



**Eating raw dough or batter that contains flour could make you sick.** Flour can contain a harmful strain of the bacteria E. Coli. Baking and cooking the flour kills the bacteria. Do not eat any raw cookie dough or batter that is supposed to be cooked.

- Follow package directions when cooking products that contain flour.
- Wash hands and utensils after contact with flour and raw dough.
- Wash hands after using homemade play dough – made with flour. Make sure your child does not put play dough in her mouth.

Go to <http://www.fda.gov> for more information or updates.



**Like us on Facebook:**

Parent Help Line at St. John's Children's Hospital. Share your tips with other parents.

## Kid BITS

*Quick tips & info for today's busy parents.*



**According to a survey, teens are drinking less soda.** Instead, they are choosing bottled water. This is good news. Researchers link sugary drinks to weight gain, obesity, diabetes and heart disease. Doctors caution teens that other drinks - sweet tea, coffee drinks, energy drinks and juices - might also contain large amounts of sugar. Water is a healthier choice.

**Log onto [www.parenthelpline.org](http://www.parenthelpline.org).**

We continue to add new tips to help parents.



**Flu season is here.** Proper hand washing can help keep you from getting sick. A recent study found that 95% of people did not wash their hands long enough to effectively kill germs. It takes 20 seconds of washing to kill germs. Dr. Raj, from NYU Medical Center, has these tips.

- Scrub your hands with soap and water. Include fingernails and between the fingers. Friction helps get hands clean.
- Dry hands – *completely*. Do not leave a restroom with damp hands. Paper towels generally dry better than hand dryers. People often leave the restroom before hands are completely dried making it easier to pick up germs.
- Wash hands or use hand sanitizer several times a day.

You do not need hot water to kill germs. Washing hands with soap and cool or cold water works just as well.

To receive familyTIME as an e-newsletter, sign up by calling 217-544-5808 in Springfield, toll-free 1-888-727-5889, or E-mail [parenthelpline@aol.com](mailto:parenthelpline@aol.com).

## Create a Nurturing Home

**In the first three years, a baby develops academic, social and emotional abilities. A positive home setting is essential for healthy development. It affects a baby's mood, behavior and ability to learn. In these first few years, you lay the groundwork for your baby to become positive, healthy and resilient.**

A loving, nurturing home enables a baby to reach full potential. Creating a nurturing home involves physical surroundings, loving relationships and positive parenting. As a child grows and changes, parents adapt their home and parenting style to respond to their child's needs. Each family member, while unique, feels loved and respected.

Nurturing parents know that:

- ***Babies must have their physical needs met.*** Provide food, clothing, sleep, safety and shelter.
- ***A baby's brain develops at an amazing rate during the first year of life.*** Know the importance of early learning. Spend time with your baby. Sing, read and play - **every day**. Use daily activities to teach skills and values. Allow your baby to explore in a safe setting. Do not allow TV and screen time for the first 18 months.

- ***Babies learn best when they are loved and supported.*** Hugs, gentle touches and cuddles are crucial for healthy brain development. They boost a baby's self-esteem. Babies who are not touched and held develop emotional problems. These negative effects last a lifetime.
- ***A baby's brain is sensitive to stress and violence.*** Prolonged stress can cause long term problems with normal development. This includes learning and mental health problems. Protect your baby from stress. When he cries, quickly respond to soothe and comfort. Keep a peaceful home -- without yelling and violence. Begin family routines and rituals like bedtime and bath time. They help baby feel safe and secure.

- ***Babies sense and feel a parent's emotions – negative and positive.*** Stress, anger and frustration can spread from parent to baby. Take time to de-stress. When you are relaxed, you can enjoy playing and being with your baby. Sensing your relaxed state, your baby has fun learning and playing.

