



familyTIME

Strengthening families through support, information & referral



Statistics show that the primary sources for alcohol for underage drinking are family and friends. On January 1, 2013, Illinois passed the Social Host Law. People who knowingly authorize or permit underage drinking in their home will be guilty of a Class A misdemeanor. They will be fined. If the activity results in great bodily harm or death to anyone, the person allowing the party will be found guilty of a Class 4 felony.

- Learn all the facts of this new law.
- Do not allow underage kids to drink alcohol on your property.

You should wait until your child is at least 6 months old before offering solid foods. A baby who eats solid food may not take breast milk or formula. This can lead to poor nutrition. Breast milk and formula contain the right amount of nutrients and vitamins for a baby.

Kid BITS

Quick tips & info for today's busy parents.



Drowning is still a leading cause of death for toddlers. Around 85% of deaths occur in home settings.

- Enroll your child in a swimming class.
- Isolate pools with a fence.
- Learn about entrapment incidents in pools and spas.
- Watch your child around water.



Exposure to secondhand smoke has been linked to allergies and breathing problems. The CDC says a smoke filled car can be more harmful than bars or other smoke filled areas. Do not allow your kids to ride in a smoke filled car. An open car window does not protect a child from smoke. You should also not allow smoking in your home.



Like us on Face book – Parent Help Line at St. John's Children's Hospital. Share tips you think other parents might like.

Log onto www.parenthelpline.org – we continue to add new tips to help you parent.

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.

Retinopathy of Prematurity – ROP

ROP is a disease of the eyes. It can occur in premature babies. Not all premature babies have ROP. It usually affects infants weighing 3.25 pounds or less who are born before 32 weeks gestation.

With ROP, abnormal blood vessels form at the back of the eye. This can cause damage to the retina. The retina is the part of the eye that allows us to see. If the disease is severe, it can cause vision problems. It may result in blindness.

The cause of ROP is not completely known. Infants with ROP do not have symptoms. For that reason, it is crucial for a special doctor to exam your baby's eyes for signs of the disease. ROP can only be found with an exam.

The doctor who specializes in eye disease is called an ophthalmologist. In the NICU, this doctor will exam your baby's eyes for signs of ROP. During the exam:

- Your baby will get eye drops.
- The nurse will wrap your baby snugly in a blanket and gently hold her so she will be still.



- The doctor will check your baby's eyes. He will use special instruments and a bright light.

Your baby should not feel any pain during the exam. She may not like the light, but it will not cause pain.

Often, babies with ROP have no permanent damage to their eyes. In fact, 90% of all infants with ROP have a

mild form. They will not need treatment. If your baby has some form of ROP, he will need to have his eyes checked *often*.

Your baby's eye doctor will let you know how often your baby needs to be checked. These exams are carefully timed. The doctor needs to follow the progress of the disease. Changes in the disease can *happen fast*.

If your baby needs treatment, it **must** be done at the right time. Doctors use a laser to treat ROP. It is important for you to keep *all* of your baby's eye appointments. *A missed appointment could result in blindness for your baby.*

Premature babies have a higher risk of childhood eye problems. As your child grows, she will need to have regular check-ups with an ophthalmologist. This doctor will help keep your child's eyes healthy.

Is It Normal Toddler Behavior or ADHD?

Typical toddler behavior frustrates many parents. All kids have times when they have trouble listening and following instructions. Are these behaviors normal or a sign of ADHD?

ADHD affects how a child's brain:

- Processes information,
- Organizes information, and
- Manages impulses.

It is the most commonly diagnosed behavioral disorder in kids. Most toddlers show signs of ADHD some of the time. In recent years, doctors have diagnosed a sharply increased number of kids.

How do doctors assess a child? They look for symptoms that last for at least 6 months. Do these symptoms affect a child's social abilities? Do they create a problem for the child? Are they present in the home, at daycare, at play? Experts look at three groups of ADHD symptoms:

1. Inattention. Your child:

- Cannot focus on a story or game.
- Is unable to follow simple directions.
- Appears not to listen when someone speaks.
- Is easily distracted.

2. Hyperactivity. Your child:

- Is always talking.
- Squirms all the time.
- Has a quick temper.
- Runs and moves so quickly, he gets hurt often.

