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Did You Know ?

June is ...

National Safety Month...

Effective Communications
Month...

Professional Wellness
Month...

Cancer from the Sun
Month...

Pharmacists Declare War
on Alcoholism Month...

National Sun Safety Week
(5th—11th)

Universal Father's Week
(14th—20th)

the 1st is Say Something
Nice Day...

the 14th is Flag Day...

the 19th is Father's Day.



THE IMPORTANCE OF FATHERS

Since Father's Day is June 19, let's reflect on the importance of fathers. Research shows that children with caring, involved fathers make better grades, have healthier self-esteem, are better friends, and are less likely to commit crimes and use tobacco, alcohol, and other drugs than children without involved, loving fathers. Any man can father a child, but it takes effort to **be** a father. Here are some tips that will inspire all fathers.

- **Be present.** One of the best things you can do for your child is to be present. It's important to be there on holidays and big events, but show up for the smaller things, like soccer games and bedtime rituals. Research shows that "being there" is one of the best things fathers can do.
- **Treat their mother with respect.** Moms and dads may disagree, but it is important to always respect each other. This means listening to each other without yelling, making decisions together, and being kind. Children whose fathers are abusive to their mothers grow up with many emotional problems. Also, children learn how to treat others by watching how their parents treat each other. As a father, make sure that your child learns to treat others with respect.
- **Show them good behavior.** Be aware of how you act in front of your child. Even when they seem like they are not paying attention, children are always watching how their parents act, and they copy their parents' actions. Make sure you show them behaviors you want them to mimic. Don't smoke, do drugs, or drink a lot of alcohol in front of your child. Use good language, have a positive attitude, and help others. Your child will show positive traits as a result.

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- **A little patience goes a long way.** Every father knows how hard it is to remain patient when you have an important phone call, the dog needs to go out, your fridge is leaking, and your child is crying. When you feel overwhelmed, take a deep breath, prioritize what you need to do, and get started. Reacting in anger will hurt your child, so exercise your patience. Your family will be happier as a result.

- **Learn to say "no".** It's important to give children choices. It is healthy for them to choose which shirt to wear to school or which book to read before bed. However, fathers should know how to say "no" firmly and kindly when it is necessary. Children need boundaries, so when they ask if they can play in the street, bathe the cat, or skip their homework, say "no" firmly. Hold your ground, and don't give in even if they throw a temper tantrum. Children whose parents give in to tantrums often have behavior problems later in life. Be kind, set boundaries, and learn to say a firm "no".

Read together. Instead of watching TV and playing video games, read with your child. Children who read with their parents do better in school, and reading together is a great way to build a relationship with your child. Try to read with your child for at least 20 minutes every day.

In addition to these tips, it is important for fathers to have a sense of humor, to play with their kids, and to encourage children to be themselves. Practice using these tips every day, and your family life will be happier as a result. Happy Father's Day!



Ask Dr. Mom

Dear Dr. Mom,

Many of my 14-year-old daughter's friends go to the tanning salon multiple times a week to get ready for the summer. Recently, my daughter has started asking me if she can go too. I am very concerned about her damaging her skin and developing skin cancer from tanning, not to mention premature aging! How can I teach her that the tanning bed is unhealthy, especially when all of her friends seem to be tanning?

Pale Mom

Dear Pale Mom,
You are right to be concerned about the tanning bed. People who use tanning beds are 75% more likely to develop skin cancer than those who do not tan because of the prolonged exposure to high levels of dangerous UV rays. People who use tanning beds also develop wrinkles and leathery skin much earlier in life than those who do not tan. But even though she may understand that tanning beds are dangerous, your daughter still feels peer pressure to be tan. Explain to your daughter that you do not want her to face cancer treatments and other skin damage because of the tanning bed. Help her brainstorm alternatives to

tanning. You could allow her to choose a sunless tanning lotion that is free of skin-damaging UV rays, but will still allow her to have a sun-kissed look. There are now many sunless tanning lotions that provide natural-looking tans, and they are often cheaper than going to a tanning bed! Lastly, make sure she is stocked with sunscreen and that she reapplies it often whenever she is in the sun this summer. Your daughter may disagree with your rule now, but she will appreciate your efforts to protect her skin in the years to come!

Dr. Mom

Focus On BICYCLE HELMET SAFETY

Summer is the perfect time for bicycle rides. This summer, be sure that you and your child exercise bicycle helmet safety every time you bike. When worn properly, helmets protect against head injuries if you are hit by a car, if you crash, or if you fall off of your bike. Even at low speeds, you could develop serious brain injuries or even die if you are not wearing a helmet correctly. Safe helmets have seals of approval on the package from the Consumer Product Safety Commission, American National Standards Institute, or the Snell Memorial Foundation. Your helmet should fit well; it should be snug on your head and should only move one inch when pushed from side-to-side or front-

to-back. If you have any blind spots, choose a different helmet. Choose a white or brightly colored helmet so that drivers can see you at all times. After you choose your helmet, make sure that you wear it properly every time you bike. Wear it flat on top of your head, and fasten the strap right below your chin, not on the side of your face or jaw. The V-straps should fit right below your ears. If the helmet rocks on your head, use the sizing pads that came with it for a more snug fit. Enjoy biking this summer. It is great exercise, relaxing, and fun to do with others!

Adapted from <http://www.mayoclinic.com/health/bicycle-helmet/HQ00324>



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