All parents can learn positive parenting and create a nurturing home. It may involve a change in attitude and behavior for those who have had a negative childhood experience. Find classes in your community. Search the Internet. Create positive change – *for you and your family.*



## Using the Word No

**One of a parent's most important jobs is to set boundaries and teach consequences. Children must learn what they should and should not do and say. For safety and the ability to get along with others, children need limits.**

Some parents use the word *no* to teach. However, experts agree that kids who hear the word *no* too often, soon start to ignore it. *No* loses its effect, and the unwanted action, whining or misbehavior continues.

Studies show that kids who frequently hear the word *no* have poorer language skills than kids whose parents teach and offer more positive words. When told *what not to do*, toddlers benefit the most from also being told *what to do*.

Consider using the word *no* for emergencies – when you really need your child to stop and listen. For every day discipline, find creative, positive words to say *no* to your toddler without always using the word *no*.

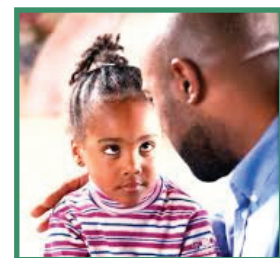


- **Rephrase your request.**  
 Instead of saying *no* when your toddler stands in her booster chair, say: *“Chairs are for sitting. You could fall and get hurt if you stand.”* Gently sit her down as you explain.
- **Offer an alternative to what he wants.**  
 For example, when your toddler wants a cookie before dinner, say: *“If you have a cookie now, you may not eat your dinner. You can have some carrot sticks or a cheese stick instead.”*
- **Ask her to help with a task.**  
 Instead of telling your toddler *no* when he wants to play with his toys, say: *“Oh look, it is time to go to daycare. Could you find your socks and shoes?”*



- **Offer choices.**  
 Instead of saying *no* when your toddler wants to wear a sweater when she needs a coat, say: *“It is really cold outside – brrrrrrr. Which coat would you like to wear – the brown one or the red one?”*
- **Explain negative consequences.**  
 For example, when your toddler hits, say, *“Hitting hurts. We do not want to hurt anyone. No hitting.”* The lesson of hitting hurts comes before the message that hitting is not allowed.

Tantrums, as result of hearing the word *no*, cause frustration and weariness for both parent and child. Use these creative tips to discourage negative behavior and teach positive skills.



## Pokémon Go: What Parents Should Know

Chances are your child or child's friends play *Pokémon Go*. About 10 million people have downloaded the game to their phone. You can find these gamers in public places as they look for *Poke*' stops and battle virtual monsters.

*Pokémon Go* uses augmented reality technology. The game is downloaded to a phone as an app. Players see a virtual reality world on their phone. When playing the game, however they use real world surroundings.

*Pokémon Go* is not an indoor game. In fact, it encourages physical activity. Players must venture outside their home in order to reach certain areas in their virtual world. Players spend hours outdoors, walking miles while capturing virtual creatures. Kids who normally resist exercise and sports easily spend at least 60 minutes walking outside in the fresh air.

Unlike the isolating nature of social media sites, *Pokémon Go* can be a fun group activity. Kids meet and compare collections of wild animals known as *Pokémon*. As they plan their moves, they join forces to find and battle *Pokémon*.

Families can play *Pokémon Go* together. Many virtual *Poke*' stops are public places.

Some are historical landmarks. Nature trails and parks provide real-world outdoor scenery during game play.

*Pokémon Go* is a fun activity. However, *it has safety issues*. If you and your child play *Pokémon Go*, learn the hazards.

These tips will help keep your child safe.

- Ask your child to tell you when and where she will play the game.
- Get the names of each child who will be playing.
- During play, use care as you walk to avoid running into trees or falling down steps while looking at your phone.
- ***Never catch a Pokémon in the street.*** Catch it while standing on the side of the road.
- Be aware of your surroundings. The game gathers people at certain locations. Players have reported robberies during play.

- Follow stranger safety rules. *Never go to another location alone with a stranger.* This person may be friendly – *but not your friend.*
- Stay with your group. Only go to well-travelled areas.
- Avoid illegal actions. Stay out of people's yards. Do not go into places closed to the public.
- *Respect memorials and places of tribute.*

While the *Pokémon Go* is a free app, the phone provider can bill other charges. Monitor your child's phone data usage. Discuss the rules of data sharing.



