



BY JULIE VECCHIONE DESIMONE

Get Covered

Safety helmets are a must for children eager to enjoy the spring sunshine on their bikes. But that doesn't mean you won't get complaints about wearing them. Check out wacky and colorful alternatives that make it hip to be safe at www.fohawx.com (\$19.99).

An Early Allergy Season

Have you noticed that you or your allergy-suffering child have started sneezing earlier than usual? "A mild winter brings an early start to the allergy season," says Atul Shah, M.D., of the Center for Asthma & Allergy in Shirley. According to Dr. Shah, to manage symptoms first confirm with your doctor that they're the result of allergies and not a virus. Limit exposure during high-pollen days. And talk to your doctor about medications like nasal sprays and allergy shots. Learn more at www.center4asthmaallergy.com.

Pollen Watch

In order to avoid outdoor allergens on high-pollen days, you need to understand what the numbers mean. Check out www.pollen.com for updates about pollen counts in your area, which are measured on a scale of 0 to 12:



Medical Bracelets for Camp

If you're the parent of a child with special needs or a medical condition, camp can cause anxiety about safety. Bright colors and designs make today's medical ID bracelets fun to wear, while communicating your child's condition quickly. Custom-engraved bracelets detail your child's diagnosis behind the universal red insignia by the American Heart Association. (\$19.95-\$49.95; www.hopepaige.com).



Medical Bracelets for Camp

If you're the parent of a child with special needs or a medical condition, camp can cause anxiety about safety. Bright colors and designs make today's medical ID bracelets fun to wear, while communicating your child's condition quickly. Custom-engraved bracelets detail your child's diagnosis behind the universal red insignia by the American Heart Association. (\$19.95-\$49.95; www.hopepaige.com).