



familyTIME

Strengthening families through support, information & referral



People enjoy kissing and holding infants. Keep your newborn baby healthy and free from germs. Doctors recommend that you:

- Wash your hands often. Make sure anyone who holds your baby washes his hands.
- Carry hand sanitizer when you leave home. Use it when you cannot wash your hands with soap and water.
- Ask people to touch or kiss your baby's feet instead of her face.
- Do not allow sick people in your home or near your newborn. This includes babysitters.
- Avoid large family gatherings until your baby is over 3 months old.

Clean your microwave - with ease. Place a bowl of water in the microwave. Bring it to a boil. Remove it. Use a cloth to wipe your microwave clean.

Kid BITS

Quick tips & info for today's busy parents.



Texting while walking increases teen injuries and deaths. As teens increase their texting habits, pedestrians and drivers must practice safety. Teach your child to cross a street with care:

- Put his phone in his pocket before crossing.
- Cross the street only when the light is red.
- Follow the street crossing signs.
- Make eye contact with the driver before he crosses.

If your teen babysits, make alternate plans for her to get home from her babysitting job. If she suspects the adult driving her home is drunk, she should be able to call you for a ride home.



Keep single-use detergent packets out of your child's reach. They contain concentrated detergent. When swallowed, they cause a bad reaction. This year, poison control centers reported 2950 cases of kids - age 5 and under - eating these colorful pods. They mistake it for candy.

Signs of ingestion include:

- vomiting,
- drowsiness, and
- breathing problems.

Poison Control Center - 1-800-222-1222

Find more parenting tips at www.parenthelpline.org or www.facebook.com/ParentHelpLineAtStJohnsChildrensHospital

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.

Prepare Infant Formula Safely

A mother's breasts provide safe milk. Parents who feed their babies formula must follow safety tips to protect their babies.

Why? You must protect your infant from:

1. Bacterial infections such as E. Sakazaki. Powdered formula is **not sterile**.
2. Scalds and burns. Hot or very warm formula burns a baby in **seconds**.
3. Formula without proper nutrients. Mixing formula with **hot water** can destroy nutrients.
4. Formula that is not properly mixed. Formula that is too strong may cause diarrhea. Adding too much water denies baby the needed nutrients. Over time, she could develop seizures or brain damage.

Start your safety routine at the store. Avoid dented cans of formula. Check the date the powder expires.

At home, read and **carefully follow the directions on the formula label**. If you do not understand them, ask a nurse or doctor for help. Boil **new** bottles and nipples **for at least 5 minutes**.

Write out your step-by-step plan to prepare the formula.

*Follow this **plan** every time you make a bottle.* Make sure other caregivers follow your plan.

Prepare one bottle at a time – just before feeding.

If you **must** prepare a bottle in advance, refrigerate **only** the boiled **water** in the bottle. At feeding time:

- First, warm the bottle in warm water or a bottle warmer. **Do not microwave.**
- Then, add the formula per directions and shake. Formula mixes best in warm water.



Sample Plan

1. Wash your hands with soap and water.
2. Clean the counter/table where you prepare the bottle. Wash it with soap and water.
3. Wash the bottle and nipple with **hot, soapy water**. Rinse them. Or, use the dishwasher.
4. Put **cold tap water** in a pan. Once the water starts boiling (bubbling), let it **boil for 1 minute**.
5. Let the boiled water cool so it is just *warm to the touch*.
6. Pour the cooled water into the clean bottle.

At Feeding Time

7. Add the powdered formula. Use the measuring scoop in the formula package. Keep the scoop dry. Level off the formula with a sterilized knife or the level in the package.
8. Place the nipple on the bottle. Shake the bottle until the powder dissolves.
9. Shake a few drops of formula on the inside of your wrist. The formula should feel warm or cool.
10. Feed your baby. Formula should be used *within 1 hour* – from shaking to the end of baby's feeding.
11. Throw away any formula left in the bottle at the end of 1 hour.

Help Your Preschooler Learn to Read

Parents want their children to be good readers. Kids with good reading skills have more success at school and in life. Everyday activities give parents a chance to teach their child how to read.

Children learn words when they talk with caring adults.