## Does Your Teen Have the Skills to Get and Keep a Job?

**Are you preparing your teen for the job market? Competition for jobs is high. Many employers seek people with specific job skills. In addition, they desire several general skills and behaviors in a new employee.**

Parents must help teens develop job skills. At home, they teach people skills and positive behaviors. Ask your high schools and colleges if they teach specific courses. Suggest volunteering and part time jobs that offer hands-on experience for a variety of skills.

When entering the job market, your teen will need:

### **Verbal Skills**

Jobs usually require a worker to speak with co-workers – one-on-one or in groups. Employees might talk on the phone, train another worker, or give a presentation. Work requires simple behaviors such as keeping good posture, respecting personal space and making eye contact when talking. Use role-play to teach and practice these skills at home. (Read the SkillTime booklet at [parenthelpline.org](http://parenthelpline.org) for tips on role-play.)

### **Communication Skills**

Employers want people who can share information clearly. Whether speaking or writing, your teen must express what he thinks. High schools and colleges offer courses that teach speaking and writing skills.

### **Good Manners**

If she cannot get along with others, your teen will soon lose a job. People want to be treated nicely and with respect. Words like “*Thank you*”, “*Please*”, and “*How is your day going?*” help build positive work relationships.

### **Teamwork Skills**

As a team player, your teen will need to listen, motivate and work well with others. To prepare your teen, organize a family project. Give each child a job, and achieve your goal by working - *together*.

### **On-time Arrivals**

Most businesses do not tolerate tardiness. It disrespects the employer and fellow employees. Set a good example for your teen. Arrive on time to work and events. Teach your teen the steps that encourage *on-time* arrivals.

### **Appropriate Dress**

Most workplaces have a dress code that employees are expected to follow. Establish a dress code rule at home. Discuss appropriate dress for work, school, religious occasions, play and special events. Expect your teen to wear clothes appropriate for each occasion.



# Keep Your Phone Powered During a Power Outage

Power outages happen. Whether it is a few hours or days, you will want to stay connected to family and friends. Current weather reports and news can help keep you and your family safe.

**Be prepared.** Before a power outage, learn to make changes to your phone that will help you stay connected when the power goes out. *Always keep your phones, laptops and tablets charged.* When a power outage occurs, follow these tips to maintain and restore power to your phone.

1. **Put your phone on a low power or power saving mode** using Settings – Battery – Low Power Mode or Settings – Battery Saver.
2. **Stop running apps.** Some apps, like Facebook, run even when you are not using them. This drains your battery. Search the Internet, ask a family member or contact your phone provider for help in disabling these apps.
3. **Text instead of calling.** It uses less power.
4. **Turn your phone's brightness down** using Settings - Display or Settings - Brightness.
5. **Use your laptop to charge your phone.** Turn on your laptop but do not unlock the screen. Use the USB port to charge your phone.
6. **Charge your phone using your car.** *Never run your car in a garage with the door closed.*
7. **Consider buying a backup charger for times when you do not have access to electricity.** Some chargers use solar power. Others use a crank system.
8. **Keep one phone on at a time.** Keeping other phones off conserves power. Do not allow kids to make calls, text or use their phones for entertainment.



## 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**

Visit our web page at  
[www.parenthelpline.org](http://www.parenthelpline.org).

Find us on Facebook at  
[Parent Help Line at St. John's Children's Hospital.](#)

***Make a New Year's resolution to build a stronger family.***



# A Few Local Events, Support Groups and Classes

**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
- *Dealing with Feelings: Pregnancy and Postpartum Support Group for Women*
- Welcome Baby Sibling Class

For information on these classes and other support groups, log onto [www.st-johns.org/education](http://www.st-johns.org/education).

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

**Henson Robinson Zoo**  
1100 E. Lake Drive, 217-585-1821

- **Dec. 2-4, 8-11, 15-23.** *Holiday Lights at the Zoo.* All ages. \$3.75/Adult; \$2.50/Child. 5:00 p.m.-8:00 p.m. Twinkling lights, 3-D glasses and crafts.

