

LIVE WELL EVERY DAY™

# Woman's Day®

**372**  
**Big Ideas**  
**For 2009**

Save or Toss?  
**Clear Out**  
**The Clutter**

Start Walking Now,  
**Get Thin**  
**By Spring**



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100s of Recipes & Useful Tips

by Madonna Behen

## seeing clearly

**MANY KIDS DEVELOP** vision problems because they put unnecessary stress on their eyes while reading and writing, says Evanston, Illinois-based behavioral optometrist Jeffrey H. Getzell, OD. Help your child go easy on her eyes with these tips.

**Keep the right distance** Have your child make a fist, then measure the distance from her elbow to the tip of her knuckles. This is how far her head should be from the paper she's reading or writing on, says Dr. Getzell. Any closer makes it difficult to look across the room to the chalkboard quickly and not have blurred vision.

**Work on a sloped desk or a 2½-inch three-ring binder turned sideways** Using a flat surface can cause you to move in closer to see what you're reading or writing, which can lead to nearsightedness. It also creates shoulder and neck tension, says Dr. Getzell.



**Grip the pencil loosely, about an inch from the tip** Holding it too close to the tip forces the child to tilt her head or move in closer to see what she's writing.

**Take frequent breaks** Look across the room for 4 to 5 seconds every one to two pages. When using a computer, do it every 3 minutes; after 30 to 40 minutes, get up and walk around.

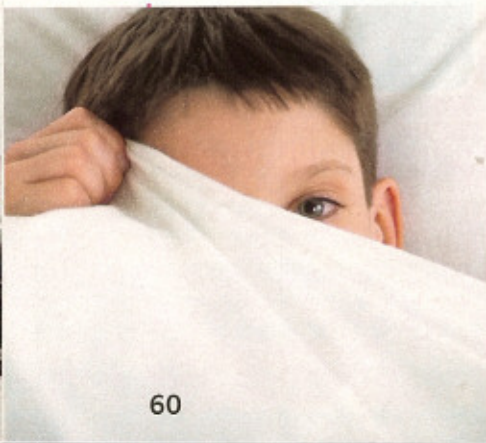
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My 6-year-old has been night potty-trained for a year, but is now waking up wet. What's going on?

Most children who wet the bed have never stayed dry at night for an extended period. Since your child was dry for more than a year, he has what we call secondary bedwetting, which may be caused by an underlying medical issue like constipation, a urinary tract infection, sleep apnea or even diabetes. Another potential trigger: psychological stress, such as moving to a new home. The first step is to see your child's

doctor to make sure a medical problem isn't causing wetting.

*Howard J. Bennett, MD, pediatrician and author of Waking Up Dry: A Guide to Help Children Overcome Bedwetting*



## THE SCOOP ON STREP

It's a common bacterial infection kids mostly get during the winter, but untreated, strep can lead to joint problems or damage to the heart valves. That's why *all* kids 2 and older with a sore throat should be screened, especially if they also have a fever, says Nora Esteban-Cruciani, MD, assistant director of the division of pediatric hospital medicine at the Children's Hospital at Montefiore in New York City. The rapid test can miss about 10% of cases, so negative results need to be checked by a throat culture.

If it is strep, antibiotics are crucial to prevent complications. To feel better, drink lots of liquids (but not very hot or acidic ones, which can irritate the throat), take ibuprofen and gargle with warm salt water.

If your child has five or more episodes a year, talk to her pediatrician or an ear, nose and throat (ENT) doctor about a tonsillectomy. "Kids with enlarged tonsils are more prone to infections because bacteria can easily lodge inside the tonsils," says Dr. Esteban-Cruciani.