

summer 2017

family time

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



Drinking hand sanitizers is harmful.

Younger kids suffer worse effects and outcomes. Many hand sanitizers contain 60% to 90% ethanol or isopropyl alcohol.

Most kids 5 and under drink it by accident. However, some children 6 – 12 years of age drink the sanitizer on purpose. High alcohol content is one possible reason for ingestion.

Symptoms of hand sanitizer ingestion include:

- eye irritation,
- breathing difficulty,
- vomiting,
- seizures and
- even coma.

Keep hand sanitizers out of the reach of children. Caution older kids on the dangers of drinking sanitizers. In your home use soap and water for washing hands.

Kid BITS

Quick tips & info for today's busy parents.



Ten minutes a day of mindful meditation may help people who suffer from anxiety.

Mindful meditation is the act of paying attention or being aware – in the present moment. No distractions. No judgements.

Wandering minds and repetitive thoughts effect a person's work and study. A person who practices regular mindful meditation can improve focus and boost concentration. This effect occurs even when a person is not meditating.



Without warning, e-cigarette devices can explode.

Lithium batteries, used to heat the liquid nicotine and flavorings, can over heat and cause a fire or explosion. This can occur during use or in a pocket or storage place.

People have sustained injuries and burns to their face, mouth, hand and body. Bed sheets and clothing have started on fire, causing injury to others. Anyone in close contact with someone whose device explodes is at risk for injury.



Like us on Facebook: *Parent Help Line at St. John's Children's Hospital.* Share your tips with other parents.

Log onto www.parenthelpline.org.

We continue to add new tips to help parents.

Baby-Led Weaning

At around 6 months of age, most babies are ready to start solid food. Their bodies contains enzymes needed for digestion. The tongue-thrust reflex is gone. Babies can learn to chew and swallow.

Traditionally, parents begin solids by giving their baby cereal and pureed foods with a spoon. However, some parents are taking a new approach called baby-led weaning (BLW). Instead of feeding the baby with a spoon, the baby feeds herself soft finger foods.

With spoon feeding, parents control how much and how fast their baby eats. Spoon feeding is faster than allowing baby to eat at his own pace. Even though their baby feels full, parents often encourage him to *take one or two more bites*.

BLW gives baby some control when eating. Parents serve their baby *soft, nutritious* foods that are easy to pick up and eat. However, she controls how much and how fast she eats.

Learning hunger cues — feeling hungry and full — is important. With BLW, when a baby feels full, he stops eating. This teaches him to self-regulate and not overeat.

With BLW, your baby will also:

- Eat a wider variety of food. He eats the *soft* foods that the rest of the family is eating.
- Adjust to food with different textures.
- Practice manual dexterity skills.
- Learn hand-eye coordination movements.

Consult your doctor to make sure your baby is ready for BLW. If you want to give it a try:

- *Continue to breast or bottle feed your baby until he is around 12 months of age.* He will get most of his calories and nutrients from these feedings.
- Feed baby during family meal times.
- Secure baby in a high chair – sitting up.
- Plan for a mess. Food will be all over your baby and the floor.
- Cut *soft* food into small strips. Food should be firm enough to hold but soft enough to mash with a finger and chew.

- *Avoid foods that pose a choking risk.*
- Introduce new foods one at a time.
- Place small amounts of food on baby's tray.

Never leave your baby alone while feeding.

BLW may not work for every parent. Many parents combine BLW and spoon feeding. Choose what works for you and your baby.



For more information on baby-led weaning and foods to avoid, go to:

<http://www.webmd.com/parenting/baby/features/baby-led-weaning-food#1>

https://www.babycenter.com/0_baby-led-weaning-an-alternative-approach-to-starting-your-ba_10419206.bc

Distracted Parenting: Is Your Smartphone to Blame?

The number of people, age 13 and older, who own smart phones increased from 9 million in 2007 to 114 million in 2012. During that same time, the CDC reported an increase in non-fatal unintentional injuries in kids under age 5. A fluke? Maybe. But E.R. doctors worry. Are parents distracted by smart phone use while watching their children?

During the same time period, the ER reported falls, wondering into traffic, near drownings, traumatic injuries and deaths. Some parents told doctors that they were not watching their children. There is no evidence that directly links smart phone distraction with this increase in injuries. However, physical injury to a child could be the result when a parent is distracted by emails, texts and social media.

Scientists tell us that parts of the brain that process sights and sounds can get *full*. Tasks can overwhelm the brain. As a result, the brain's ability to process information may be compromised. You may not notice that your child has darted in front of a car while you are busy on your phone.

Safety is not the only concern. Smart phone use distracts parents from normal child-rearing practices. Addiction to smart

phone actions competes with a parent's time spent with their child.

Phone usage interrupts mealtime talks, quiet play before bed, even walks in the park. Instead of enjoying a moment with your child, you spend minutes "liking" people's posts. A child may feel neglected. The parent-child bond could suffer.

Smart phones are a part of today's daily routines. In some cases, they enable parents to be at home while staying in contact with work. That same contact can also create anxiety as phone time competes with family time.



