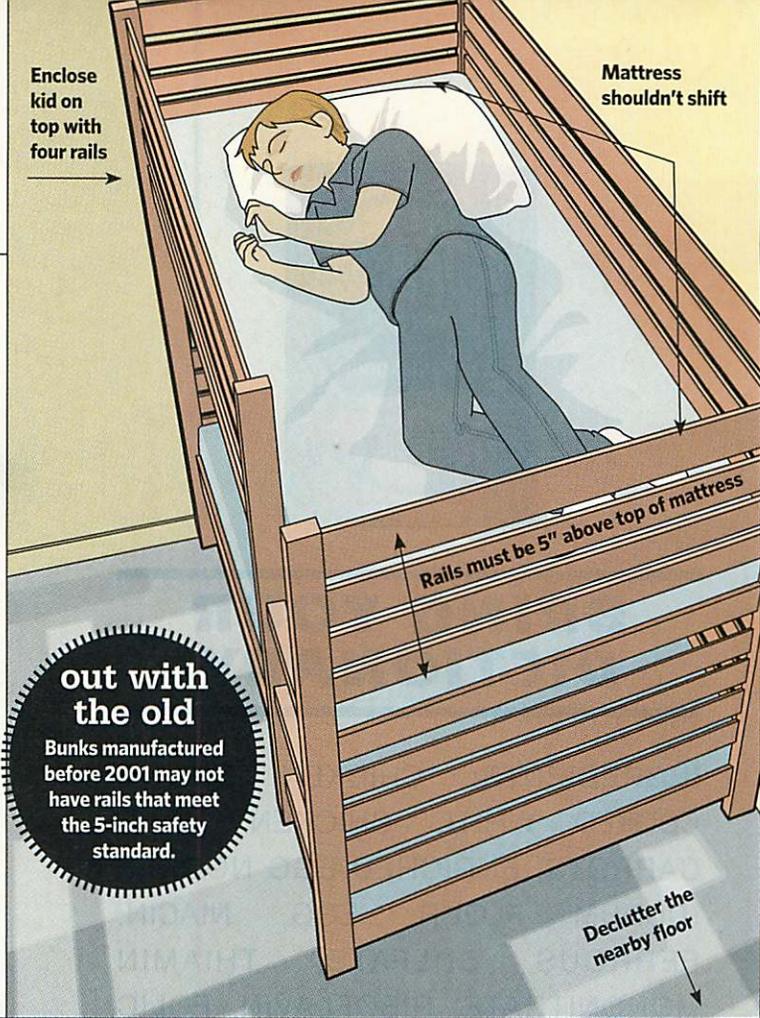


# rest easy

Young kids aren't the only ones who fall out of bunk beds. About 43% of bunk bed-related injuries in the U.S. happen to children between the ages of 6 and 17, report researchers at the Center for Injury Research and Policy at Nationwide Children's Hospital in Columbus, Ohio. Kids who tumble off the top suffer cuts, bruises, fractures and concussions. Follow these safety tips from Lara McKenzie, Ph.D., assistant professor at the hospital and senior author of the study:

- 1. Box them in** Add guardrails along the sides of the upper bed. The tops of the rails should be at least 5 inches above the mattress, so kids don't roll off.
- 2. Secure the foundation** The top mattress should fit in the frame snugly. If it doesn't, buy a larger one or fill the gaps with soft padding like bunched-up sheets.
- 3. Beware of hidden hazards** Position the bunk bed away from ceiling fixtures and hard furniture. Remind your kid to keep the surrounding floor area clear of toys or sharp objects, so she doesn't fall on them.



## ✓ Supermarket Smarts

Grocery shopping with the kids can feel like a losing battle. "You're fighting against about \$10 billion a year worth of marketing directed at your children," says Marion Nestle, R.D., professor of nutrition, food studies and public health at New York University and author of *What to Eat* (North Point Press). To avoid coming home with junk food, try Nestle's strategies.

**Get in, get out** Research shows that the longer you shop, the more you and your child will be enticed to buy items you don't need. Create a list before you go, and stick to it.

**Reward good behavior** Encourage your kid to read nutrition labels by allowing her to add a bonus item to the cart. The only catch? She must make sure it has at least 5 grams of fiber per serving.

**Stick to the perimeter** The freshest foods are found along the outer aisles, so avoid the middle of the store, where most of the processed, fattening products are shelved.

**Q:** Is it a good idea to give kids flat ginger ale when they have an upset stomach?

**A:** Probably not, says new research. While the ginger spice may help ease tummy troubles, most ginger ales do not contain it. "Carbonated drinks, flat or not, do replace some of the fluids lost from diarrhea or vomiting, but they don't replenish much needed sodium and potassium," says Ashley Reece, M.D., a pediatrician at Watford General Hospital in Hertfordshire, England, and lead author of the study. Energy drinks like Gatorade and Powerade aren't ideal either because they have too much sugar, which can make diarrhea worse. **Your best bet: an over-the-counter oral rehydration solution like Pedialyte**, which contains the ratio of electrolytes and sugar that your kid needs to recover.

**\*tip** } This Halloween remember that some treats may be better for your kid's pearly whites than others. "Gummy sweets like taffy are the biggest cavity culprits because they stick to teeth," says Gina Prokosch-Cook, D.D.S., a dentist in New Windsor, New York. "Encourage your child to opt for chocolates, which melt and get washed away by saliva, or candies that don't require chewing, like lollipops or mints."



Photos (from left): Don Farrall/Getty Images; Imagomore/Jupiter Images. Illustrations: Chris Philpot.