



Kids
0-9

Medicines Moms Can Trust!

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AGES 0-9**



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kid{health}

When a kiss doesn't cut it

No mom likes to see her kid hurting, but do we do enough to help? Doctors at the University of California, Irvine, found that almost half of parents failed to give their kids adequate pain relief after minor surgery. Result: too many kids in too much pain. Here, help for common hurts (follow dosing recs on labels):

■ IF YOUR KID HAS A BROKEN BONE

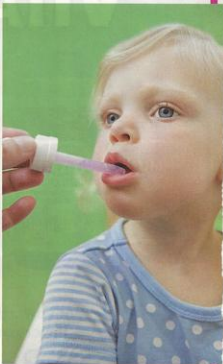
TRY Acetaminophen (found in Tylenol) with codeine. While this combo is the most commonly prescribed pain reliever for fractures, codeine can make some kids nauseous. For them, there's good news: A recent Medical College of Wisconsin study found ibuprofen (found in Advil) to be just as good at easing pain in kids with broken arms. If your child can tolerate the codeine, however, it's still the gold standard.

■ IF YOUR KID HAS A NASTY HEADACHE

TRY Ibuprofen, which is a more effective muscle relaxant than acetaminophen (most children's headaches are caused by muscle tension).

■ IF YOUR KID HAD A TOOTH PULLED

TRY Rinsing with salt water (1 heaping teaspoon of salt in ½ cup warm water) after meals and before bed—it helps with pain and prevents infection. Give acetaminophen as necessary.



COUCH-POTATO CURE

Your kids won't even realize they're working out when you con them into clever activities like Project Runway, No-Skate Hockey, and So You Want to Be a Rock Star? Find them in the new book *Sneaky Fitness: Fun, Foolproof Ways to Slip Fitness into Your Child's Everyday Life*, by best-selling Sneaky Chef Missy Chase Lapine (who's also a member of our Mom Squad!) and celebrity trainer Larissa Didio. Bonus: The book includes 50 new Sneaky Chef recipes to keep up your sleeve! (\$19.95, Running Press)