If you frequently look at your phone:

- Reevaluate your priorities. *Put your family first.*
- Set boundaries. Put phones away during meals, bedtimes and family events.
- ***Always keep your eyes on your child when near water or at play in a park.***
- Limit time spent on the phone when you are with your child. Play, read, talk and sing with your child – *without looking at your phone.*

To learn more, log on to:

<http://www.apa.org/monitor/2016/02/smartphone.aspx>

<https://www.psychologytoday.com/blog/growing-friendships/201412/are-you-distracted-parent>

Search for *Distracted Parenting* on your favorite search engine.

Secondary Drowning – Dry Drowning: Know the Risks

Many parents are unaware that their child could become seriously ill and die at home after playing in the water. Dry drowning and secondary drowning can occur immediately and 1 – 24 hours after water play is over.

With dry drowning, a child's vocal cords start to spasm and close. This shuts off the airway, and the child has difficulty breathing. It can happen in the water, on a high dive or on a high-speed water slide. While dry drowning usually happens immediately, it can occur after the child has left the water.

Secondary drowning happens when water gets into your child's lungs. This causes a condition called pulmonary edema which makes breathing difficult. Secondary drowning can occur 1 – 24 hours after being in the water.

Know the symptoms and warning signs of dry drowning and secondary drowning if your child has been in or near the water. Your child may have:

- A cough.
- Trouble breathing.
- Chest pain.
- Sleepiness – feels very tired.
- Behavior changes – feeling cranky, irritable.
- Vomiting.

If your child displays any of these symptoms, you should **seek medical attention immediately**. Go to the emergency room.

Parents can help prevent drowning incidents.

- ***Watch your child at all times when around water.*** Focus your attention on your child.
- Never let your child swim alone.
- Teach your child basic swimming skills. Enroll her in swimming classes.
- Discuss water safety. Never dive in shallow water. Swim only in areas patrolled by lifeguards. Emphasize the risks of drugs, alcohol and water play.
- Do not allow water games that allow “dunking” the head under water.
- Always wear life jackets while boating.
- Learn CPR.

Studies show that many parents think kids are safe from drowning in pools. This is not true. Even though a child has swimming skills, *they may not be enough to prevent drowning*. Do not let that give you a false sense of security.

Every year around 1000 children die from unintentional drowning. About 5000 kids require treatment in an emergency room for non-fatal, water related injuries. Make water play **safe**. Watch your kids while in or near water and for 24 hours after water play ends.

To learn more, log on to:

<http://www.parents.com/kids/safety/outdoor/dry-drowning/>

<http://www.webmd.com/children/features/secondary-drowning-dry-drowning#1>

Search for *Dry Drowning* or *Secondary Drowning* on your favorite search engine.



Hazing: What You and Your Teen Should Know

Despite warnings, injuries and deaths, teens still practice hazing. Groups in middle schools, high schools and colleges subject members to dangerous group-bonding practices. Wanting to be a part of the group, teens endure the hazing.

Hazing presents in many forms. It may be disguised as initiation. Some call it “hell-week” or a “test-of-courage”. The result is the same. Hazing rituals put kids at risk for physical and mental harm – or worse.

Many still believe that hazing is a harmless, bonding tradition. It is looked upon as a rite-of-passage. However, activities often involve humiliation. Alcohol and inappropriate behavior are common. Instead of promoting friendships and respect, it destroys self-image and confidence. Victims are often left stressed and anxious.

Hazing involves power and control. Often, without consent, kids are subject to intimidation. Rituals are done in secret.

Like targets of bullying, teens being hazed are usually silent. Many do not want to tattle on peers. Others fear retribution. Some believe adults are powerless to help. But often, the desire to belong to a select group keeps them quiet.

Parents can help.

- Do your research. Learn about hazing rituals.
- Ask if your teen’s school has an anti-hazing policy. Ask how it is enforced.
- Know the warning signs that your teen has been hazed.
- Talk to your teen about the dangers and myths of hazing.
- Discuss consequences of illegal and wrong acts as part of hazing.
- Treat your teen and others with respect. Discuss respect of self and others.
- Research the organization or school your teen wants to join.
- Encourage your teen’s friendships.
- Keep an open line of communication with your teen. Tell her she can confide in you.

To learn more about hazing, log on to:
<http://hazingprevention.org/home/hazing/facts-what-hazing-looks-like/>

Warning Signs That Your Teen Is Being Hazed

- Excessive fatigue.
- Branding or shaving parts of the body.
- Wearing odd clothing.
- Skipping classes.
- Carrying around “certain” items.
- Withdrawal for usual activities or friends.
- Behavior changes – depression, anxiety.
- Not being able to sit down.
- Having to perform special tasks for others.



Summer Weight Gain for Kids

In a new study of Kindergarteners through second graders, scientists reported a weight gain during the summer months. The rate of overweight increased from 23% to 29%. The obesity rate rose from 9 to 11.5%.

The exact cause of this weight gain is unclear. Increased intake of food, less exercise or irregular schedules could all contribute. Parents can take charge to help their family adopt healthy summertime behavior.

