

PEDIATRIC  
ASSOCIATES



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# Monthly Newsletter

June 2007

*This Month's Topics: Benefits of Connecting Children to Nature, Great Kid Friendly Local Trails, Staying Safe In Summer Sun, and Insect Repellent Information.*

## Five Benefits from Connecting Children to Nature

By Richard Louv and Cheryl Charles

1. **Green plants and play yards reduce children's stress.**

Grow part of your backyard so that your children can go outside, make forts and castles in trees and bushes, and invent imaginary places. If you don't have a backyard, create a "wild box" with rocks, twigs, some sand and seashells, or other natural treasures. Natural landscapes don't need to be large and grand. They can be a small and magical corner of a porch or deck in a city, suburb, or anywhere else. All you need are a few natural objects and for the child to have permission to play.

2. **Free play in natural areas enhances children's cognitive flexibility, problem-solving ability, creativity, self-esteem, and self-discipline.**

Beyond your porch, deck, or backyard, find the places in your neighborhood where your children can play safely in areas that still have "loose parts." While asphalt and manicured playgrounds are good for some things, children also need those places where things simply grow as nature had in mind.

3. **Students score higher on standardized tests when natural environments are integral to schools' curricula.**

Beyond what you can do at home to create enticing, natural, safe places to explore, encourage your child's school to make nature an integral part of the curriculum — from school yard habitat programs to field trips.

4. **Effects of Attention Deficit Disorder are reduced when children with this disorder have regular and frequent access to the out-of-doors.**

Outdoor projects are confidence-building and calming. Have tools — from shovels to hammers and nails, or seeds and hoses — around for projects small and large. Plant a garden, build a trail to prevent erosion, or get outside every day to look for birds and butterflies. Whatever you do — with your children or simply by letting your children have these experiences on their own — the results will be beneficial.

5. **Children are smarter, more cooperative, happier and healthier when they have frequent and varied opportunities for free and unstructured play in the out-of-doors.**

Re-connecting children and nature is as easy as opening the door and going outside. Let your children have places to play that are safe, natural, and nearby. Encourage children to play together in the out-of-doors. They will learn to get along, will solve problems together, and will experience the natural benefits of growing outside.

*Richard Louv is author of "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder" and Cheryl Charles is president of the [Children & Nature Network](http://www.childrenandnature.org), which Louv chairs and where you can find more information about the benefits of nature experience and the movement to re-connect children to nature. <http://www.pbs.org/parents/special/article-benefitsoutdoors.html>*

## **GREAT KID FRIENDLY LOCAL TRAILS**

With such a plethora of wonderful trails in the Durango area we thought we would provide you with some kid friendly options.

**POTATO (SPUD) LAKE TRAIL** is an easy day hike or overnight camp is great for children, offering fishing and picnic spots and plenty of places to camp. The lily pond across from the trailhead provides an intriguing and valuable lesson about lake ecology, while the 2-mile round-trip hike, climbing from 9,360 feet to 9,800 feet, provides plenty of interesting diversions. Beaver ponds exist along this journey and children have the chance to feel the toothmarks in Aspen stumps. When reaching the trout-filled lake, the trail may be followed in either direction. Children may explore the banks and find strawberries and raspberries. Local campsites are available and no camping permits are required. Potato Hill (also called Spud Mountain) is visible from the trail, as well as Engineer Mountain and Graysill Peak and Grizzly Peak.

**COLORADO TRAIL/JUNCTION CREEK** offers an excellent chance to explore part of the 469-mile Colorado Trail. Children have the perfect opportunity to explore the woods and search for signs of wildlife along this spruce-covered trail. The trail follows Junction Creek and provides beautiful views in all directions. Hikers should be careful on this path because it is a very popular, multi-use trail.

— Location: From Durango, head north on Main Avenue, and turn left onto 25th Street, also called Junction Creek Road. Travel on Junction Creek Road for about 3 miles to where it enters the San Juan National Forest. A parking area is located on the left, near the trailhead

**HERMOSA CREEK TRAIL** offers beautiful scenery of pine, spruce and wildflowers. Creeks follow parts of the trail and provide children with an excellent opportunity to view creek life. Possible wildlife sightings include deer, squirrels, birds and elk. Hermosa Creek Trail is one of the heavily used trails in Southwestern Colorado. It is also considered one of the easiest because there are no major changes in altitude. This is also a multi-use trail, so use caution when hiking.

