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**Waiting Room Boredom Remedies**

**By Deborah Shelton**

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Waiting Room Boredom Remedies  
By Deborah Shelton

Going to the doctor is no fun—not for adults and especially not for kids. Not only is the impending meeting with the doctor a little scary, but also the time spent in the waiting room can be excruciating for young children. Here are a few fun and super simple ways to beat the waiting room boredom blues.

\* Waiting rooms are filled with magazines. Use this time to help children practice their reading skills. Have your child read the headlines and text aloud to you (not too loud!).

\* Play a simple game of Tic-Tac-Toe! Have a tournament: the best 3 out of 5 games wins...or depending on how long you're waiting for the doctor, it could be the best 5 out of 7, or more.

\* Bring along a gallon-sized Ziploc baggie and a few dry-erase or washable markers. Slip a sheet of blank paper or

## Waiting Room Boredom Remedies

an entire magazine into the baggie. If you use a magazine, don't tear out pages (even though most doctor offices receive free magazine subscriptions, it's just not polite to tear them). Trace the magazine cover through the plastic. Wipe the baggie clean with a tissue and start over with a new picture.

\* Try to stump each other with word scrambles. Use a pencil and piece of paper to rearrange the letters of a word, and then decipher them.

\* Play Find-A-Feeling: Ask your child to look through a

magazine and find a happy person. Discuss why they think the person is happy, sad, upset, etc., (ask them for examples such as facial expressions and body language). This will help your child recognize and acknowledge the feelings of others.

Deborah Shelton is the author of *The Five Minute Parent: Fun & Fast Activities for You and Your Little Ones*. Visit *The Five Minute Parent* for fun rainy-day activities, family-friendly articles, and a free email newsletter filled with craft ideas, guest articles, contests and so much more!  
<http://www.fiveminuteparent.com>

### **Does Your Health Insurance Cover Alternative Medicines And Remedies?**

**By Elizabeth Newberry**

When we think of health insurance and the kind of coverage it provides, we tend to think of emergency room visits, doctor visits, hospital stays, and standard medication such as pills, liquids, and injections, i.e., drugs. However, there is enough of an increase in interest in alternative medicines and remedies that is causing a few health insurance companies to include them, to a degree, in their health insurance policies.

Alternative medicines and remedies tend to be more cost effective than standard medicines and remedies, and scientific evidence shows that alternative medicines and remedies are more than just beneficial to our wallets - they are also beneficial to our health. A few examples of alternative medicines and remedies include: acupuncture, massage therapy, meditation, mind and body stress management, chiropractic services, and herbal remedies.

People who choose to use alternative medicines and remedies currently pay for most of the cost, if not all of the cost, themselves. Even though the consumer demand for alternative medicines and remedies continues to grow, most health insurance companies don't offer coverage for these types of health services, and those that do might offer very limited coverage.

One of the main reasons health insurance companies are skeptical about including alternative medicines and remedies in their health insurance policies is the fact that many of the alternative medicines and remedies don't seem to work; however, the reason many of them fail to work is because the health insurance companies that do provide coverage for alternative medicines and remedies do so only to a limited degree. In other words, due to the limited coverage health insurance companies provide for alternative medicines and remedies, many of the practices aren't given enough time to be effective.

If you're interested in purchasing health insurance that covers alternative medicines and remedies, give your state insurance agency a call. Find out what health insurance companies in your state offer coverage of alternative medicines and remedies.



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