

Family Circle Magazine

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KIDS' HEALTH

→ BY CHRISTINE MATTHEIS

Family Circle

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21 Family Bargains

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THIS MONTH

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7

Secrets to
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SO EASY

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BEST NATIONAL PARKS



FRESH
BLUEBERRY
CUPCAKES
PAGE 140



... of infection is typically a circular rash around the
... experience fatigue, chills, fever, headache, aches and
... ction can be cleared up with antibiotics.



Q+A

WHICH
SHOULD MY
KID BRING TO
AN ALL-DAY
TOURNAMENT:
WATER OR A
SPORTS DRINK?

Sports drinks are the better choice for long bouts of exercise, especially in warm weather.

"The sodium helps replenish the electrolytes lost in sweat," says Douglas Casa.

SOFT TOUCH Teens can help prevent pimples by taking matters into their own hands. "Using a washcloth to scrub the face or body can cause inflammation, which further blocks pores and makes acne worse," says **Mitch Chasin, M.D., Livingston, New Jersey**. Instead, they should simply use their fingers to apply a cleanser containing benzoyl peroxide or salicylic acid, and splash the face clean with lukewarm water.

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each year, causing lacerations, burns and even the loss of fingers and toes. "Wait until your kids are 12 to allow them to use a push mower and 16 for a riding mower," says Matthew Denenberg, M.D., a pediatric emergency specialist in Grand Rapids, Michigan. Review these safety tips with your child:

- ③ Clear the lawn of rocks and toys before mowing.
- ④ Never try to dislodge dirt or grass from a stopped blade. It could start spinning again and cause a severe wound.

on the field, which will give your child some energy." Plus, kids are more likely to stay hydrated if they like the taste of a flavored thirst-quencher.