



# familyTIME

Strengthening families through support, information & referral



**Test your child's vision and hearing.** Children should have their eyes examined at birth, around 6 months, at 3 – 4 years of age and annually from age 5 on up.

By 3 months, doctors should screen all babies for hearing loss. If needed, they can start treatment before age 6 months. Kids can acquire hearing loss after birth. Fifteen in 1000 kids under age 18 have some degree of hearing loss. Complete a vision and hearing screening before school begins this fall.



**Holding your young baby while walking has a calming effect.** In a recent study, infants were more relaxed and soothed when their moms walked them instead of just holding them while seated.

## Kid BITS

*Quick tips & info for today's busy parents.*



**Illinois students starting the 2013/2014 school year must have proof of receiving the Tdap booster.** The Tdap booster protects them from whooping cough (Pertussis). Adults who care for young children should also get the Tdap booster.

**Exercise can help your teen stop smoking.** She is more likely to quit smoking if she enrolls in a smoking cessation program along with a fitness program. She should aim for 20 to 30 minutes of exercise a day.



**More than 4000 kids sustain injuries every year on amusement rides.** Mall rides account for 12% of the injuries. Kids usually suffer head, neck and face injuries. They also sustain concussions and cuts. Almost 75% of these injuries follow a fall *in, on or off* the ride. Mall rides often lack child restraints.



**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](mailto:parenthelpline@aol.com).

## Facts about Bottle Feeding

**The World Health Organization and the American Academy of Pediatrics recommend breastfeeding infants for the first 6 months. However, not every mom can or chooses to breast feed. Infants who are not breastfed need a suitable breast milk substitute.**

The government regulates commercially prepared formulas. All formula made in the USA must meet strict FDA guidelines for nutrition. Formula comes in three forms.

1. **Powdered formula** is the least expensive. It is not sterile. It must be mixed with boiled or sterile water. Follow directions and safety tips when mixing.
2. **Liquid concentrate** is sterile. It can be mixed with an equal part of boiled or sterile water. Read directions carefully. Your baby must get the right concentration.
3. **Ready to use formula** is the most expensive. It is sterile. This formula can be poured directly into your baby's sterilized bottle. Never add water to this formula.

Many formula brands have different ingredients.

Some babies need a special formula. Your baby's doctor will help you choose a formula that provides the nutrients *your* baby needs to grow and develop.

*Always consult your doctor before switching to a new formula.* The doctor will help you decide if it is wise to make a formula change.

Babies are sometimes allergic to some formulas. A certain formula may make your baby fussy, or cause the baby to develop diarrhea - which is dangerous.

**If you choose to bottle feed your baby, you will need:**

- 6 – 8 BPA (Bisphenol A) free bottles,
- 6 – 12 slow flow, latex free nipples, and
- A bottle brush and nipple brush for cleaning.

Wash and sterilize all bottles and nipples before using. Some parents use a home sterilizer. Others boil bottles and nipples in a pan of water on the stove.



## How to Deal With Whining

**Whining is a learned behavior. If parents accept whining, it becomes an annoying habit. Loving parents will help their child stop this behavior.**

Most children, especially 3 – 4 year olds, try whining behavior. A young child:

- Often lacks the power to get what he wants.
- Has big dreams that exceed his abilities.
- Lacks the skills to express frustration, anger or fear.
- Often needs a parent’s or adult’s attention.
- Has “out of sorts” feelings but lacks the words to express them.

Whining is your child’s tool to deal with needs and feelings. It is her appeal for help. Too often, parents reward the whining. At the moment, it seems the easiest choice to avoid a scene.

Kids have the ability to whine longer than a parent can tolerate the noise. The longer a child whines, the more likely he will get what he wants. Instead, a parent should teach a positive skill to replace the whining.



- Divert her attention when she has the need for a good whine.
  - Use praise when he uses word skills instead of a whine. However, he must follow rules and know he cannot have everything he wants.
  - Ask yourself, “Why is she whining?” Is she sick? Does she have a problem? She might have a specific need.
  - Give him attention during the day. Take time to read, play or snuggle together.
- Make sure both parents follow the “no whining rule”. Remind your child each time to use clear words to express needs. Then, fulfill the need or explain yourself if you cannot fulfill it. Or, offer two other choices to distract him.
- Deal with whining as soon as it begins.
  - Let her know she is whining. Repeat the whining sounds without making fun of her. This lets her know the whining is an unpleasant sound.
  - Respond using your “I” messages. Speak slow and calm words. “I cannot understand you when you whine.”
  - Teach him the words to ask for what he needs or tell you how he feels.
  - Anticipate her needs – for naptime, meals, snacks or toys. Avoid shopping during these times.

