

spring 2017

family time

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



Kids eat too much salt. This puts them at risk for heart disease later in life.

According to a recent study, kids aged 6 to 18 consumed an average of 3256 mg. of salt a day. A healthier daily salt intake is 1900 mg. to 2300 mg. a day.

Foods high in salt include pizza, sandwiches, breads, cold cuts, soups, savory snacks, cheese, plain milk, tacos and burritos.

Reduce your family's salt intake.

- Buy less processed food.
- Read food labels. Choose foods with no-salt added or low salt. Aim for food less than 140 mg. per serving.
- Eat more fresh fruits and vegetables.
- Decrease salty snacks.
- Avoid adding salt to cooked vegetables.
- Take the salt shaker off the table.

Kid BITS

Quick tips & info for today's busy parents.

Do not eat food that has been dropped on the floor. The "five-second rule" is not safe.

In less than one second, bacteria can attach itself to dropped food. The wetter the food, the greater the risk of transfer. The next time your child drops food on the floor - *throw it out.*



Prescription drug abuse affects kids as well as adults.

Many parents keep leftover opioid pain killers, like Oxycontin and Percocet, in their home. As a result, teens and their friends have easy access to these addictive drugs. Ask your doctor or pharmacy about how to dispose of all unused opioid medications.

Visit our new, updated Parent Help Line website at www.parenthelpline.org.

Parents have little time for parent education. So, we research the latest information and present it to you in a *quick-read format*.

- Find articles on parenting your baby, toddler, school-age child or teen.
- Learn ways to promote healthy growth and development in your child from birth to age 5. Read our *Live, Love, Grow and Learn* booklets and use the *Ready in Stages* checklists.
- Check out our Bullying booklets and tip sheets to prevent and cope with bullying.
- Go to our Perinatal Mood Disorders page. Find resources for you or a loved one who struggles with feelings of sadness, anxiety or just "not feeling normal" while pregnant or after the birth of a baby?

You can also call our Parent Help Line for parenting support from 10 a.m. to 10 p.m. – 365 days a year at 1-888-727-5889 and 217-544-5808.

Be Aware of Poisons in Your Home

The American Association of Poison Control Centers tells us, “poisoning is the leading cause of injury related death in the US.” Out of the two million poisonings that occur every year, 90% happen *in the home*.

Kids 6 months to 5 years of age suffer the most non-fatal poisonings. It is never too early for parents to make their home safe from poisons. Safety proof your home *before* your baby starts to crawl and stand.

Go through each room in your home. Make sure all plants, medications and products are *out of reach* and *out of sight* for babies and small children.

Install safety latches on cabinets and drawers. However, parents can forget to secure a latch. Some doctors recommend that parents should keep *all* products up and out of reach. In addition, rinse all bottles and empty containers before discarding.

Look for possible poisonous products in the:

- **Kitchen** – drain cleaners, bleach, oven cleaners; powdered, liquid and pod detergents; ammonia, vitamins, medications; furniture and metal polish; pet products and cleaners.
- **Bathroom** – medications, shampoo, lotions, spray bottles, rubbing alcohol, deodorants; nail polish and remover; mouthwash, gels, bath crystals, denture tablets and products containing camphor.
- **Bedrooms** – medications, cosmetics, perfume, hand sanitizer and items in a purse.
- **Living/Family Room** – batteries; cigarettes, e-cigarettes and liquid nicotine; plants and oil diffusers.
- **Garage/Basement** – automobile products, animal/insect poisons, lawn chemicals, gasoline, turpentine, glues, paint supplies, motor oil and pool chemicals.
- **Closet/Attic** – mice/ant poisons and moth balls.

Do not delay. Take steps today to *keep your home safe!*

Keep cooking oil out of your child’s reach.

Keep the Poison Control toll free number where you can easily find it.

1-800-222-1222.

Call this number if you suspect your child has come in-contact with a medication or a poison. You can also call to ask questions.



To learn more, log on to:
webpoisoncontrol.org
aapcc.org

Keep Your Toddler's Eyes Safe from Injury

Eye injuries can be painful. Many can damage vision and cause blindness. Studies show that toddlers are at risk for chemical eye burns and toy related eye injuries. Luckily, you can prevent many eye injuries.

Eye burns from chemicals most often occur in the home. These burns can be severe. Chemical burns from alkaline products are more common than acid burns. Alkaline products include drain and oven cleaners, chlorine bleach and products containing ammonia.

Spray bottles containing harmful chemicals often cause toddler eye injuries. Despite warnings, many parents still store spray bottles and harmful chemicals under a kitchen and bathroom sink - without a baby-proof lock. Even with a baby-proof lock, parents may forget to engage the lock. It only takes seconds for a child to open a cabinet and reach for a harmful product.

Detergent pods pose another risk. These brightly colored pods look like candy or toys. As kids handle pods, detergent leaks out. Liquid can squirt into their eyes. Soap gets on their hands and ends up in their eyes and mouth.