3. Impulsivity. Your child:

- Cannot play peacefully with other kids.
- Interrupts others.
- Has angry outbursts.
- Is moody and overreacts.

Parents should start watching their child for ADHD during the toddler years. If untreated, negative behavior can have a negative effect on learning and success in school. It can also keep a child from making friends.

If you see these signs in your toddler:

- Seek help right away. Do not wait.
- Call your doctor to rule out a medical problem.
- Consult a child psychiatrist or psychologist for an accurate diagnosis.

- Ask yourself if a major life event has affected your child's behavior.

Bad parenting does not cause ADHD. However, positive parenting techniques can help correct bad behavior. All children – whether they do or do not have ADHD - need positive social skills. It is every parent's job to teach these skills with love, consistency and patience.



BMI – What Is It and How It Can Help Your Child

Doctors have many ways to assess your child's health and physical growth.

At routine check-ups, doctors may use:

- A physical exam,
- An eye chart,
- Blood and urine tests,
- Height and weight measurements, and
- Blood pressure checks.

BMI, body mass index, is another tool to assess your child's risk for health problems.

Doctors now use the BMI screening for all kids age 2 and older at routine check-ups. The BMI is part of your child's growth chart.

BMI is a screening tool. It estimates body fat. It does not measure body fat directly. Doctors use height and weight to obtain the BMI. The BMI helps the doctor determine a person's risk for being overweight or obese. It is expressed as a *number* from less than 15 to over 40.

A child's BMI number looks different than that of an adult. It is expressed as a BMI *percentile*. The percent of body fat changes as kids grow

and differs for girls and boys. Doctors use *age and gender along with height and weight* to determine a child's BMI percentile.

Doctors set BMI percentiles into weight groups. A child who is:

- **Underweight** is below the 5th percentile.
- At a **healthy weight** is between the 5th percentile and 85th percentile.
- **Overweight** is between the 85th percentile and the 95th percentile.
- **Obese** is at the 95th percentile or over.

Kids who are athletic and muscular may have a high BMI. Some kids may have a growth spurt and gain weight quickly. They will have a higher BMI than usual. This weight gain may just be a normal growth pattern. *The doctor will use the BMI along with other information to determine if your child has a health risk.*

You, the doctor and your child can form a plan to keep

your child healthy. Childhood obesity causes many health problems. It puts kids at risk for obesity as adults. Charting your child's BMI trend, over many years, alerts you to possible health related issues.

Almost 17% of all kids in the US ages 2 – 19 are obese. Since 1980, obesity rates among children and adolescents have almost tripled. Find your and your child's BMI. Log onto the CDC website at cdc.gov and search for BMI.



Talk to Your Teen about Organ Donation

When your teen applies for a driver's license, she will be asked if she wants to be an organ donor. This is just one of many decisions she will face as a new driver. It is often hard to discuss organ donation. Most donated organs come from deceased donors. However, you might be surprised to find that your teen has definite wishes.

Discuss organ donation with your teen. Before you talk, learn the facts. This helps your teen make an informed decision.

Organ donation saves lives and heals bodies. It gives thousands of people a second chance at life. Over 115,000 people in the U.S. await an organ transplant. More people need transplants than people are willing to donate.

Anyone of any age can donate an organ. One donor can give solid organs to eight people. Organs include lungs, heart, kidneys, liver, pancreas and intestines. One person's tissue donation can heal more than 25 people. These donations include tissue, heart valves, bone, veins, skin, ligaments and corneas.

In the event of an accident, an ambulance takes a person to the hospital for treatment. Doctors make every effort to

save that person's life. Organ donation is considered only when doctors:

- Find no brain stem activity and
- Declare the brain dead.

Only then, do they call the transplant team to take or "harvest" the organs. They treat the body with utmost respect. The family does not pay the expenses associated with the donation.

People with end stage organ failure must meet pre-transplant requirements. Then they are placed on the United Network of Organ Sharing (UNOS) National Transplant Waiting List. When the donor bank finds a donor match, the patient receives a call. A match could happen a few hours after being placed on the list. It could also take years.

When your teen becomes an organ donor, you can also sign your license or go online to sign up.

- Go to <https://www.donatelifellinois.org/>
- Go to <http://www.dmv.org/il-illinois/organ-donor.php>
- Go to <https://www.ilsos.gov/organdonorregister/>
- Call 1-800-210-2106
- Visit your nearest Secretary of State Office.