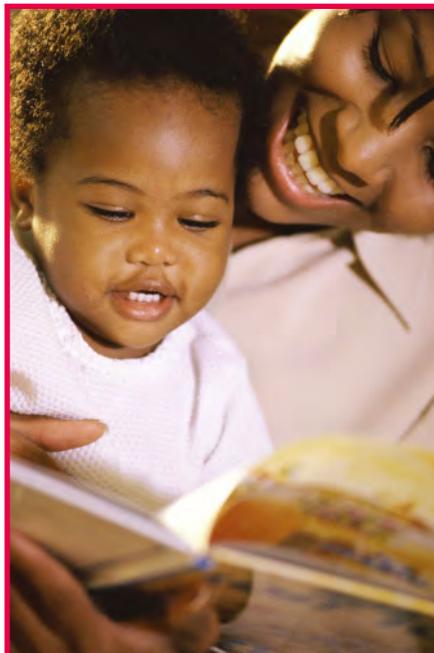
- Talk with your child during the day. Find and read road signs during car rides. Explain the steps of daily chores. Tell a bath time story. Make talking part of your daily routine.
- Listen to your child. Repeating his words lets him know you hear him. Respond. This encourages conversation.

Children model their parents' actions.

- Show your child you like to read. Let him see you read books, newspapers, and magazines.
- Carry a reading bag when you leave home. Include your child's favorite books and a few new ones. Teach your child that reading is a good waiting activity.
- Visit your local library often. Let him pick out books. Check out books for you and your child.

Children love hands on activities.

- Make alphabet crafts. For example, copy a letter on one side of a card. Give your child a magazine. Let him find pictures that begin with the letter. He can glue the picture to the back of the card.
- Write lists – grocery, shopping, and chores. Ask her to make her own lists. She can use pictures. Have crayons, markers and scrap paper on hand.



How to Read to a Preschooler

A child's attention span increases each year. Most preschoolers can listen to a 30-minute story. *Make reading a daily activity*, not a special treat. Help your child develop a love for reading.

- Give him picture books. He loves pictures more than words. Talk about the pictures. Tell him what you think. Ask him what he thinks.
- Read with expression. Make faces. Use hand gestures. Be loud. Be soft. Do not, however, use baby talk. Make it fun.
- Find non-fiction books about her interests. She may love animals, fairies, dress-up, or stars.
- Introduce him to chapter books. Find a book with a fun main character. He may enjoy *Stuart Little* by E.B. White or *A Cricket in Times Square* by George Selden.
- Point to words as you read.

Is Your Child Gifted?

Many parents believe their child is smarter than the average child. Some blame their child's behavior problems on boredom in school. Other parents wonder if their child's lack of friends stems from being smarter than her peers. They ask the question "Is my child gifted?"

All kids are unique and have special abilities. Most kids are not gifted students. Statistics show 2% to 5% of kids are truly gifted. Of that group, 1 in 100 is highly gifted. Child prodigies are 1 or 2 per million.

The definition of *gifted* has no one universal standard. One federal law defines gifted students. These students perform or show promise of performing at high levels in any one of these categories:

- General
- Intellectual
- Academics
- Creative thinking
- Leadership ability or
- Artistic ability.

No definite sign measures giftedness. However, many gifted children share some common traits.

Did your young child:

- Walk or talk earlier than other kids?
- Read books at an early age? Know more words than kids his age?

- Remember complex events even as a young child?
- Study his toys or devices? Pull them apart to see how they work?



If you think your child is gifted:

- Contact your school principal. Ask about testing. Psychologists conduct tests for giftedness. Private testing can be expensive.
- Look at her achievement test scores.
- Observe your child.
- Listen to teachers, family and friends comments about him.

Your child *may* be gifted if:

- She is curious and asks many questions.
- He performs unusually well in an academic subject like math or writing.
- She has a special talent or intense interest in music, dance or art.
- He prefers older kids and adults rather than kids his age.
- She memorizes and recalls facts easily.
- He has a large vocabulary. He understands words his peers do not understand.
- She is a very good problem solver.
- He is very sensitive – to other's feelings or an injured animal.