 Visit [parenthelpline.org](http://parenthelpline.org) and click on *Skillbuilding* for tips that may help with whining.

## Backyard Trampolines – Know the Risks

**Jumping on trampolines is a fun backyard activity. However, doctors warn parents. Home trampolines are dangerous.**

Often, parents think a soft, springy mat would be a safe toy. However, a trampoline is not a toy. It is a piece of equipment.

The very force that makes trampolines fun causes specific patterns of injury. Trampoline injuries are preventable accidents.

All ages, even adults, sustain injuries. They include:

- Sprains,
- Strains,
- Contusions (bruises),
- Soft tissue injuries,
- Dislocations, and
- Fractures.

The worst are head and neck injuries. Kids 6 and under are the most at-risk age for leg and spine fractures.

Studies tell us that 75% of injuries are the result of **multiple people** on a trampoline at the same time. Small kids lose control when they bounce on a trampoline with bigger kids. This loss of control can throw a child from 9 or 10 feet onto a hard surface. The result can be lasting neurological damage.

Research studies tell parents that the use of trampoline nets and padding *do not reduce injuries by much*.

The AAP discourages home trampolines. However, they give parents safety tips should they continue to use this equipment at home.

- Know the risks of injury from using home trampolines.
- Make and enforce rules.
- Allow only one person on the trampoline at a time.
- Set trampolines at ground level — on a level surface.
- Clear hazards from around the trampoline.
- Carefully watch your kids on the trampoline at all times. Only then can you stop behaviors that could cause injuries.
- Do not allow somersaults and flips. They are the most common cause of neck injuries.

- Inspect the trampoline for damage and replace parts as needed.
- Keep protective padding in place.
- Throw away a trampoline damaged beyond repair.

Check your homeowners insurance. Does it cover trampoline-related injuries? Many companies label trampolines as attractive nuisances. This “nuisance” can lure kids into potential danger. Do not let a nuisance hurt your child.



## Temporary Tattoos Have Risks

**Tattoos are popular. Kids want them. Many parents believe temporary tattoos to be safe. They think they are a great substitute to regular ink-injected tattoos. They only last a few days to a few weeks. However, doctors warn parents. Temporary tattoos can cause serious health problems when applied to the skin.**

For centuries, pure henna has been a tattoo dye. Henna is a tropical flowering plant product. It produces a brown, orange/brown and reddish-brown tint. It is sometimes called mehndi. Tattoo artists around the world still use pure henna.

However, many “artists” mix the henna with other additives. These additives may cause the henna to change colors, stain quicker, look darker and last longer. These *additives* pose health risks.

“Black henna” is very popular. Black henna is not pure henna. It may be a mix of henna with other ingredients. It may also be hair dye without henna. The dye used in black henna is often a coal-tar dye called PPD. The law prohibits the use of PPD in cosmetics. However, tattoo artists apply it to the skin for a black tattoo.



PPD can cause dangerous skin reactions in some people. These reactions can occur right away. Some reactions occur several weeks after the dye has been applied. Reported reactions include:

- Redness,
- Blisters,
- Loss of pigmentation,
- Raised, red weeping lesions,
- Increased sensitivity to sunlight, and
- Permanent scars.

“Artists” may add other ingredients to the tattoo dyes. Additives include:

- Aromatherapy essential oils. These can cause allergic skin reactions.
- Camphor. This may cause nausea or dizziness.
- Citrus oils. They can cause allergic skin reactions.
- Walnut powder. This is very dangerous or deadly for a person with a nut allergy.

Temporary tattoos like black henna are often sold in kiosks at fairs, beaches and malls. If your teen wants a temporary tattoo, she should ask the tattoo artist about the ink or dye. Know the ingredients.

