

family time

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



According to the CDC, elementary school kids get 8–12 colds or cases of flu each school year. Older kids have half that many. Help your kids avoid back-to-school germs.

Make sure they:

- Get plenty of sleep every night – 10 to 11 hours.
- Exercise daily. Play outside. Use coats and hats if it is cold.
- Eat healthy food. Avoid junk food.
- Follow good drinking fountain techniques. Run the water first before drinking. Never touch their face to any part of the fountain.
- Wash their hands often – with soap and water. Sing Happy Birthday twice while washing hands together. Dry hands thoroughly.
- Cough into their elbow or into a tissue and discard.
- **Get a flu shot.**

Kid BITS

Quick tips & info for today's busy parents.



A new study found that some parents are still putting their infants to sleep on their stomach. This concerns doctors.

Since the 1994 Back to Sleep campaign, the U.S. SIDS rate has fallen. Doctors want parents to know that babies are safer when sleeping on their back. There is no extra choking hazard. Parents should follow the advice of their baby's doctor even when pressured by family or friends to let babies sleep on their side or stomach. **Put babies to sleep on their back.**

Log onto www.parenthelpline.org.

We continue to add new tips to help parents.



Is your child eating all of her lunch at school? It is a question that you should frequently ask. If the answer is “no” – find out why. The answer may surprise you.

Common reasons why kids do not eat their lunch include:

- Not enough time.
- Anxious to go to recess.
- Not hungry because lunch time is very early in the day.
- Loose teeth make chewing difficult.
- Food is too cold or too hot.
- Picky eater.
- Being bullied.
- Noisy lunchroom.

Kids need regular, healthy meals. Work with your child to solve the problem of not eating lunch.



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

Teething

Teething is a 2-year process. Most babies develop their first tooth between 4 – 7 months of age. Some have their first tooth at age 3 months. Other babies may turn 1-year old before a tooth appears.

The two lower middle teeth, incisors, are usually the first to appear. The 4 upper middle teeth arrive next. After those 6 teeth appear, other incisors and molars arrive. By the time your child is 3 years of age, he will have about 20 primary teeth.

Most parents say their baby had some discomfort when teething. As a tooth starts to erupt, your baby's gums become swollen and tender. This can cause:

- Gum-rubbing,
- Irritability,
- Decreased appetite for solid food, and
- Sleep problems.

Drooling is a part of a baby's normal development. It may or may not be a symptom of teething.

Your baby may or may not have a slight increase in temperature when teething – below 100.4. However, *babies can get infections and illnesses*

while they are teething. Call your doctor if your baby has:

- A temperature of 100.4 or higher,
- A cough,
- Diarrhea,
- Vomiting, or
- Symptoms that *worry* you.

Discuss over the counter infant pain medication, like Acetaminophen, with your doctor before your baby starts teething. *Also, consult your doctor before using any over-the-counter or homeopathic pain products or numbing gels. Some contain **harmful and toxic** substances like Benzocaine and belladonna. Never use alcohol, like brandy, on your baby's swollen gums.*



Tips to Help Your Teething Baby

You can provide comfort for your teething baby without using medication.

1. Offer a cold, wet washcloth or cold teething ring for him to bite. Items should be very cold but not frozen.
2. Give her unsweetened teething biscuits.
3. Massage his gums *gently* with a *clean* finger or a cool, wet washcloth.
4. Spend extra time providing cuddles and tender-loving-care. Gently rub her back. Rock and sing to her.

For more information on teething, log on to:

www.AAP.org

www.mouthhealthy.org

Teach Your Toddler Self-Help Skills

Simple self-help skills prepare us for life's daily activities. Someone must teach these skills, also called activities of daily living (ADL). Toddlers should begin to learn these daily tasks.

Self-help skills can be difficult to learn. Not all children learn the same way or are ready to learn at the same time. One skill may be more difficult to learn than others. Learning may take time.

As a result, some parents continue to perform these tasks *for* their children. Some want to spare their child the frustration of learning. Others lose their patience while waiting for their child to slowly finish the task. It is easier to *just do it for the child*.

However, parents must expect their child *to learn and do self-help tasks*. These skills are necessary for daily living. They also act as a stepping stone to learning other tasks needed for school, field trips, sleepovers, birthday parties, and other social events.

Self-care tasks include:

- Feeding,
- Dressing,
- Undressing,
- Bathing,
- Washing hands,
- Brushing teeth,

- Using the toilet,
- Grooming, and
- Taking care of belongings.

As you begin to teach a self-help skill:

- Know what your child can do.
- Start by giving *simple* explanations. As you perform the daily task for your child, talk about how and what you do.
- Break the task down into simple steps. Keep your instructions simple.
- Allow your child to begin doing the task. He will need much help at first.
- Use positive words – clap your hands as she tries or completes each step.
- Correct him when he makes a mistake. Use gentle, positive words. “*Let’s see, I think it might be easier if you do it like this.*”

Perform each self-help task the same way each time you teach your child. As you and your child perform these tasks daily, he will soon begin to learn

the steps. Daily practice, with help and praise, will enable your toddler to become more independent at performing tasks.