Some gifted children are not model students. They do not fit in at school or with peers. Some gifted students have a learning disability. Educators may discover the disability but miss the giftedness.

Synthetic Drugs – Parents Be Aware

Synthetic drugs are the latest drug threat for young people. They are also called designer drugs. Gas stations, convenience stores and tobacco shops might sell these drugs. Kids can also find them at head shops and on the Internet.

The synthetic drug label states it is not for human consumption. The U.S. DEA warns, “These drugs are an imminent threat to public safety”. No one knows exactly what is in each drug. In fact, the chemists change the ingredients often to make a new compound that is not illegal by law.

In the past 2 years, hospital emergency rooms treated increased numbers of synthetic drug issues. From 2010 to

2011, calls to poison control centers increased 4 times. Calls related to bath salts, one class of these drugs, increased 20 times.

People of all ages use these drugs. However, 60% of users are people age 25 and younger. Synthetic marijuana is now the second most abused illicit drug among high school seniors.

Why is it so popular? Until recently, these drugs were a legal substance. Because they are cheap and easy to produce,

teens can afford these drugs. Athletes and employees use them because they do not appear positive on a standard urine drug screen.

Doctors have trouble treating youth with these symptoms when they do not know the cause. **If parents observe unusual behavior in their kids, they now must consider synthetic drugs.**

 For more information: <http://illinoisattorneygeneral.gov/communities/syntheticdrugs.html>

The Two Main Classes of Synthetic Drugs are Cannabinoids and Cathinones.

Cannabinoids:

- Mimic marijuana.
- Contain dried plants and chemicals.
- Are smoked, mixed with marijuana or prepared in a drink.
- May contain harmful heavy metal products.

The street names are K2, Genie, Moonrocks, Yucatan Fire, Spice and fake weed. Effects include agitation, extreme nervousness, nausea and vomiting, fast heart rate and increased blood pressure. Other effects are tremors, seizures, paranoia and hallucinations.

Cathinones, also called Bath Salts:

- Mimic cocaine, meth, ecstasy and LSD.
- Are stimulants.
- May be addictive.
- Can be snorted, smoked and ingested.

Street names include Ivory Wave, Purple Wave, Vanilla Sky, Bliss, Smiles and Bolivian Bath. Effects include severe hallucinations, agitation and paranoia. Other effects include palpitations, chest pain, increased blood pressure, fast heart rate and suicide.

Community Classes, Workshops

Carol Jo Vecchie Women & Children's Center at 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, Thurs., Jan. 10, Feb. 11 & Mar. 5, 6 p.m., Bunn Auditorium

Baby Basics II - Parenthood, Wed., Jan. 16, 7 p.m., Bunn Auditorium

Childbirth Express (Saturday class), Sat., Jan. 5, Feb., 2, Mar. 2, 8:30 a.m., CJWCC Classroom C/D. \$75 per couple.

Dinner for Two—Breastfeeding Your Baby, Thurs., Jan. 17, Wed., Feb. 20, Thurs., Mar. 14, 6 p.m. Bunn Auditorium

First Steps Mom-and-Baby Support Group—for moms of newborns. Every Wednesday, 12-1:30 p.m., CJWCC. Visit their Facebook page at First Steps: St. John's Moms Support Group.

Joy of Grandparenting, Mon., Jan. 14, 7 p.m. Bunn Auditorium

Safe Sitter, Sat., Jan. 19, Feb. 16, & Mar. 16, 8:30 a.m.-3:30 p.m. A babysitting preparation program designed for 11 to 13 year olds. Classrooms A/B or C/D. Free.

Welcome Baby Sibling Class, Mon., Jan. 7, Feb. 4, Mar. 4, 6:30 p.m. Classroom C/D. For children ages 3-8 to prepare for new baby. Pre-registration is required.

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

Memorial Medical Center

Pre-registration required for the following classes. Unless otherwise noted, call 217-788-3333.

By Appointment:

- Adoptive Parents Class
- Lactation Consultation
- Mom/Baby Support Group
- Teen Pregnancy Class

Baby Care Users Manual, Wed., Mar 20, 6:30 p.m., Wedeberg Conference Center.