If you have a reaction to a tattoo, contact the FDA. For general inquiries call 1-888-463-6332. For emergencies call 301-796-8240 or 1-866-300-4374.

# 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**, Wed., July 10, Tues., Aug. 6, Wed., Sept. 4, 6 p.m., Bunn Auditorium

**Baby Basics II - Parenthood**, Wed., July 17, 7 p.m., Bunn Auditorium

**Childbirth Express (Saturday class)**, Sat., July 13, Aug., 3, Sept. 7, 8:30 a.m., CJVWCC Classroom C/D.

**Dinner for Two—Breastfeeding Your Baby**, Wed., July 3, Aug. 14, Tues., Sept. 17, 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., July 22, 7 p.m., Bunn Auditorium

**New Moms: Dealing with Feelings**. Learn about postpartum depression & baby blues. Explore positive ways to cope. Every other Friday, July 12, 26, Aug. 9, 23, Sept. 6, 20, 11 a.m. to 12 noon. NICU conference room on the 4th floor of the CJVWCC. Registration not required.

**Welcome Baby Sibling Class**, Sat., Aug. 3, Mon., Sept. 9. 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](http://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., Sept. 18, 6:30 p.m., Wedeberg Conference Center.

**Briefcases and Babies**, Mon., Sept. 6, 6:30 p.m. Family Maternity Suites G759

**The Get-Real Breastfeeding Guide**, Tues., July 16, 6:30 p.m., Sat. Aug. 10, 9:30 a.m., Thurs., Sept. 17, 6:30 p.m. Family Maternity Suites G759

**Grandparent Class**, Tues., Aug. 6, 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., July 21, Aug. 18, Sept. 8, 4 p.m. Meet in Capitol Lobby.

**Living with Baby Infant Safety Class**, Wed., July 24, 6:45 p.m. Family Maternity Suites G759

**Older Siblings**, Sun., July 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., July 25, 6:30 p.m.

**The Whys of Cries**, Tues., July 30, 6 p.m. Family Maternity Suites G759

For information on these classes and other support groups, log onto [www.memorialmedical.com](http://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.

**Come to the CABARET**, Sat., Sept. 22, 7 p.m. at The Hoogland Center for the Arts, downtown Springfield. Music from some of your favorite Broadway shows. All free-will donations will go to filling "Baskets of Hope" that are delivered to critically ill children staying in Springfield hospitals or at the Ronald McDonald House. *Basket of Hope - Springfield is a not-for-profit agency.*



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.

**Dates to be announced.**

**Consult our webpage for more information.**

**[www.parenthelpline.org](http://www.parenthelpline.org)**

**Classes held 6:30-7:30 p.m.**

**Call Parent Help Line at 544-5808 or 1-888-727-5889 if you would like to attend.**

**Free but must register. Manual included.**

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

# and Events in the Springfield Area

## 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.

**IL State Museum** 502 S. Spring Street, Spfld.

**Super Saturdays** held the 2<sup>nd</sup> 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.

- **July 13**, *At Home in the 1860s*
- **Aug. 10**, *Marching Melodies: Songs of the Civil War.*
- **Sept. 14**, *TBD*

**Story Time at the Museum** held the 2<sup>nd</sup> Mon. each month, 10 a.m. A new program designed for preschool children ages 3-5 and their caregivers. Features engaging stories read by special guests. A chance for children to see and learn about objects from the Museum's collections. The program will last 30-40 minutes.

- **July 8, September 9, August 12**

## Springfield SCHEELS: Kids Klub

- **Disc Golf Mania**, Mon., July 15, 6 pm, ages 4-12 Learn about the sport of Disc Golf. Meet at the west entrance of Scheels.
- **Back to School Safety**, Mon., August 5, 6 p.m., ages 4-12. Join Scheels and local law enforcement and "gear up" to go Back To School!!! Learn important safety tips. Get fitted for a perfect back pack!

**Henson Robinson Zoo** 1100 E. Lake Drive, 217-585-1821, 10 a.m.-6 p.m. Regular admission unless otherwise noted.

- **Sat., July 6**, *Zoofari*
- **Sat., Aug. 10**, 8-10 a.m. *Breakfast with the Animals*, \$10 /adult; \$8 child
- **Fri., Aug. 30**, 5:30 p.m.-9 a.m. *Zoo Life Family Campout*, \$18 /adult; \$12 child

## Music In The Park

[www.springfieldparks.org](http://www.springfieldparks.org)

Visitors are encouraged to bring a lawn chair or blanket.