When your child can do self-help tasks, she gains a positive self-image and you gain a few more minutes of your day. It is a win-win situation.



Parents – Plan for School Success

Educators know that parents play the biggest role in helping a child achieve success in school. A parent can help a child improve grades by *just showing concern*. Learning basic skills gives a child a sense of self-reliance and independence.

Every day, parents have countless opportunities to teach and reinforce life skills. These *basic skills* will help your child go to school prepared for the day ahead.

1. Organize. Teach your child to organize his school and non-school items and activities.

- List everything he needs to take to school. *Check this list nightly.* It will eliminate a frantic search in the morning.
- Pack a backpack before going to bed. Set it by the door.
- Use a chart or assignment book to track homework. *Check this book daily.*
- Designate a place to do homework. Have homework supplies readily available.
- Record all school and non-school events on a calendar. Review often.

2. Prioritize. Teach your child how to rank certain tasks in order of importance.

- List all school and non-school activities. Include tests and special projects.
- Together, discuss and label these activities in order of importance – 1, 2, 3, 4.

3. Time Management. This skill becomes more important as your child progresses in school.

- Stick to nightly study time. Limit distractions. No TV, phone calls or social media.
- Make a timeline and gradually prepare for tests and special projects. Avoid a last-minute rush with a heavy workload.
- Build quiet time and social time into your child's schedule.

Routines reduce stress and allow kids to feel safe. A school day brings daily changes and is often unpredictable. A familiar routine can help your child regain a sense of control that is often lost at school.

- Set a regular bedtime that allows your child to get plenty of sleep. Find an activity that promotes relaxation and time spent with your child. Read a book. Tell a story. Say prayers.
- Enforce a morning routine for school days. Include specific times for waking, breakfast and leaving for school.
- Plan for daily study or reading time. Stick to that plan.

Success in school starts at home. Be patient. Be positive. Help your child find success.



Concussions – Know Some Facts

A concussion is a traumatic brain injury that disrupts normal brain function. It can be the result of a fall, crash, blow to the head or hit to the body. Mild or severe, concussions are a serious health problem. A doctor must examine a child with a concussion.

All athletes are at risk for a concussion. Signs include:

- headaches,
- dizziness,
- loss of consciousness,
- blurred vision,
- nausea,
- balance problems,
- slurred speech,
- irritability, and
- sleep issues.

Recovery times vary from days to weeks, even months. *Doctors tell kids not to return to play until they are fully recovered.*

After an injury, if you suspect your child could have a concussion, make sure she sees a doctor before she returns to play. According to research, kids often return to play if they show only slight symptoms or do not complain.

If your child has a concussion:

1. Discuss a treatment plan *with your doctor.*
2. Follow your *doctor's advice* on activity level. This should include school and other activities. Parents often follow outdated advice from well-meaning family and friends. This might make symptoms worse.
3. Inform the coach that your child will need a medical release before returning to play.

Rest is an important part of the healing process. It helps the brain recover. Kids whose brains have not completely healed risk further injury by returning to play too soon. This includes practice. Repeat concussions may need even longer recovery times.

Kids who have suffered a concussion may face problems with school studies. It may take longer for them to complete assignments and tests. They may suffer problems with attention or memory.

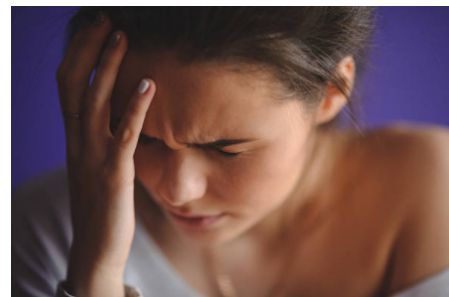
Inform the teachers of your child's injury. Ask them to observe any changes in behavior or problems with studies. He may need extra help or tutoring. Keep a close eye on your child's progress. Take steps to make sure he does not fall behind in school work.

To learn more about concussions, log on to:

www.aap.org

www.medlineplus.gov/concussion

www.cdc.gov/Concussion



Make Your Fall Fun and Safe

Raking Leaves

Raking piles of leaves and letting kids jump in is a great fall activity. But each year, tens of thousands of people get hurt raking leaves.

Take steps to have fun and avoid injury.

- Warm up – do some stretches. You use different muscles when you rake.
- Wear gloves and use a rake that is sized for you.
- Avoid raking when leaves are wet and slippery.
- Rake toward you and not away.
- Remove big sticks, stones and debris.
- Drink plenty of water.
- Take it slow. Take breaks.

