

family time

Newsletter from Parent Help Line at HSHS St. John's Children's Hospital



Kid BITS



Healthy School Lunches

Prepare school lunches that provide essential nutrients. Nourishing food:

- Creates a lifelong pattern of healthy eating.
- Exposes kids to a variety of new foods.
- Avoids harmful levels of artificial additives.
- Controls the amount of salt, sugar and fats a child eats daily.

Include a variety of cut-up fruits and vegetables. Add healthy dips like hummus. Make ranch dressing with yogurt. Provide whole-wheat crackers, bread, pita pockets and pasta. Consider healthier whole grain options. Pack fig cookies, popcorn, oatmeal cookies, banana bread and mini pita chips. *Avoid packaged chips and cookies.*

Healthy food containers are as essential as the healthy food they contain. Pack your child's lunch and drinks in containers that *do not contain toxic materials like BPA and phthalates*. Use stainless steel, organic cotton and BPA-free plastic. Bento boxes are a fun way to organize lunches.

TO LEARN MORE:

- *Search the Internet for Healthy School Lunches.*
- *Find out about food additives at <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Says-Some-Common-Food-Additives-May-Pose-Health-Risks-to-Children.aspx>*

Common Sense Media

Social media continues to be a powerful source in our daily life. Our kids spend countless hours on smartphones, tablets and computers. They receive information that affects their thoughts, emotions and choices.

Common Sense Media is a part of a non-profit organization that helps families learn to use media wisely and safely. They offer tips on:

- Good books for kids.
- Fun and essential apps.
- Smart use of screen time.
- Movie and TV picks.
- Making a family media plan.
- Resources for kids with special needs.
- Cyberbullying, and more.

Use their easy-to-read and follow "Best of" lists. They organize them by age group. Read about other parents concerns. Learn tips to navigate media and technology.

TO LEARN MORE:

- *Visit www.commonsensemedia.org*

Routines and Rituals Make Family Life Easier

Children who live a life of love and structure manage their behavior better than kids raised in chaos. Routines and rituals provide the structure that helps kids organize their world. Parents keep family life predictable.

Routines

Routines form a basic *daily structure* that help kids feel secure. They let kids know what is expected of them. Having specific routines helps a child transition from one activity to another: home to daycare, playtime to dinnertime, evening time to bedtime.

Families must create *their own* routines. Families are unique, and one routine may not work for every family.

As you begin a new routine:

- Explain it to your child.
- Be consistent. Follow it daily.
- Stick with it for 4 to 6 weeks before expecting your child to follow it.

Many parents begin with morning and bedtime routines. These are sometimes the most chaotic times of the day.



Rituals

Rituals are specific activities that are often repeated from generation to generation. Filled with emotion, they are valued and help form our most cherished memories. They are often associated with religious practices, holidays and celebrations.

As you pick rituals for your family:

- Tell your child your ritual story. How did it begin. Who participated. Why was it started.
- Find pictures of how your family practiced these rituals.
- Let your kids be a part of the planning.

TO LEARN MORE

- https://www.buffingtonpost.com/rhoda-p-curtis/routine-and-ritual-two-pi_b_1113845.html
- <https://www.zerotothree.org/resources/1808-rituals-and-routines-supporting-infants-and-toddlers-and-their-families>

JUUL - What Parents Need to Know

A new kind of e-cigarette, JUUL, is on the market. Although this vaping device was designed to help adults stop smoking cigarettes, teens use JUUL because they *think it is cool*. Doctors warn parents. Using JUULs, or juuling, is not safe.

Like other e-cigarettes, JUUL uses a liquid filled with nicotine, solvents and flavorings. These chemicals contain cancer causing agents. Nicotine's ability to alter brain chemistry is especially harmful for young brains. Teens can get addicted quickly.

JUUL pods come in popular flavors appealing to teens. Enticing flavors like Mango, Crème Brulee and Fruit Medley give a false impression that JUULs are safe. The JUUL company condemns the use of their product to minors. However, teens are still able to purchase them at convenience stores and online.

Unlike cigarettes, teens can hide juuling. The JUUL is small and shaped like a flash drive. It can be charged in a computer's USB slot, where parents often see flash drives. Teens use the JUUL at home and in school, near parents and teachers. It is easy to take a quick puff then return the JUUL to a pocket or backpack.

Continued on page 3



Continued from page 2

Parents – *do not be caught unaware.* Ask your kids about juuling. What do they know? Together, research the harmful effects of e-cigarettes, vaping and JUUL.