The Get-Real Breastfeeding Guide, Tues, Jan. 15, Feb., 19 & Mar. 19 and Sat., Jan. 26. Family Maternity Suites, Rm. G759

Grandparent Class, Tues., Feb. 5, 6 p.m., Family Maternity Suites G759

I'm Going to Be a Big Brother/Sister for siblings from 3 to 7 years old. Sun., Jan. 20, Feb. 17, Mar. 24. Meet in Capitol Lobby.

Older Siblings, Sun., Jan. 20, 2:30 p.m. For siblings from 8 to 11 years old. Discuss role of older children when new baby comes home. Meet in Capitol Lobby.

Super Dads: Man-to-Man Advice for Dads. Discuss childbirth, baby care, car seats and childproofing. Thurs., Jan. 24, 6:30 p.m.

Working and Breastfeeding, Mon., Jan. 7, 6:30 p.m., Family Maternity Suites G759

Taking Care of You, Discuss your admission at MMC and how to care for the new family after birth. Wed., Jan. 9, 6:30 p.m.

The Whys of Cries, Tues., Jan. 29, 6 p.m. Family Maternity Suites, G759

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

St. John's Children's Hospital Breastfeeding 24-hr.

Warmline— 217-535-3983

for questions or concerns about breastfeeding after discharge from the hospital.

Elizabeth Ann Seton Program

Individual mentoring support for moms, monthly educational sessions, practical assistance. Free. 217-757-6025

Pregnancy Care Center of Springfield, 700 N. 7th St.

Free services for pregnant and parenting women including counseling services, educational services, LifeSkills, material goods, and Lamaze Classes. 217-525-5630 to register for Lamaze classes.

Spend the cold winter months snuggled up inside reading!

Lincoln Library Storytimes

Lincoln Library, Seventh Street & Capitol Avenue.

- **Lap Sit Stories**. Mondays at 11 a.m. for ages 0-18 months. Registration required.
- **Thursday Stories**, 10:30 a.m., all ages. No registration.
- **Saturday Stories**. 11 a.m., all ages. No registration.

Chatham Area Library

Storytimes, 600 East Spruce Street, Chatham, 217-483-2713

Babytalk Lap-Sit for children 0 - 3 yrs. with an adult. Tuesdays, 9:45 a.m. and 10:45 a.m.

Family Evening Storytime, a program intended for children of all ages and their parent/caregiver. Thursdays, 6:30 p.m.

Friday Preschool Storytime for 3 - 5 year olds and their parent/caregiver. Fridays, 10:15 a.m.

and Events in the Springfield Area

IL State Museum 502 S. Spring Street, Spfld.

Super Saturdays. 2nd Sat. each month, 11 a.m. - 3 p.m. Themed activity days in A Place for Discovery for children ages 3-8 and their parents. Registration not required.

- **Jan 12, Celebrate Cultural.** Learn about the heritage and traditions of various world cultures through hands-on crafts, international displays, and live performances.
- **Feb. 9 - TBD**
- **Mar. 9 - TBD**

Kids' Night Out at the Illinois State Museum, Fri., Mar. 1, 6:30-9:30 p.m. Children are invited to spend an evening in the Museum with educational games and fun crafts. Registration required. For more information contact Elizabeth at (217) 782-5993.

Junior Collector's Day at the Illinois State Museum, Sat., Mar. 9, 1-3 p.m. Explore the collections of area children and teens. Collections include rocks and minerals, coins, toys, and more.

Henson Robinson Zoo 1100 E. Lake Drive, 753-6217, 10 a.m.-6 p.m. Regular admission unless otherwise noted. Residents & Members \$9/adult & \$7/child, Non-Residents \$10/adult & \$8/child

- **Sat., Mar. 31, 8-10 a.m.** Breakfast with the Easter Bunny. Enjoy a continental breakfast with the Easter Bunny! Watch as the animals are given "eggcellent" treats, visit with the Easter Bunny & egg hunts for ages 12 and under.

Lowes Build and Grow Clinics, Located at 3101 W. Wabash and 2560 N. Dirksen Parkway, Spfld.

Build and Grow Clinics are free to the public and occur every other Saturday. Registration opens a few weeks before each clinic's date.

