

family time

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



Guidelines for 100% Fruit Juice Servings for Kids

New studies show that *one serving* of 100% fruit juice can be a part of a child's healthy diet without causing weight gain. The American Academy of Pediatrics advises parents to allow:

- 4 ounces of 100% fruit juice daily for toddlers ages 1 – 3,
- 4 – 6 ounces of 100% fruit juice daily for children ages 4 – 6, and
- 8 – 12 ounces of 100% fruit juice daily for kids 7 and older.

Fruit-flavored drinks and fruit sodas are not a part of a healthy diet. These sugar sweetened drinks carry health risks for weight gain and diabetes. Parents must read labels to keep these types of drinks out of their child's diet.

Whole fruit is more filling than juice. It contains vitamins, minerals and antioxidants that help keep bodies healthy. Kids need to eat fruit daily. Serve fresh, frozen or canned fruit without sugar.

Kid BITS

Protect Your Child from the Harmful Effects of Smoking

Second hand smoke puts a child's health at risk. Nicotine and other harmful products can cause respiratory and ear infections. Kids with asthma may have more frequent and serious asthma attacks.

According to a new study, kids can get high levels of nicotine on their hands by touching items and surfaces that contain smoke residue. This residue has been found on clothes, household items, toys and in dust. Kids often put their hands, toys and other items in their mouth.

It is not enough to not smoke around your child. The best way to prevent a child from the harmful effects of smoking is to not allow smoking in the home.



Limit Germ Exposure in Waiting Rooms

Well and sick children occupy your child's doctor's office waiting room. Many office items and surfaces contain germs.

Take steps to help keep you, your child and others as germ free as possible.

1. Avoid playing with office toys, especially stuffed animals.
2. Bring your own books and toys to help your child pass the time.
3. Wash your hands and your child's hands with soap and water after handling office toys, books and magazines.
4. Cover your nose and mouth with your elbow when you cough. Teach this cough technique to your child.
5. Keep your infant or small child in a stroller, if possible.
6. Wash everyone's hands after leaving the office. Even door knobs contain germs.
7. Get the flu vaccine for all family members 6 months of age and older.

Improved Sleep May Improve Behavior



Lack of sleep or poor-quality sleep affects a person's mood and behavior. It also hinders the ability to concentrate and interferes with your child's school work. Kids who have poor sleep:

- May be depressed and moody.
- Are irritable and prone to anger.
- Often suffer a negative self-image.
- Have daytime fatigue and may fall asleep in class.
- Show decreased levels of social skills.
- Find learning difficult.
- Get poor grades.
- Exhibit behavior problems at home and school.
- Are prone to illness.

Parents can easily overlook sleeping problems in their child. Kids rarely complain about not getting enough sleep. Hectic work and home schedules, activities and homework often leave parents tired and stressed.

Take steps to improve your child's sleep.

- Schedule and enforce regular sleep and wake times.
- Create a relaxing bedtime routine.
- Limit screen and TV before bedtime. Promote reading instead – alone or together.
- Remove TVs, computers and tablets from your child's bedroom.
- Keep the bedroom temperature between 64 and 70 degrees.
- Shade windows.
- Use a fan or white noise machine as a sleep aid.
- Reduce family stress.
- Schedule nightly one-on-one time with each child. Just a few minutes allows your child to talk about fears or worries.
- Eliminate foods and drinks that contain caffeine.
- Encourage daily exercise.

Talk with your child's doctor if you notice signs of poor sleep. Make changes that will encourage good sleep hygiene for the whole family.

TO LEARN MORE:

Visit <https://www.webmd.com/sleep-disorders/guide/children-sleep-problems>

Timely Tip

Influenza and RSV generally occur in the fall and winter. Both illnesses can cause mild symptoms. These viral infections can also lead to a more serious illness that requires a hospital stay.

No vaccine prevents RSV. But, everyone 6 months of age and older should get the flu vaccine every flu season.

TO LEARN MORE:

Visit parenthelpline.org. Select *Babytime*, then *Health*. Find tips to help prevent RSV and influenza infections.



Protect Your Family Against Carbon Monoxide Poisoning



Every year ERs treat thousands of people for carbon monoxide poisoning. Carbon monoxide (CO) is invisible. It has no odor. It can cause illness and death.

The burning of fuel like gas, oil, kerosene, wood, or charcoal produces carbon monoxide. If appliances are not working properly or not used correctly, dangerous levels of CO build up in your home

Without a CO detector, you may not know that CO is building up in your home. Symptoms of CO poisoning include:

- Headache,
- Dizziness,
- Sleepiness,
- Blurred vision,
- Confusion,
- Nausea and vomiting, and
- Shortness of breath.

If you think you have symptoms of CO poisoning, *get fresh air immediately*. Open windows and doors. Turn off heating appliances. *Leave the house. Call 911.* Get medical attention immediately.

Follow these rules to keep your family safe.

- Install a CO detector with battery backup. Place it outside all sleeping areas on each level of your home. Follow manufacturers guidelines.
- Never burn charcoal or a camp stove inside your home.
- Do not operate portable

generators inside your home, even if your windows or doors are open.

- Never use a gas oven to heat your home.
- Have your furnace inspected by a professional every year.
- Inspect and clean chimneys and vents every year. Hire a trained technician.
- Install and service gas appliances properly. Use professionals.

Winter weather brings a high risk for CO poisoning. Make this winter season safe for your family.

TO LEARN MORE:

Visit <https://www.epa.gov/indoor-air-quality-iaq/protect-your-family-and-yourself-carbon-monoxide-poisoning>

Take the Stress Out of Travel

Whether it is holiday travel or vacation, sibling squabbles can make car time stressful. If you intend to hit the road this holiday season, *create a plan* to stop battles before they begin.

1. Make packing fun. Let each child pack a travel bag with favorite items.
2. Create and enforce car rules. Consider a reward for good behavior.
3. Take games. Simple magnetic games and hand-held games are great for travel.

4. Establish a period of quiet time for 20 to 30 minutes. Listen to soft music. Encourage reading or resting.
5. Allow some screen time. Let kids watch a movie on a tablet or DVD player.
6. Take drinks and snacks. Dehydration and hunger affect mood. They also cause headaches and fatigue. Hunger and thirst may affect one child more than another. Offer food and drink *before* your child is hungry and thirsty. Pack cheese,

whole wheat crackers, hummus and cut up fruits and vegetables. Protein and carbohydrates help hunger.

7. Stop every 1 – 2 hours so everyone can get out and walk, play or exercise.
8. Avoid rush hour. Leave early in the morning.
9. Address fighting issues *before* travel begins.

TO LEARN MORE:

Visit <http://www.parents.com/fun/vacation/ideas/holiday-travel-with-kids/>

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
- New Moms: Dealing with Feelings Support Group
- Welcome Baby Sibling Class

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

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. Wednesdays, 1:30 p.m. Go to www.parenthelpline.org. Click on Support Groups at the top right corner for dates.

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

Winter brings an opportunity for cozy days at home and indoor community events with your family.

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
Postpartum Depression & Mood Disorders
Winter Fun with Children
Positive Parent-Child Time
Discussing Current Events with Young Children
Babysitter Checklist
Talk to Your Teens About Dating
Senior Year - Prepare Your Teen to Graduate



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