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., Apr. 11, June 6, Wed., May 1, 6 p.m., Bunn Auditorium

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

Childbirth Express (Saturday class), Sat., Apr. 6, May 4, June 8, 8:30 a.m., CJVWCC Classroom C/D.

Dinner for Two—Breastfeeding Your Baby, Thurs., May 23, Wed., June 19, 6 p.m., Bunn Auditorium

First Steps Mom-and-Baby Support Group. For moms of newborns. Every Wednesday, 12-1:30 p.m., CJVWCC

Joy of Grandparenting, Mon., Apr. 29, 7 p.m. Bunn Auditorium

New Moms: Dealing with Feelings. Learn about postpartum depression & baby blues. Explore positive ways to cope. Every other Friday, Apr. 5, 19, May 3, 17, June 14, 28, 11 a.m. to 12 noon. NICU conference room on the 4th floor of the CJVWCC. Registration not required.

Welcome Baby Sibling Class, Mon., Apr. 8, Jun. 3 and Thurs. May 6, 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., May 15, 6:30 p.m., Wedeberg Conference Center.

The Get-Real Breastfeeding Guide, Tues, Apr. 16, May 21, June 18 and Sat. Apr. 6, June 1. Family Maternity Suites G759

Grandparent Class, Tues., Apr. 9, 6 p.m., Family Maternity Suites G759

I'm Going to Be a Big Brother/Sister for siblings from 3 to 7 years old. Sat., Apr. 21 and June 23. Meet in Capitol Lobby.

Living with Baby Infant Safety Class, Tues., May 22, 6:45-8:45. Family Maternity Suites G759

Older Siblings, Sun., Apr. 21, 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., Apr. 25, 6:30 p.m.

Working and Breastfeeding, Mon., Apr. 8, 6:30 p.m., Family Maternity Suites G759

The Whys of Cries, Tues., May 28, 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.



Love and Logic® provides simple and easy-to-use lessons to help parents and grandparents:

- Raise responsible kids,
- Change negative to positive behaviors,
- Have more fun with their kids.

Love and Logic® 6-week Parenting Classes begin on Wednesday, April 10, 2013 and continuing April 17, 24, May 1, 8 & 15 from 6:30 p.m. to 7:30 p.m.

Scheels Training Room - 2nd Floor
3801 S MacArthur Blvd Spfld, IL

To sign up for classes, call Parent Help Line at 544-5808 or 1-888-727-5889.

Free but must register.
Manual included.

Class size limited - first come first serve
Brought to you by Parent Help Line, St. John's Children's Hospital and Scheels.

and Events in the Springfield Area

You are invited to

A Midsummer Night's Dream Fundraiser

Cocktail buffet, music by Angel Brown, live and silent auction to benefit the Parent Help Line at St. John's Children's Hospital.

Sat., June 29 from 7-11 p.m.
Christ the King Parish Hall
1930 Barberry Drive, Springfield

Tickets are \$50 each and available by calling Friends of St. John's Hospital at 544-6464 ext. 45160

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.

- **Apr. 13, *Wildlife in Danger.***
- **May 11, *Blue Stems & Blue Gills: State Symbols***
- **June 8, *Travelin' the Land of Lincoln***

Kids' Night Out at the Illinois State Museum, Fri., June 28, 6:30-9:30 p.m. Educational games and fun crafts. Registration required. 782-5993

Old Capitol Farmer's Market
Every Wed. and Sat. at 8:30 a.m. from May 15 - Oct. 26, Downtown Springfield, Adams St. between 5th & 2nd. Chef demonstrations every Saturday. Entertainment on the 3rd Saturdays. Visit St. John's Hospital's tent at 4th & Adams for health screenings and nutritional information.

Henson Robinson Zoo 1100 E. Lake Drive, 753-6217, 10 a.m.-6 p.m. Regular admission unless otherwise noted.

- **Sat., Apr. 27, 8-10 a.m. *Party for the Planet.***
- **Sat., May 3, 7-8 p.m. *Discovery After Dark***
- **Sat., May 11, *Dr. Doolittle Day***
- **Sun., May 11, *Mother's Day at the Zoo***
- **Sun., June 16, *Father's Day at the Zoo.***
- **Sun., June 21, *Henson Robinson Zoo Day.*** Free admission.
- **Fri., June 28-29, 5:30 p.m.-9 a.m., *Mystery Family Campout Overnight adventure.*** \$18/adult; \$12/child.