Lead by example. Studies show that kids often take after their parents when it comes to unhealthy habits. This summer, create healthy habits for you and your kids.

- Adopt a plan for healthy eating. Make menus. Shop for healthy food with your kids.
- Reduce the amount of junk food in your home.
- Buy fresh fruits and vegetables. Shop together at a local farmer's market.
- Eliminate sugar sweetened drinks: sodas, juices, energy drinks and sports drinks. Replace with water and low-fat milk.
- Increase daily physical activity.
- Reduce time spent on phones, tablets, and computers and in front of the TV.
- Spend family time outdoors. Walk in the evenings. Take hikes. Go to the playground. Swim.
- Enforce a regular bedtime schedule – *every night*. Less and disrupted sleep are associated with a higher BMI and weight gain.



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.

We continue to add new Parenting Tips, including:

**Do Babies Need to Drink Water?
Kids Are Not Safe Alone in Cars
Know Your Sunscreen Ingredients
Teach Your Child Bike Safety Rules
Summer Safety Tips**

**Babysitter Checklist
Use Summertime to Prepare for Back to School
Backyard Trampolines – Know the Risks
Tips for Traveling with Children
Letting Go As Your Teen Transitions to College**

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

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
- 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

Lincoln's New Salem State Historic Site. 15588 History Lane, Petersburg, Illinois

Summer Frolic, July 10, 10 a.m.-4 p.m. Celebrate frontier heritage with period-clothed interpreters demonstrating throughout the historic village. Suggested donation of \$2 for children, \$4 for adults, or \$10 for a family.

Henson Robinson Zoo, 1100 E. Lake Shore Dr., Springfield
Zoofari, July 9, 11 a.m.-4 p.m. Kids of all ages learn how animals enjoy summer. Bring your favorite stuffed animal friend in for a checkup at the Teddy Bear Clinic. Admission.

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

Movie in the Park (Free)
Bring a lawn chair or blanket.

Goosebumps, July 15, 7 p.m. Movie begins at dusk in Rotary Park. Iles Avenue and Archer Elevator Road.

Norm of the North, Aug. 5, 7 p.m. Movie begins at dusk at Henson Robinson Zoo, 100 E. Lake Shore Dr.

Music in the Park (Free)
Bring lawn chair or blanket. Concessions for purchase.

Kids' Family Music Festival and Funshop's 40th Anniversary Celebration, Miss Carol, Chris Camp The Whip Guy, and more. July 24, 3-6 p.m. Lincoln Park, Fifth Street and Sangamon Avenue

Vinyl Bros and New City Road
Aug. 7, 2-6 p.m. Classic and new country music. Douglas Park, 400 N. Macarthur Blvd.

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.

Upcoming Fairs and Festivals

Morgan County Fair, July 6-10, 5-10 p.m. Wed-Sun. Morgan County Fairgrounds, 110 N. Westgate, Jacksonville.

Paint the Street Festival, July 9, 2-10 p.m. Live music, food vendors, kids activities. Free admission. \$30 per square to paint, supplies provided. Downtown Springfield.

Springfield Food Truck Festival, July 23, 11 a.m.-4 p.m. Food truck, beverages, live music. Conservation World, Illinois State Fairgrounds, 801 Sangamon Ave.

Bacon Throwdown II, July 22-23, Downtown Springfield. Admission.

Jacksonville Main Street's Fine Art Festival, Aug. 5-6, Friday: artist booths, Foundation gallery hop. Saturday: kids art activities, food vendors, face painting and craft beer festival. 200 E. State

Decatur Celebration, Aug. 5-7, Fri-Sun. Family-friendly street festival. Downtown Decatur.

Illinois State Fair Aug 11-21, Food, entertainment, midway, exhibits, more. Adults \$7, \$3 children and seniors. Illinois State Fairgrounds, 801 Sangamon Ave.

Go to visitspringfieldillinois.com, illinoistimes.com or springfieldmoms.org for more event listings and family-friendly activities.

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To receive familyTIME as an e-newsletter, sign up by calling 217-544-5808 in Springfield, toll-free 1-888-727-5889.

Dads - Help Your Child Deal with Bullying



The harmful effects of bullying can devastate a child. No parent wants their child bullied. While parents cannot control what other kids do and say, they can lessen the hurt and harm that come from bullying behavior.

Give your child skills and values that will help overcome the negative effects of bullying.

1. Treat her with respect. Teach her to respect others.
2. Enforce a no bullying policy in your home. No name calling. No yelling.
3. Expect him to help in the home. Teach him to do chores. Remind him that he is an important member of the family.
4. Model a positive outlook on life.
5. Teach and help her to solve problems – do not just rescue her.
6. Show him how to walk with confidence and awareness. Head up. Back straight.
7. Learn about bullying. Check out the Bullying site at www.parenthelpline.org. Read your school's bullying policy in the school handbook.
8. Ask her if she sees bullying at her school. Ask what she does when she sees the bullying. Discuss ways to handle bullying incidents. Does she feel confident in telling you or a teacher about problems with bullying?
9. Help him make and keep friends. Discuss how to be a good friend. Invite his friends to your home.