Small detergent pods contain highly concentrated chemicals. This high concentration makes it more likely to cause painful injuries.

Keep all chemicals out of your child's reach. If your child gets a chemical burn, rinse the eye with cool tap water for 20 minutes. Then call 911 or go to the emergency room after flushing the eye with water.

Toys can be another source of serious injury to a child's eyes. The U.S. Consumer Product and Safety Commission tells parents to consider eye safety when buying kid's toys.

Toys that puts kids at risk for eye injuries include:

- Air guns.
- Projectile toys that shoot darts or soft projectiles.
- Bows and arrows.
- Water guns and water balloon launching guns.
- Aerosol string.
- Toy fishing poles.
- Plastic toys that break into sharp objects.
- Laser pointers.
- Toys with sharp or hard points – wands, swords.
- Body Bumper toys that enable kids to bounce off people or objects.
- Fireworks.



To learn more, log on to:
[mayoclinic.org](https://www.mayoclinic.org) – eye injury
[.aao.org/eye-health/tips-prevention/injuries](https://www.aaopt.org/eye-health/tips-prevention/injuries)
[cpsc.gov](https://www.cpsc.gov) – eye injuries

Mindful Eating – A Healthy Approach to Food

Growing kids need healthy food. What we eat directly affects our health – at present and in the future. Childhood obesity is still a major health issue. Doctors tell us that kids are eating too much salt. Parents can encourage healthy eating. *Mindful eating will help.*

Mindfulness is simply the practice of *paying attention*. When you are mindful, you do not judge or compare yourself to others. You just focus your attention on where you are and what you are doing at any given moment.

Too often, families engage in distracted eating: in the car, in front of the TV, or during a computer game. It becomes a family routine, and it is unhealthy.

A healthier approach to meals and snacks is *mindful eating*. With mindful eating, kids pay attention to:

- **The food** they eat. Is it sweet, salty or sour?
- **Their feelings** before and after eating. What does it feel like to be full or half-full?
- **Their mood** — how food or hunger affects it. Do they eat when bored or anxious? Does food help when they feel cranky and tired?

- **The affects** of food to help them gain energy, grow and stay healthy.
- **The people** preparing and growing the food .

Begin the practice of mindful eating - *today*. This healthy approach to food benefits you and your family.

Start with small changes.

- Ask if your child is hungry — before the meal.
- Begin each meal with thankfulness — for the food and for the person who prepared the food.
- Let your child put food on his plate. It helps him learn portion control based on how hungry he feels.
- Observe the food. Look at color and texture. How does it smell? Describe how it tastes.
- Eat your food slowly, without TV, computer or smart phone.

- Learn about the food — preparation, how it grows and recipes.
- Take note of how you feel about 15 minutes after you eat. It takes that long for your body to feel full.

Mindful eating helps your child *value* food. Food becomes a way to good health instead of a way to feel full.



To learn more, log on to:

psychologytoday.com/basics/childdevelopment

thecenterformindfuleating.org

msue.msu.edu

Search for *Mindful Eating* on your favorite search engine.

Cyberbullying – Protect Your Teen

Bullying is still a problem for many teens. However, teens are no longer just bullied at home or school. With smart phones, computers and tablets, they are at risk for bullying – 24 hours a day.

Cyberbullying is the use of technology to hurt others.

Teens:

- Send threatening messages by texts or emails.
- Post embarrassing pictures and videos by phone or through social media sites like Facebook.
- Spread rumors or share personal information online.
- Send hurtful voice mails.

Unlike face-to-face bullying, the cyberbully's identity is often unknown. Teens can bully without anyone knowing. They share hurtful words, pictures or videos *instantly* and *quickly* to thousands.

Cyberbullying can have devastating results. Doctors have found a strong link between PTSD symptoms and cyberbullying. Many teens who are targets often suffer anxiety, depression and suicidal thoughts. Some become victims of suicide.

Teens suffer the effects of bullying beyond the teen years. Bullied teens are at risk for school failure, drug and alcohol abuse, and problems with employment. They suffer long term mental health issues that affect happiness, physical health and life success.

Parents can lessen the hurt from bullying. New skills and support can help teens find positive ways to overcome negative events.



To learn more, log on to:
bullying.org
kidshealth.org

If you know or suspect that your teen is a target of a cyberbully – you can help.

- **Talk to her.** Ask how the kids are bullying her. What are some possible reasons for the bullying?
- **Reassure him that he does not have to face the problem alone.** You will help.
- **Take action immediately.** Never wait to see if the bullying will stop.
- **Contact the school.** Ask your teen for a trusted teacher or counselor that will help. All schools have an anti-bullying policy. Ask how they intend to help.
- **Save or copy all threatening emails, pictures, videos, posts and messages.** Keep track of incidents – dates, times, places and details.
- **Report cyberbullying to Internet providers, game networks and social media sites.**
- **Talk to other parents.** Ask if they know of any incidents of cyberbullying. However, *do not* contact the cyberbullies' parents.
- **Encourage positive relationships with trusted friends.** Friendships provide needed support.
- **Seek professional help for other ways to cope.**

Do Not Be Distracted When Walking and Running

As the weather warms, people head outdoors for exercise. Walking and running are both excellent weight bearing exercises that promote bone and muscle strength. Low impact and safe, they also work the heart and lungs and improve your mood.