- **Sat., Jan. 12, 10 a.m. - Mystery Kit.** Stores will receive one of several classic Build and Grow kits!
- **Sat. Feb. 9, 10 a.m. - Wheel of Love.** Take your child to Lowe's to build this Wheel of Love for Valentine's Day.

Lincoln Memorial Garden, Maple Syrup Time Pancake Breakfast, Sat. & Sun., Mar. 16, 17, 23 & 24, 8 a.m. Menu includes pancakes, pork sausage and the world's best maple syrup made from the Garden's own sugar maples. Silent Auction.

Cost: \$8.50 for adults; \$5.00 for children under 12. Reservations are required and spots fill up early, so call 529-1111 to reserve your place now.

Shrek The Musical Sangamon Auditorium, UIS Feb. 14, 2013 7:30 PM - 9:30 PM "Shrek" is based on the Oscar winning DreamWorks film that started it all, brings the hilarious story of everyone's favorite ogre to life on stage. Admission.

The Musical Adventures of Flat Stanley Jr, Springfield Theatre Centre - HCFTA. Fri. Feb. 8 and Sat., Feb. 16, 7-9 p.m. Stanley Lambchop is your ordinary, ten-year-old with a normal family. For Stanley, life is too normal. One night, the bulletin board on the wall above Stanley's bed comes loose and falls — right on top of Stanley! He's FLAT! Admission.

Fun Indoor Winter Activities

- **Picnic Lunch.** Pretend it's summer and have a picnic lunch in the living room. Add stuffed animals for a touch of the outdoors.
- **Puzzle.** Take out that 1000 piece puzzle, spread it out on the kitchen table and dig in!
- **Board Games.** Dust off Candyland and whatever other board games you've forgotten. Pour some hot cider. Let the fun begin!
- **Sock Puppets.** Find a handful of orphan socks. Get some yarn, buttons and big fat needles. Create wacky puppets and put on a puppet show.
- **Arts & Crafts.** Take out a little of this and a little of that (tissue paper, old greeting cards, glitter) plus some glue and let the kids go creative.
- **Hide & Seek.** Bring out the inner kid in you and join them. The kids will find hiding places you never dreamed of, so set safety limits.
- **Build a Fort.** There are always enough blankets around to build an awesome fort.
- **Snowflakes.** Bring out the white copy paper and a few scissors and have a blast creating a snowstorm indoors.
- **Bake.** What a great time to bake a cake or cookies together! Then, you can pour some hot chocolate and enjoy your goodies!

 <http://www.sheknows.com/holidays-and-seasons/articles/806870/indoor-activities-for-kids-during-winter>

Go to visit-springfieldillinois.com/Events/, illinoistimes.com or springfieldmoms.org for more event listings and family-friendly activities.



Parent Help Line
at St. John's Children's Hospital
800 East Carpenter
Springfield, IL 62769

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Call Parent Help Line at 217-544-5808 in the Springfield area or toll-free 1-888-727-5889.
Visit our website at www.parenthelpline.org.
Join us on Facebook at Parent Help Line at St. John's Children's Hospital.

Help Your Child Communicate – Online and Offline

Good communication includes **speaking** and **listening** skills. Today, emailing, texting and social media keep our kids in touch with family and friends. In fact, many carry on several digital conversations at one time.

Talking is becoming a lost art. Our kids can lose this social skill needed for family and work success. Does your child have the social skills to talk to others face-to-face?

Parents can provide simple, daily talking activities:

- Suggest he tells stories. Ask him to talk about a school or family event.
- Let her order her food at a restaurant.
- Urge him to talk with the cashier at a store.
- Discuss a current event at mealtime or while car-pooling.
- Ask her open-ended questions. "What do you think about.....?"
- Give him directions or tell him a story. Then ask questions about what you said. You will learn if he has good listening skills.
- Play board games with family and friends.
- Use basic manners like *please, excuse me, thank-you* and *I'm sorry* – daily.
- Model the use of "I"-messages to voice concerns. It makes it easier for the other person to help solve a problem.
- Stop her from interrupting. Teach her to wait for her turn to talk.

