



Sunscreen makes recess a bit safer.



The percentage of times car seats don't fit into vehicles properly, putting the child in danger, found The Ohio State University College of Medicine

Easier Sun Protection at School

Most states won't let kids bring sunscreen to school without permission, and many schools don't have enough shade to shield kids, says pediatric dermatologist Latanya Benjamin, M.D. That's why she oversees the Women's Dermatologic Society's Time Out, Protect Your Skin (TOPS) program, which educates about safety and donates trees to schools. Take these steps to protect your child as it gets sunnier:

- 1** Have her wear a UV-detecting, color-changing bracelet, which will warn her to seek shade or apply sunscreen when she's exposed to strong UV rays, says Dr. Benjamin. The bracelets are available through TOPS; call 877-WDS-ROSE to inquire.
- 2** Print and sign a permission slip from projectblackdot.org so your child will be allowed to apply his own sunscreen at school.
- 3** If possible, dress her in pants and lightweight long sleeves.



THE POWER OF PARENTS

Finding a Cure for Batten Disease

Chris and Heather Dainiak were devastated in 2008 when Nicholas (above, at right, with his brother William) was diagnosed with Batten disease at age 5. It's an incurable, fatal disease that causes seizures, dementia, and blindness. In 2014, he passed away on his 11th birthday. They'd already begun fund-raising in 2009 when they launched Our Promise to Nicholas (ourpromisetonicholas.com). With community help, the family started an annual Easter egg hunt in their town of Bedford, New Hampshire. Thanks to this and other events they've hosted, the Dainiaks have raised more than \$750,000 of their current \$10 million goal. Says Heather: "I'm proud that our supporters believe in our ability to help find a cure."

—Jennifer Cole

➔ Checkup Changes

The American Academy of Pediatrics recently announced several updated recommendations that affect children's preventive health care. Some of the biggest ones:

- * Newborns should undergo a screening for critical congenital heart disease before being discharged from the hospital.
- * To help reduce cavities, dentists or pediatricians should apply fluoride varnish for kids between 6 months and 5 years old.
- * Toddlers should be assessed for anemia at 15 and 30 months.
- * Between ages 9 and 11, kids should be screened for high blood-cholesterol levels.
- * Starting at age 11, all children (not just high-risk) should be screened annually for depression.