As with many other forms of exercise, *observing safety rules* helps keep runners and walkers free from injury. However, today's smart phone use has led doctors to add *additional* safety rules. According to studies, cell phone use while walking and running increases the risk of injury.

Talking, texting and listening to music distracts people. If you plan to walk or run with your smart phone, take these *extra* steps to keep safe.

- Do not use your phone for texting or talking while exercising.
- Choose a safe place to stop if you must text or talk. Resume exercise only when finished.



- Never talk or text when you should be watching for cars and crossing signals.
- Do not text or talk while walking or running in a parking lot.
- Use only one earbud for listening to music. This enables you to be more aware of your surroundings.
- Practice, teach and model these skills to your children when you walk and run together.

Get fit, stay safe and have fun!

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:

**What Makes a Family Strong?
Choosing a Sport for Your Child
Staying Home Alone - Is Your Child Ready?
Teach Your Child Bike Safety Rules
Bike Helmets Keep Kids Safe**

**Backyard Trampolines – Know the Risks
Reduce Household Waste
Summer Safety Tips
Tips for Traveling with Children
Stay Safe During Tornado Season**

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

Illinois State Museum, 502 S. Spring Street, Springfield
(217) 782-7386 Admission: Adults \$5; Children & Senior Citizens free. Mary Ann MacLean Play Museum. Free area designed for children ages 3-10 and their families. Children must be accompanied by a caregiver over 16 years old. Tues. - Sat. 10 a.m. to 4 p.m. and Sunday 1-4:30 p.m.

The Thomas Rees Memorial Carillon Concerts
Washington Park, 1501 S. Grand Avenue W, Springfield
May 3 - Sept. 27, every Wednesday at 6:30 p.m. The resident carollonist plays a half an hour live concert with a great variety of music.

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
- The Whys of Cries
- Working and Breastfeeding

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

Family Celebration.

Erin's Pavilion, Southwind Park, Spfld. 10 a.m. - 4 p.m. Children activities, face painting, balloon animals, Family Fun Color Run/Walk. Fun for all ages. Hosted by Capital Area AEYC. For more details Facebook <https://www.facebook.com/caeyc/>

Old Capitol Farmer's Market

Downtown Spfld. 5th & Adams St
Local farm and artisan vendors sell fresh produce, artisanal baked goods and cheeses, flowers and more. May through October. Wednesdays and Saturdays: 8 a.m. - 12:30 p.m.

Free IDOT Car Seat Check

On the first and third Thurs. each month, 9 a.m. - 3 p.m., Green Hundai, 1200 S. Dirksen Parkway, Springfield. No appointment necessary.

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.

Abraham Lincoln Presidential Museum (ALPLM) Downtown Springfield, Admission.

7th Inning Stretch, April 8, May 20, June 17. Put your love of baseball to the test with hands-on activities and games.

The Rivalry

Evening with the Creators – Cubs vs. Cardinals: The Rivalry
May 11, 6:30 p.m. See what it took to present one of the biggest, most unusual exhibits in ALPLM history.

Mascot Day, June 10

Join in the fun of being a mascot in honor of "The Rivalry" exhibit in the Illinois Gallery.

Upcoming Fairs and Festivals

Springfield Food Truck Festival, April 22, Conservation World, IL State Fairgrounds. Free Admission.

Old Capitol Art Fair, May 20-21, downtown Springfield.

Legacy of Giving Music Festival, June 2-3, downtown Springfield. Food, music, children's area. Admission \$5

Sangamon County Fair, June 13-18, New Berlin. Admission.

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



HSHS St. John's Hospital
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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.

Dad – Got a Minute? Give It to Your Kid

Kids and parents enjoy spending time together. Finding that time is not always easy. Look for small ways to stay involved with your child – **daily**.

- Read him a book or two. Ask your child to pick his favorite book, and you pick your favorite book.
- Ask her about her day. *“Tell me about your special job at preschool today.”*
- Help him with an assigned chore. *“Dave, I will help you take out the garbage.”* Talk while you work together.

- Leave her a small note if you leave for work before she leaves for school. *“Good luck on the science test.”*
“I read your report, and it was really good.”
- Share a brief story about your day: something funny or something you learned.



- Play outside together for 15 minutes.
- Ask him to help you with a project or job. Rake the yard. Shine shoes. Shovel snow.
- Exercise together – walk, run.

Share daily moments with your child – *infant through teen*. Keep these moments alive and special by finding new activities to connect with your children.