



SUMMER ACTIVITIES

Here are a few inexpensive activities for you to try this summer.



PAPER PLATE SUNFLOWER: Instruct your child to use child-safe scissors to cut out small triangles around the perimeter of a paper plate, in order to create the petals of the sunflower. Then, have your child paint their paper plate sunflower outline yellow and also paint a craft stick green. While the paint is

drying, your child can cut two leaves from a sheet of green foam paper and glue them to either side of the craft stick stem. Once the paint has dried, your child is now ready to glue sunflower seeds to the middle of the paper plate and to glue the green craft stick stem to the back of the plate in order to finish creating their very own paper plate sunflower.

What you will need: A paper plate, craft stick (tongue depressor/Popsicle stick), green foam paper, green and yellow paint, sunflower seeds, scissors, and glue



LUNCH SACK KITE: This simple craft is a great way to reuse brown paper lunch bags. First, decorate both sides of the brown paper sack. Some fun ideas for decorations are markers, stickers, and glitter glue. Your child can also tape colorful streamers to the opening of the bag, if they would like. Then, have

your child cut a small hole in the bottom of the bag. Tie a piece of yarn or string to the craft stick, and then insert the string through the hole in the bottom of the bag, from the inside. The craft stick should be inside the bag, securing the string. Now, your child can hold the string and run, and watch their lunch sack kite fly!

What you will need: Brown paper bag, crayons/markers, string/yarn, craft stick (tongue depressor/Popsicle stick), and streamers

CONTACT US!

Do you have questions about the WIND Study? Did you recently move, or change your phone number or e-mail? Please let us know so we can stay in touch. Call or e-mail us anytime.

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PATRIOTIC SUNCATCHER: Have your child tear up pieces of red, white, and blue tissue paper and then stick the pieces onto a sheet of contact paper. If your child is feeling very creative, they can also use white paper stars to decorate their suncatcher. You can either let your child create their own design, or you can give them a contact paper template to trace (for example, a rectangle for the American flag or a circle for fireworks). Cut out the design with scissors and mount it to a window with double-sided tape to create a lovely stained-glass effect.

What you will need: Red and blue tissue paper, construction/craft paper, white construction/craft paper, clear contact paper, white paper stars, ruler and a pen

“My younger daughter is jealous that my son is a part of the WIND Study and has all these different ‘things’ and gets all these gifts from the study. Because of the WIND Study, my son feels like his asthma is something to be proud of rather than believing it’s something that’s wrong with him.” - WIND Study Parent

WIND STUDY PROGRESS

Thank you for your continued participation in the WIND Study!

To date, almost 600 children have completed their age 3-year in-person visit! Please call us if you haven’t completed your age 3-year visit and we’ll schedule a time for you to be seen. It’s an easy visit and critical as we investigate the causes of asthma.

In a previous newsletter, we announced that the WIND Study has been selected as part of the National Institutes of Health’s (NIH) new child health program, called the Environmental Influences on Child Health Outcomes (ECHO). With this additional funding, we will be able to continue to check-in with you to learn about how your child is doing so that we can improve our understanding about childhood breathing problems. To clarify, this means that we will continue calling you twice a year – around your child’s birthday and half-birthday – until your child turns six years of age. Between the ages of six and nine years, we will call once a year around your child’s birthday. We are currently preparing for the age 6-year in-person visit.

We truly appreciate everything you have done to stay involved in the WIND Study. None of this would have been possible without your enthusiastic participation!

GET TO KNOW: BRITTANY VAN NELSON

We recently welcomed Brittany to the WIND Study. Brittany is a clinical research coordinator at Massachusetts General Hospital who conducts phone interviews for the study. She recently graduated from Boston University with a Masters in Public Health (MPH).

Q: What have you enjoyed so far about working on the WIND Study?

I have really enjoyed talking with the WIND Study parents and learning more about how the study has affected them and their children's lives in a positive way. It's been rewarding to hear about how much families appreciate being a part of the study, even years after the initial enrollment. I have also really enjoyed working with the other study coordinators because they are all so passionate about the work that we do here. **Q:** Can you tell us a little more about how your Masters in Public Health has informed the work you do for the WIND Study?

Asthma is a big public health problem, and the WIND Study is trying to find ways that we might prevent asthma in kids in the future. One of the things I am most interested in is preventing diseases, as opposed to just treating them, so it's great to know that the work we do here will play a big role in preventing asthma for future generations of kids with bronchiolitis.

Q: Why is the research the WIND Study does important to you?

Before working for the WIND Study, I researched treating asthma in kids at a hospital in Florida, so I've always been interested in both working with children and in studying respiratory diseases. I also played sports in college, and I can only imagine the difficulties that an athlete with respiratory issues must overcome, so asthma prevention is definitely a topic I am very passionate about.

Q: What's a fun fact about you?

I've been to 45 out of the 50 states. I still haven't been to Alaska, Indiana, Kansas, Missouri, and Oklahoma, but I hope to cross them off my list soon. I am also a redhead – we are only about 2% of the population!

Q: Anything else you'd like to add?

I just wanted to thank all the WIND Study parents for their continued participation in the study. I have really enjoyed talking with all the parents I have done follow-up interviews with. If we haven't spoken yet, I hope to get a chance to talk to you soon!



IN-DEPTH: BETTER SAFE THAN SUNBURNED!

Now that summer is here, so is the possibility of getting a sunburn. A sunburn – red, irritated skin that feels hot to the touch – usually appears within a couple hours after being exposed to the sun's ultraviolet (UV) light. For some people, this can happen after only a little sun exposure. Other symptoms may include blisters that develop hours to days later; skin peeling on sunburned areas several days after the initial burn; or even severe reactions – sometimes called sun poisoning – such as fever, chills, nausea, or rash. Getting multiple severe sunburns increases the risk of developing skin cancers. There are, however, many ways to prevent sunburn from occurring and treat the burn when present.

The Centers for Disease Control and Prevention (CDC) suggests a few ways to protect your child from the sun's harmful UV rays whenever they are outdoors. First, you should apply and reapply sunscreen every time your child goes outside. Sunscreen should have at least SPF 15 and UVA and UVB (broad spectrum) protection. Ideally, your child should cover up with long-sleeved shirts and long pants/skirts when possible, as well as wear a hat to shade their face, scalp, ears, and neck. It is also important to remember that UV rays are strongest and most harmful during midday. Your child should seek shade during this time in order to prevent sunburn.

If your child does get sunburned, he or she should take a cool shower or place clean, wet, and cool washcloths on the burn. If there are blisters, dry bandages may help, and creams with vitamins C and E may help limit damage to skin cells. However, doctors advise against using Vaseline or other oil based products, as these can block pores so that heat and sweat cannot escape, which may lead to infection. Your sunburned child should also wear loose cotton clothing and drink lots of water.

Studies have shown that, for the best protection, it is ideal to combine multiple sun protection measures. This means, for example, that shade from a beach umbrella alone does not provide enough protection from extended exposure to UV rays. Rather, your child should use a combination of the CDC suggestions provided above, such as wearing a sunscreen and a baseball hat, and using a beach umbrella. When it comes to your skin's health, it's better to be safe than sunburned! If you have any questions or concerns about your child's health in general, or in regards to skin protection and sunburn prevention, please consult with your child's primary care provider. To read more about the CDC's recommendations for sun protection, please click [here](#).