and family get-togethers, because our daughter was a picky eater who would usually rather have fun than eat. Most people we knew really didn't understand much about diabetes, and some even argued that our daughter would grow out of this. I wish. We have learned a whole new language with words like "starch exchange" and "hypoglycemia" – things we never really thought about before.

We purchased an insulin pump for our daughter a year ago, and that has helped us tremendously to better control her blood sugars while having more flexibility in our lives. Our "new normal" still consists of testing blood sugar levels several times daily, watching everything she eats and monitoring her activity. She is at the age now where she is questioning why she has diabetes, and she has noticed that other kids don't have to get their fingers pricked or finish set amounts of food because they have been given insulin. It's easy to feel frustrated, sad, even cheated of a normal life, but those feelings are not functional. My husband and I are grateful for our wonderful children, and like other parents, we focus on all of their big and little accomplishments, like learning to skate and graduating from preschool. We stay positive because we want our kids to accept themselves and feel good about who they are. We also continue to pray for a cure.

Mr. And Mrs Biles

Now four, our daughter was diagnosed with Type 1 diabetes at the very young age of 15 months. She had a