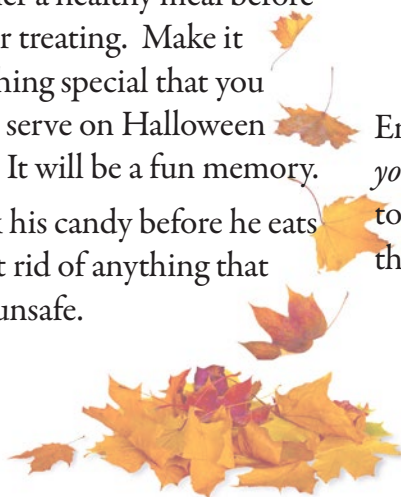
Trick or Treating

Halloween fun includes some risks. Make it a safe and healthy holiday for your child.

- Choose a costume that is ankle length or above so *she does not trip*.
- Make sure he *can see his surroundings* if he wears a mask.
- Feed her a healthy meal before trick or treating. Make it something special that you always serve on Halloween night. It will be a fun memory.
- Check his candy before he eats it. Get rid of anything that looks unsafe.

- Skip bobbing for apples. Harmful bacteria may lurk in the water and container.
- Trick or treat with her. Ask other parents and kids to go with you. Make it a group activity.
- Discuss allergies with your allergic child. Look for treats that may contain allergens. Do not allow him to eat a home-baked treat.

Enjoy the cool fall weather *with your family*. Look for local events to attend. Take walks. Celebrate the holidays!



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:

Tips for Flu Season

Positive Parent-Child Time

Discussing Current Events with Young Children

Choosing a Sport for Your Child

Babysitter Checklist

Family Time Makes Teens Happy

Talk to Your Teens About Dating

Senior Year - Prepare Your Teen to Graduate

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

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.

Lincoln Memorial Garden, 2301 East Lake Shore Drive, Springfield
Indian Summer Festival, Oct. 7 & 8, music, food, vendors, children's activities. \$7 Adults, Free 10 and under.

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
- Working and Breastfeeding

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

Henson Robinson Zoo, 1100 E. Lake Shore Dr., Springfield, Adults: \$5; Children: \$2

Fur Feather Fin Fall Fling, Sept. 30, 10 a.m.-2 p.m.

Zoolie Ghoulie, Oct. 20-22; Fri: 4-8 p.m.; Sat. -Sun.: 1 - 5 p.m.

Lincoln's New Salem State Historic Site, 15588 History Lane, Petersburg, Illinois. Suggested donation of \$2 for children, \$4 for adults, or \$10 for a family.

Candlelight Tour, Oct. 6, 7 & 8, 7-9 p.m.

Fall Festival, Oct. 28 & 29, 10 a.m.-4 p.m.

Carve for the Carillon, Washington Park, 1501 S. Grand Avenue W, Springfield
Oct. 15 & 16, 11 a.m.-4 p.m. Free family-friendly event. (Pumpkins supplied.)

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.

Rochester Olde Towne Fall Festival, Rochester Square, 129 S John St Rochester IL 62563
Sat. Oct. 7, 9 a.m. - 5 p.m.; Sun, Oct. 8: 10 a.m. - 4 p.m. Local artisans and crafters. live music, silent auction, and food vendors.

Susan Dana Antique and Art Fair, 301 E Lawrence Ave., Springfield.
Oct. 7, 10 a.m. - 4 p.m. On the lawn behind the cottages on Lawrence across from the Dana-Thomas House.

Halloween at the Market, Downtown Springfield, 411 E. Adams St Springfield, IL
Oct. 28, 9:30 a.m. Includes costume contests for kids, families and dogs! (This event wraps up the 2017 market season.)

First Annual Halloween Parade
Oct, 28, 7:30 p.m. - 9:30 p.m.
The Parent Place is hosting its First Annual Halloween Parade in downtown Springfield on 5th and 6th Streets. Families will line the street as floats and special Halloween guests parade the streets!

**Fall is a great time to get out and enjoy family-friendly activities!
Many are free. Check the websites below for more events.**

visitspringfieldillinois.com, illinoistimes.com or springfieldmoms.org



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.

Work/Family Conflicts for Dads

If you are a father who wants more time spent with your children but also feels committed to work and job advancement – *you are not alone*. Like many women, more men now feel the pull of commitment to job and family.

Many men believe that caregiving should be divided 50/50 with their partner. *However, most of those men are unable to provide that level of care and achieve career advancement.* It is a conflict that they share with many women who must also balance work and family care.

While your immediate job situation may not change soon, coping skills can help.

- Share your struggles with other fathers. Brainstorm possible solutions.
- Start or join a “dad’s group”.
- Talk with your partner. Plan activities to spend time with your children.
- Find articles, books or speakers addressing the changing role of fathers, parenting and achieving balance between work and family.
- Take paternity leave if offered by your workplace.

- Adjust work hours to allow for daycare and school deliver or pick-up times.
- Schedule time with your children – together and one-on-one.
- Put restrictions on phone calls, emails and other work-related tasks when at home and on vacation.

