

Are your child's shots up to date?

As a parent, you know that shots are good for your child, but no parent likes to see his or her child cry. And, many children have a fear of needles, a condition that sometimes runs in families. A child's fear can often be more upsetting than the actual shot.

To ease your child's anxiety, try the following tips:

- Explain matter-of-factly what is about to happen. Tell your child that the shot will hurt a little bit only for a moment.
- Distract your child with age-appropriate toys. For example, bring along a rattle for a baby, a bubble blower or party blower for a young child, or a video game for an older child. It might help to bring along a toy your child has never seen before.
- Help your child relax. Encourage your child to imagine a beautiful picture or scene. Or offer a soothing shoulder massage.

- Ask your child's doctor about numbing the skin before the shot.

Get regular checkups

It is important to take your child to the doctor for regular checkups. Shots protect your child against dangerous diseases, such as:

- Chicken pox
- Measles
- Polio
- Tetanus
- Whooping cough

Your child's health care provider can tell you what shots your child needs and when to get them. He or she can also answer any other questions you may have.

Summer squash soup



Ingredients

1 cup chopped shallots
½ cup chopped green onion
2 garlic cloves, minced
4 medium zucchini, chopped
2 small yellow summer squash, chopped
1 cup peeled and cubed Idaho potatoes
4 cups low sodium vegetable broth
2 cups chopped kale
1 tsp. dried tarragon

Nutrition Information

Serving size: ½ recipe. Each serving provides 100 calories from fat; 130 mg sodium; 21 g total carbohydrates; 4 g dietary fiber; 7 g sugar; and 5 g protein.

½ cup fat-free half- and-half
6 thin slices zucchini (for garnish)
6 thin slices yellow summer squash (for garnish)

Directions

Spray large saucepan with cooking spray; heat over medium heat until hot. Sauté shallots, green onions and garlic until tender. Add chopped zucchini, yellow squash and potato. Sauté for five to eight minutes. Add vegetable broth, kale, and tarragon to saucepan; heat to boil and reduce heat to simmer, covered, until vegetables are tender about 10 to 15 minutes. Process soup in food processor or blender until smooth and return to saucepan. Stir in half-and-half. Serve warm or chilled with a slice of zucchini and summer squash.