

under the Rainbow

For every question, every kid, There's only one Rainbow.


Spring 2019

BREATHING EASY

Severe Asthma Program provides
lifesaving treatment, support
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Children's play builds skills
for a lifetime
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4 ways strength training can
help young athletes
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 University Hospitals
Rainbow Babies & Children's

under the Rainbow

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Stories from our Facebook community

4 tips to tame spring allergies

1. Avoid pollen exposure. 2. Use air conditioning. 3. Shower and change clothes. 4. Use saline nasal sprays.

You can prevent childhood cavities during pregnancy

1. Eat a healthy diet. 2. Brush twice a day. 3. Floss daily. 4. Visit the dentist.

CHILDREN'S PLAY builds skills for a lifetime

When your child needs daily medicine

4 ways strength training can help young athletes

1. Improves bone density. 2. Increases muscle mass. 3. Enhances cardiovascular health. 4. Boosts mental health.

STAYING IN THE GAME

4 ways strength training can help young athletes

1. Improves bone density. 2. Increases muscle mass. 3. Enhances cardiovascular health. 4. Boosts mental health.

Strength training programs can help young athletes stay in the game.