- **Sun., July 28**, 4-7 p.m., *Rhythm and Blues Fest with The Blue G's and The Debbie Ross Band. Iles Park*
- **Sun., Sept. 15**, 4-7 p.m., *Celtic Fest with The Emerald Underground, The Elks Pipes, and Skibereen. Washington Park (near playground)*

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

- **July 19**, Lincoln Park, *The Hobbit*
- **Aug. 23**, Rotary Park, *Madagascar*

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

- **Sat., Sept. 21**, 10 a.m.-12 p.m. *Leaf Identification and Collection Hike*

## Paint the Street Fest

Sat., Jul. 20, 2-10 p.m., Washington St. in front of Old State Capitol, Participants will receive a 6'x6' square of Washington Street to paint. Live music, food, and a children's activity. Tickets are \$30 in advance; \$35 day of the event.

## Fairs, Festivals and Street Parties for Great Family Fun

- **July 3-4** *Jacksonville 4th of July Celebration*, Jacksonville Community Park
- **July 3-4** *Capital City Celebration*, Downtown Springfield
- **July 4** *Decatur 4th of July*, Nelson Park
- **July 9-15** *Morgan County Fair*, Jacksonville
- **July 12-13** *Taste of Downtown*, Springfield
- **July 18-20** *Chatham Sweet Corn Festival*, Chatham Community Park
- **Aug. 8-18** *Illinois State Fair*, IL State Fairgrounds
- **Aug. 17** *Once Upon a Prairie Storytelling Festival*, The Old State Capitol
- **Aug. 21-22** *Old Settlers Celebration*, Downtown Hillsboro
- **Aug. 23-24** *Capitol Blues & BBQs*, Downtown Springfield
- **Aug. 30-Sep. 1** *Ethnic Festival*, IL State Fairgrounds
- **Sept. 7** *Traditional Music Festival*, Lincoln's New Salem State Historic Site
- **Sept. 20-21** *Monticellobration*, Monticello Downtown Square
- **Sept. 22** *Clayville Fall Festival*, Clayville Historic Site, Pleasant Plains
- **Sept. 27** *International Route 66 Mother Road Festival*, Downtown Springfield

**Go to [visit-springfieldillinois.com/Events/](http://visit-springfieldillinois.com/Events/), [illinoistimes.com](http://illinoistimes.com) or [springfieldmoms.org](http://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](http://www.parenthelpline.org).  
Join us on Facebook at Parent Help Line at St. John's Children's Hospital.

## Healthy Food: Add Yogurt to Your Daily Diet

Yogurt is a healthy food. It:

- Is a good source of protein.
- Contains calcium and potassium.
- Has B vitamins and minerals.
- Contains live cultures called probiotics.

Yogurt has many uses. Try it for breakfast with fruit. It makes a great snack. Use it in recipes – sauces, soups, dressings and desserts. Substitute it for sour cream, mayonnaise, oil, butter and cream cheese.

Greek yogurt is an especially good fat substitute. It is a thick and creamy product once the liquid is strained and removed. This process increases the protein

content and usually decreases the carbohydrates. Lactose intolerant people may digest Greek yogurt more easily.

You can easily make your own yogurt in an inexpensive yogurt maker. Boil milk, mix in some yogurt, and place it in your yogurt maker. In 8 – 12 hours, your yogurt is ready to enjoy.

### Yogurt Stuffed Sweet Potato

- ½ cup Greek Yogurt
- 1 tsp. of honey or brown sugar
- ⅛ tsp. cinnamon

*Mix and use as a topping for your baked sweet potato.*

### Yogurt-Cucumber-Mint Sauce

*– great on grilled meats or as a vegetable dip.*

- 1 cup Greek Yogurt
  - 1 small cucumber – peeled, seeded and chopped or grated
  - 2 – 4 tbsp. Fresh mint
  - 2 tsp. chopped green or red onion
  - ½ tsp. cumin powder
  - 1 clove minced garlic or garlic powder to taste
  - 1 tbsp. Lemon juice
- Salt and pepper to taste.

