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### Winter Safety for Kids

We often hear about summer safety tips—ways to protect us from the sun and the heat. But, winter is also a time when safety reminders are important. Your kids should continue to get physical activity during the winter. Here are a few tips to keep them safe as they venture in the great outdoors:

**Did you know that kids can still get sunburned in the winter?** Remember to use sunscreen on exposed parts of their skin during outdoor play.

**Dress infants and children warmly for outdoor activities.** Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat. Kids who aren't dressed warmly enough can develop a lower than normal body temperature. This is known as hypothermia.

**Frostbite happens when the skin becomes frozen.** Check your child while he or she is playing to make sure frostbite hasn't developed. It is especially common on fingers, toes, ears and the nose.

**Sledding can be great fun, but also has many dangers.** Dangers include head and neck injuries. Supervise your kids at all times while they are sledding. Do not allow your child to slide down headfirst. Consider having your kids wear a bicycle helmet. Avoid sledding in crowds. Collisions with other sledders are likely to occur.

**Set reasonable time limits on outdoor play.** This will prevent low body temperature and frostbite. Have your children come inside to warm up before they head back out to play.

*Source Material: American Academy of Pediatrics*

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1-800-356-1204 or 317-630-2831  
in the Indianapolis area. You may  
also visit us at [MDwise.org](http://MDwise.org).

# Jingle Bell Blues

It seems the holiday season starts earlier every year. The year end holidays may lead to a stressful experience for many people. The holiday blues can be prevented by recognizing common triggers. Then you can put some simple strategies into place. Before your inner Scrooge comes out, take a few minutes to learn about holiday related mood changes.

Holiday blues are caused by a combination of reasons. They include the stress of meeting unrealistic expectations. From early October to the end of the year, we are exposed to commercial messaging surrounding the holidays. Our usual everyday lives continue on. But demands to meet holiday expectations get added.



**Acknowledge your feelings. Then set your expectations realistically.** Create a budget and stick to the budget. Create memories through experiences, not through packages.

**Stick to your grocery budget.** More isn't always better. It can add to extra holiday pounds.

**If you are isolated, seek out community, religious or volunteer events.** Giving back to others counters loneliness. Those in even greater need than yourself can appreciate your time and talents. Try connecting.

The holidays also heighten feelings of loss. You might miss a deceased loved one. Or you may yearn for family or friends who live too far away to visit. These feelings can lead to grief. Grief typically passes once life gets back to normal after the holiday season is over. If it doesn't, find a health care professional you can talk to.

Here are some tips to help you cope:

- **Take a breather.** Step out of the activities for twenty minutes of calm time.
- **Value today for today.** Each year is different. There is little use in comparing this year's experience to the past.
- **Stay on your regular schedule as much as possible.** Get your kids to sleep at their regular times.
- **Eat, drink and be merry in moderation.**
- **Exercise.** It relieves stress and improves mood. Go for a walk with a friend. Rake leaves. Run with the dog. Build a snowman.
- **Put yourself in a position to laugh every day.** Whether you laugh with a loved one, or while watching TV, laughter can sometimes be the best medicine.



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# Helpful Resources at MDwise.org

Did you know that the MDwise website has helpful information for members? You can visit any time to:

- View or print a copy of the member handbook.
- Search for a provider or pharmacy in your area.
- View the MDwise Privacy Policy.
- View and print copies of previous or current newsletters.
- Find helpful links to online wellness tools with useful health information.
- View Member Rights and Responsibilities.
- Learn more about our special programs to help your family stay healthy.
- View the MDwise Community Events calendar.
- And much more!

If you do not have a computer at home, your public library has computers with access to the Internet for free.

Please visit us at **MDwise.org**. There is information for members in both English and Spanish.



## **NURSE**on-call

Speak with a nurse 24 hours a day

**Need help deciding whether to see your doctor or go to the emergency room?**

Call MDwise NURSEon-call at 1-800-356-1204 or 317-630-2831 in the Indianapolis area. Choose option #1 for *Care Select*. Then press option #3 for NURSEon-call. NURSEon-call is available 24 hours a day.

## Be **SMOKE**free

**It is normal to try more than one time to stop smoking. Don't be discouraged.**



## **SMOKE**-free

Get help kicking the tobacco habit

For further advice and support, call Indiana's Tobacco Quitline at **1-800-QUIT-NOW (800-784-8669)**. You can also go to **[www.in.gov/quitline](http://www.in.gov/quitline)**.