



## Take the ouch out of summer!

**W**ith outdoor escapades in full swing, even cautious kids are bound to sustain sunburns, bee stings and other minor injuries. So we talked with three leading doctors (all moms) to get the lowdown on first-aid fixes *they* rely on during summer break. Surprisingly, the most effective cures may already be in your home.

### Vinegar-alcohol combo: PREVENTS SWIMMER'S EAR

This outer-ear inflammation often occurs when trapped water reduces the ear canal's resistance to infectious bacteria. To protect her two daughters after a day spent at the pool, Jill Grimes, M.D., a family physician in Austin, Texas, treats their ears with a mixture of white vinegar and rubbing alcohol. "The vinegar kills microbial invaders while the alcohol helps dry any excess moisture," she explains. To do, start by having your child lie on one side. In a small bowl, combine equal parts white vinegar and rubbing alcohol. Soak a cotton ball in the mixture and squeeze 6 to 10 drops into your child's ear. Let sit for 30 seconds, then allow the liquid to drain out. Repeat in the other ear. For best results, Dr. Grimes advises doing this within a few hours of your child's swim session.



Jill Grimes,  
M.D.

### Baking soda: NEUTRALIZES A BEE STING

As a mother of two, Elaine Schulte, M.D., chair of pediatrics at Cleveland Clinic Children's Hospital, has dealt with her share of bee stings. Her go-to Rx? Baking soda. "It reduces skin inflammation and neutralizes the pain-producing acid in bee venom," she says. First, remove the stinger with sterilized tweezers. Then combine 1 Tbs. of baking soda and just enough water to form a paste. Apply to the sting; allow to dry and flake off.



Elaine Schulte,  
M.D.

### Lavender oil: SOOTHES A SUNBURN

When her kids get mini burns on areas missed by sunscreen, Johnnie P. Frazier, M.D., an associate professor of pediatrics at The University of Texas Medical School at Houston, turns to lavender essential oil. "The oil's esters blunt pain, its *ketones* quell inflammation and its *linalool* reduces peeling," she says. To use, drizzle the oil (like Nature's Alchemy Lavender Essential Oil, \$6 for .5 oz., at [iHerb.com](http://iHerb.com)) on your child's burn and rub in with a cotton ball.

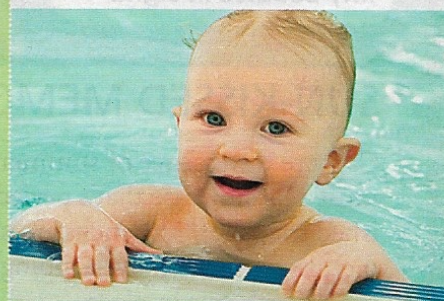


Johnnie P.  
Frazier, M.D.

## handy info

### New vitamin drink goes down easy

Some kids seem wired to resist vitamins—even in the form of gummies or gum balls. One option that may help: Kidz Zazz Vitamin Drink Mix (\$15 for 10 sticks, at Target stores and [amazon.com](http://amazon.com)), a sugar-free supplement that comes in irresistible flavors like cherry, green apple, berry and kiwi strawberry. Each packet makes one 16 oz. drink and delivers 10 to 50 percent of 16 key vitamins and minerals, including vitamins A, C, D, E and B<sub>12</sub>, plus calcium and iron. **The kid-friendly twist:** Once added to liquid, the powder "magically" changes color.



### Swimming lessons safe for toddlers

So says Ruth A. Brenner, M.D. Her review of postmortem records revealed that, contrary to a long-standing belief, swimming lessons for children between ages 1 and 4 do *not* increase the odds of drowning. It was once assumed that lessons led young kids to overestimate their abilities and take dangerous risks in the water. **The truth:** The likelihood of drowning is cut by 88 percent among toddlers and preschoolers who've had swim lessons.

SOURCE: Ruth A. Brenner, M.D., pediatrician/epidemiologist, Eunice Kennedy Shriver National Institute of Child Health and Human Development, Bethesda, MD

## SMILE FILE

**"[Being pregnant is] really nice. You make people happy. There's a reason why Santa Claus and Buddha both have big bellies."**

—Amy Poehler