Menard County Health and Safety Fair and RX Take-Back
Apr. 27, 10 a.m.-2 p.m. Athens Community Park. Health screenings, kids activities, local exhibitors & vendors. Family fun. Medicine disposal also available.

Giant Flea Market, IL Bldg. Fairgrounds Spfld., Apr. 21, 8:30 a.m. - 4:30 p.m. 60-75 exhibitors. Antiques, collectibles, new & used merchandise. Find coins, jewelry, books, records, cd's and dvd's. Family fun! <http://jcflea.com>

Lincoln Memorial Garden, 2301 E Lake Shore Dr Springfield, IL

- **Sun., Apr. 14, 21, 28, 2 p.m.**
Blossom Time Wildflower Hikes.

Safe Family Saturday Event
Sat., Apr. 29, Scheels Bike Service Shop will offer free bike sizing & tune-ups for kids bikes. Family activities and entertainment. 10 a.m.-2 p.m. Scheels, 3801 S. MacArthur, Spfld.

Winnie the Pooh

Fri., Apr. 12, 19 and Sat. Apr. 13, 20 from 7-9 p.m. and Sun. Apr. 14, 21 from 2-4 p.m. Springfield Theatre Centre - HCFTA. Information: www.hcfta.org or 523-2787

Music In The Park

www.springfieldparks.org

Visitors are encouraged to bring a lawn chair or blanket.

- Sun., May 19, 4-7 p.m., *Classic Rock with The Aspect and Harmony Deep.* Lincoln Park
- Sun., June 9, 4-7 p.m., *Rhythm and Grooves with Brooke Thomas, Blue Sons and Capitol Sound.* Comer Cox Park

Movie in the Park A big screen movie shown in local parks. Bring lawn chairs and blankets. Movies begin at dusk.

- May 17, Southwind Park, *Wreck-it Ralph*

Chatham American Legion

Homecoming, Village Square. Jun. 13-15, 5-11:30 p.m. Family-fun street festival with food, bands, rides. \$1.00 rides are featured on 6/13 & 6/15 from noon to 5 p.m.

Springfield Old Capitol Art Fair
Downtown Springfield, 5th and Adams St., May 18 & 19, 10 a.m. to 4 p.m.

Car Seat Safety Checkpoint

10 a.m.-1 p.m. Certified child passenger safety technicians check your car seat(s) and answer questions. Bring your car seat(s), vehicle, vehicle owner's manual, car seat instructions and the child who will be riding in the seat if possible. Free. Lowe's Hardware Store, 2560 N Dirksen Pkwy, Spfld.

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.

Healthy Food: Where Should You Shop?

People say they would eat healthier if it was easier and cheaper. The fact is, healthy food:

- Is not hard to find.
- Does not have to be expensive.
- Is not hard to prepare.

Local Farmer's Markets offer fresh produce, dairy products and meats. Compare prices at each stand. Shop toward the end of the market hours. You might find some bargains.

Supermarkets are loaded with healthy foods. Frozen and canned vegetables and fruits are full of vitamins and fiber. They are often on sale and easily stored for less waste.

Most stores carry locally grown fresh produce. Buy in small quantities. Use the fresh produce before using canned or frozen.

Beans are an example of an easy, cheap food. They are:

- A great source of fiber, protein and iron,
- Good in salads, soups and dips,
- Found canned, frozen and dried.

 For healthy recipes, log onto:

- www.trimdownclub.com
- www.livestrong.com
- www.campbellskitchen.com

Black Bean Salad

- 1 can black beans – rinsed and drained
- 1 small red onion – chopped
- 1 – 2 medium chopped tomatoes or 1 can of chopped, drained tomatoes.
- 2 – 3 tablespoons chopped cilantro or parsley

Mix these ingredients in a bowl.

- 1 ½ tablespoons of lime juice
- 1 pinch of sugar and cayenne pepper
- ½ tsp. cumin
- 3 tablespoons of olive oil
- Add salt and pepper to taste.

Serve cold or at room temperature.