TO LEARN MORE

- <https://www.aap.org/en-us/Documents/AAP-JUUL-Factsheet.pdf>
- <https://www.aafp.org/news/health-of-the-public/20180806juul.html>

Timely Tip

Every year, home fires injure and kill thousands of people. The UL Firefighter Safety Research Institute says closing your bedroom door before going to bed can save your life. Closing the door:

- Helps slow the spread of smoke and toxic fumes.
- Keeps the heat out.
- Helps control carbon monoxide levels, and
- Slows the spread of flames.

TO LEARN MORE:

Visit www.closeyourdoor.org

After School Conversations

How often do parents greet their school-age child with “*How was school today?*” The response is often one word – “OK.” No information is shared. The conversation ends before it starts.

Parents want to know what happens at their child’s school. More importantly, they are eager to spend meaningful time with their child. But after-school conversations do not happen every day. And that is OK.

After school conversations often depend on a child’s:

- **Personality.** Some kids are eager to share everything, right away. Others need time to unwind before talking. Do not take the silence personally.
- **Day at school.** School is challenging. Not every day is great. Answering a list of questions may be difficult after a frustrating day.
- **Schedule.** Your child may have a test to study for or a project that needs to be finished.

Be enthusiastic when you greet your child. Avoid the “*how was school today?*” question. Ask something specific about a test grade or the result of a tryout.



Be a great listener if your child wants to talk. Pay close attention. Do not interrupt. Avoid a lecture. *Put your phone on silent.*

If your child likes to play video games after school, watch or play with her. You might find her sharing bits and pieces of her day without your questions.

Respect your child’s need to be quiet if he does not feel like talking. Make his favorite snack. Let him know you are around if he needs you. Talk at dinner or later in the evening.

TO LEARN MORE:

- Visit <http://www.pbs.org/parents/education/going-to-school/talking-with-kids-about-school/>

classes & events

Carol Jo Vecchie Women & Children's Center at HSHS St. John's Children's Hospital
Pre-registration required for the following classes. Unless otherwise noted, call 217-744-2229.

- Baby Basics I - All About Baby
- Baby Basics II - Parenthood
- Birth Center Tours
- Childbirth Express (Saturday class)
- Dinner for Two—Breastfeeding Your Baby
- First Steps Mom-and-Baby Support Group
- Joy of Grandparenting
- Marvelous Multiples
- New Daddy Boot Camp
- Welcome Baby Sibling Class

For information on these classes and other support groups, log onto www.st-johns.org.

HSHS St. John's Children's Hospital
Breastfeeding 24-hr. Warmline—
217-535-3983

Dealing with Feelings Support Group for Pregnancy, Baby Blues and Postpartum Depression

Learn coping skills, receive comfort and support, and share feelings. Meets in the NICU Conference Room on the 4th floor of the CJV WCC at St. John's Children's Hospital. Go to the www.parenthelpline.org home page for a list of 2018 dates and times.

Memorial Medical Center
Pre-registration required for the following classes. Unless otherwise noted, call 217-788-3333.

- Adoptive Parents Class
- Baby Care Users Manual
- The Get-Real Breastfeeding Guide
- Grandparent Class
- I'm Going to Be a Big Brother/Sister
- Infant Safety Classes
- Lacion Consultation
- Mom/Baby Support Group
- Teen Pregnancy Class
- Working and Breastfeeding

For information on these classes and other support groups, log onto www.memorialmedical.com

Fall is a time to enjoy both indoor and outdoor activities with your child. Visit local historical sites. Find autumn family-friendly activities.

Many are free. Check the websites below for more events.

- visitspringfieldillinois.com
- illinoistimes.com
- springfieldmoms.org
- illinoisstatemuseum.org/
- <http://lincolnlibrary.info/>
- <http://www.alplm.org/>
Abraham Lincoln Presidential Library and Museum
- <http://www.hcfta.org/events>
Hoogland Center for the Arts

Parent Help Line

Parenting tips New ideas Referrals

We welcome all parenting concerns - big or small.

Call **(217) 544-5808** or **(888) 727-5889**.

10 a.m. to 10 p.m. – 7 days a week – 365 days a year



Log onto www.parenthelpline.org.

We continue to add new tips to help parents.

Find information on

Make Your Fall Fun and Safe

Working Parents Must Share Household Chores

Parents - Plan for School Success

Mindful Eating - A Healthy Approach to Food

Talk So Your Child Will Listen

Protect Your Family Against Carbon Monoxide Poisoning



Like us on Facebook:

Parent Help Line at St. John's Children's Hospital.

Share your tips with other parents.

Family Time is published by Parent Help Line at HSHS St. John's Children's Hospital. It is available on our website: parenthelpline.org. If you reprint an article from Family Time, we ask that you please cite Parent Help Line as your source. The inclusion of any resource or website does not imply endorsement. Please talk with your child's healthcare provider before you rely on these resources as all child's needs are unique.