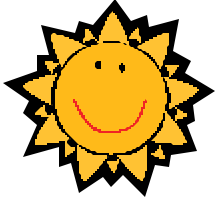
— Location: Take Highway 550 north of Durango to Hermosa. Turn left and travel west until you meet County Road 203. Turn north and proceed about five miles to where the road ends and the trail begins. Parking is available here.

**LION'S DEN TRAIL** is a hike which children will find very enjoyable. As with all trails in the area, there is a chance of wildlife sightings. This path is a multi-use trail, so hikers should use caution since the trail is also used by bikers. The trail is located across from Fort Lewis College Recreation Complex, complete with a playground, covered picnic areas, restrooms and softball fields.

— Location: From Durango, follow E. 3rd Avenue northeast to merge with Florida Road. Continue 1.7 miles, turning right on College Drive. Follow uphill for 1 mile and take the 2nd right west onto Rim Drive. Follow for mile to the edge of the mesa. Turn left into the first dirt parking lot on your right. Or turn right and follow Rim Drive north to Lion's Den, where off-road parking is available on the left.

**CENTENNIAL NATURE TRAIL** at Fort Lewis is a mile trail that connects Fort Lewis College and Durango. It offers a beautiful view of Durango an up-close look at nature. The trail begins at the south edge of the college, near the chapel and descends 300 feet. After a series of turns, the hike comes to an end at E. 10th Street and 6th Avenue.

— Location: From Durango, follow North College Drive, or 8th Avenue, to Rim Drive. Parking is available across from the chapel. This is the downhill version of the nature trail hike.



## SUN SAFETY:

Summer is almost here and it is getting much warmer outside. Finally our kids can play outside! But if they are going to be out in the sun, especially on a hot day, they need to stay safe.

The sun is a very essential part to growth on our planet. Daily, the sun is sending down light which includes invisible **ultraviolet rays**. Some ultraviolet rays pass through air and clouds and penetrate the skin. When our skin's been exposed to too many of these rays, we get what's known as sunburn. Ouch! Sunburn is bad for our skin and can really hurt.

### **BY AGE:**

**0 – 6 months:** It is recommended that infants be kept out of the direct sunlight because they are unable to move and change positions in excessive heat. They should be placed in shade or kept **out of** the sun.

**Sunscreen: Do not use sunscreen** in this age group. Keep them covered with the stroller, hats and light cotton clothing. But definitely go outside and enjoy the fresh air!

**6 months to 12 months:** It is generally still best to keep this age group out of direct sunlight. **Sunscreen:** Use sunscreen. The babies skin is still very thin and burns easily even with the use of sunscreen, so it is still VERY important to keep the babies skin covered as much as possible.

**> 12 months:** Always still best to cover up with light weight cotton and hats as well as using sunscreen!

**\*\* REMEMBER: 80% of sun damage occurs before age 18!!! \*\***



## Important Information Regarding Insect Repellents!

**Good News!** The American Academy of Pediatrics states that the more natural alternatives to DEET (specifically 2% Soybean oil and Oil of Lemon Eucalyptus) are safe alternatives in infants as young as 2 months. The determination was not based on safety testing, instead it was based on the maturity of a baby's skin at this age i.e. one should still use caution when using these substances and use them in a limited fashion.

Insect Repellant/Concentration	Use
Products with <b>5% DEET</b> (N, N-diethyl-meta-toluamide)	Effective for periods of approx. 2 hours. The American Academy of Pediatrics (AAP) state that this is safe for children $\geq$ 2 months. The Canadian Paediatric Society advises against the use of DEET under 6 months of age and states children aged 6 months to 2 years should be

	limited to one application per day.
Products with 10% DEET	Effective for periods of approx. 3 hours. As above.
Products with 24% DEET	Effective for periods of approx. 5 hours. The AAP states that 30% DEET is the maximum concentration currently recommended for infants and children. The Canadian Pediatric Society advises that a concentration of DEET over 10% be used only in children $\geq$ 12yrs old.
Picaridin 5-10%	Effective for periods of time comparable to DEET. The AAP states that this is now safe for children $\geq$ 2 months.
Oil of Lemon Eucalyptus This has not been tested against mosquitoes that spread malaria and some other diseases which occur internationally.	Effective for periods of time comparable to lower concentrations of DEET. The AAP states that this is now safe for children $\geq$ 2 months.
Products with 2% soybean oil	Effective for periods of time comparable to lower concentrations of DEET. The AAP states that this is now safe for children $\geq$ 2 months.