**The Thomas Rees Memorial Carillon** *Washington Park, 1501 S Grand Avenue W, Springfield*

- **Sunday, Dec. 11,** 4 p.m. *Caroling at the Carillon.* Sing holiday carols next to a bonfire. Cookies, hot chocolate and a visit from Santa Claus. Free.

**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
- Lactation Consultation
- Mom/Baby Support Group
- Teen Pregnancy Class
- The Whys of Cries
- Working and Breastfeeding

For information on these classes and other support groups, log onto [www.memorialmedical.com](http://www.memorialmedical.com)

**Barnes and Noble** *3111 South Veterans Pkwy Springfield*

- **Dec. 3.** *How the Grinch Stole Christmas Storytime.* 11 a.m. Good deed badges and booklets for kids to log all the good things they do this holiday season. Activities to follow.
- **Dec. 9.** *Harry Potter Magical Holiday Ball.* 7 p.m. Dress like your favorite Harry Potter character, wear your holiday best or come as you are and join us for dancing, music, activities and giveaways.
- **Dec. 17.** *Santa's Sleigh is On His Way Storytime.* 11 a.m. Storytime and activities.

**Springfield Ballet Company's The Nutcracker**

**Dec. 10-11.** Sat. 2 and 8 p.m. Sun. 2 p.m. Sangamon Auditorium. Admission. 217-206-6160 for tickets.

## Support Group for 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](http://www.parenthelpline.org). Click on the "What's Happening" Box for dates.

## Christmas with the Lincolns

*Lincoln Home, 426 S. 7th St Springfield*

**Dec. 2-Jan. 6.** 8:30 a.m. - 5 p.m.

Where did the Lincoln boys hang their stockings for Santa and those stockings? What kinds of Christmas goodies were on Lincoln's table? Discover how the Lincoln family celebrated the holidays by taking a tour through the Lincoln Home. Free.

## Luminaria Sunday at the Dana-Thomas House

*301 E Lawrence Ave Springfield, IL*

**Dec. 18,** 4 - 8 p.m. The exterior of the home will be lined with 1,000 candles and guests can take a silent tour of the beautiful interior accompanied by holiday music. Free.

## 29th Annual First Night Springfield

*Downtown Springfield, 4th & Capitol Ave Springfield*

**Sat., Dec. 31.** Family-friendly, alcohol-free event is a Springfield area tradition. Free children's activities from 1 pm - 4 pm at Springfield High School Commons. Fireworks at 8 pm. Over 30 performances around Downtown Springfield from 6 pm-11:15 pm.

**Go to [visit-springfieldillinois.com/Events/](http://visit-springfieldillinois.com/Events/), [illinoistimes.com](http://illinoistimes.com) or [springfieldmoms.org](http://springfieldmoms.org) for more event listings and family-friendly activities.**

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## Dads – Provide Skin-to-Skin Time with Your Baby

**All babies benefit from skin-to-skin time also known as Kangaroo Care. Moms usually provide this care immediately after delivery. However, skin-to-skin time is not just for mom and baby. Dad and baby can also enjoy this special time together.**

Many hospitals now encourage both moms and dads to provide skin-to-skin time in the hospital and at home. Dressed only in a diaper, the infant is placed on mom's or dad's bare chest, while in an upright position. A blanket is placed over the baby. Parent and baby snuggle together.

Both dad and baby benefit from this special snuggle time. Baby enjoys improved sleep and increased calm times when awake. Many experience increased weight gain.

Dad begins to develop nurturing behaviors as he becomes more in-tune to baby's cues and needs. He gains confidence in his ability to provide care. Dads who do skin-to-skin with their baby report a greater closeness and bond.

Moms also benefit. With new found confidence, dad provides more care for baby. Mom has more time to rest and recover.

Skin-to-skin time gives mom, dad and baby a wonderful chance to develop a bond that will help them thrive in good times and in bad.