It is recommended that **children should not apply to repellents themselves** and instead a parent or responsible adult should apply the repellent.

- ?? Apply repellents only to exposed skin and/or clothing (as directed on the product label). Do not use repellents under clothing.
- ?? Never use repellents over cuts, wounds or irritated skin.
- ?? Do not apply to eyes or mouth, and apply sparingly around ears. When using sprays, do not spray directly on face — spray on hands first and then apply to face.
- ?? Do not allow children to handle the product. When using on children, apply to your own hands first and then put it on the child. **Do not apply to children's hands.**
- ?? Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation generally are unnecessary for effectiveness.
- ?? After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing it again. (This precaution may vary with different repellents — check the product label.)
- ?? If a child develops a rash or other apparent allergic reaction from an insect repellent, stop using the repellent, wash it off with mild soap and water and call a local poison control center for further guidance.



## Join us for a **FREE** Yoga Class for Children ages 3-7

Class taught by Cara Besskó R.Y.T., certified Hatha Yoga Instructor for children and adults.

The class is held at Pediatric Associates of Durango on Tuesday June 19<sup>th</sup> 3:15-4:00PM.

## Community Calendar and Events

**June 13<sup>th</sup> - San Juan String Band-** Learn about the earth through music with guitar, mandolin, banjo, dulcimer & cello. Followed by a recycled crafting. This is the first of a series of summer reading programs at **Sunnyside Branch Library** and it begins at **2:00pm**.

**June 16<sup>th</sup> - Who's Your Daddy-**Family Fun on Main Ave. between 10<sup>th</sup> and 11<sup>th</sup> Street. 11:00pm-5:00pm

**June 20<sup>th</sup> - Who Stoles the Cookies from the Cookie Jar?-** Get a clue...with Deputy Mike!! This is the second program with the **Sunnyside Branch Library** summer reading program series. **Begins at 2:00pm**.

**June 19<sup>th</sup> - FREE Children's Yoga Class** for 3-7 year olds. The class begins at 3:15PM at Pediatric Associates of Durango. **Please contact Pediatric Associates of Durango to reserve your child's spot in the class 259-7337.**

**June 23<sup>rd</sup> - Durango Rocks Summer Fest 2007-** Highlights the adventurous spirit of Durango, this FREE family event features high quality local bands, local dance troops, interactive games for all ages, art and crafts vendors, beer garden, local restaurants and breweries, and much more! **Starts at 11AM at La Plata County Fair Grounds.**

**June 23<sup>rd</sup> - Parents Night Out-** Children will enjoy pizza, free play and crafts while parents have a night out. from 5pm-8pm. **Durango Children's Museum Cost: \$15.00 per child**

**June 27<sup>th</sup> - Trails and Tales Storytellers-** Look in to Bob and Liz's possibles bag....for some amazing stories from around the world. Stories told by New Mexico story tellers, Bob Kanegis and Liz Mangual. Program three of the **Sunnyside Branch Library** summer reading program series. **Begins at 6:30PM**

**Pre-school story time** every Wednesday and Saturday at 10:30am at the **Durango Public Library @ (970)-375-3380.**

**Craft Time - Every Friday morning** at **The Durango Children's Museum.** The Museum will present two separate crafts, one for toddlers and one for pre-school age and up. Pre-registration is not required. Museum members do not pay a fee; non-members pay standard admission to the museum to participate in Craft Times.

**Tumbling Tots-** Bayfield Recreation Center, **every Monday from 11:30-12:30** and **Thursdays 1:00-2:00pm.** Please register at the Bayfield Parks and Rec's department at 884-9034. Come join us during this hour of interactive play and tumbling time. Come play with balls, hula hoops, parachutes, singing songs, and just fun with your child. If you have any questions about the class call Nicole at 749-3323. **Cost 20.00 for 4 classes.**

**Tumbling Babies-Bayfield Recreation Center, Every Wednesday from 12:30-1:30** for babies up to one year. Cost is 20.00 for 4 classes. Please call Nicole at 749-3323 if you have questions about the class.