



familyTIME

Strengthening families through support, information & referral



Drinking even 1 soda a day affects young kids. A new study links a soda to bad behavior. Give your child water and milk. It is a healthier choice. The United States sells more soda per person than any other country. Drink more water – less soda.

Kid BITS

Quick tips & info for today's busy parents.



Children love fun parent-child activities. Celebrate the fall and winter holidays with family and friends.



Is your smart phone making you fat? Smart phones allow people to call, text, check emails, and take pictures. They can also search the Internet, play games, and watch videos and live events. They slow people down. Instead of moving, people sit and use their phones.



Prepare for flu season. The American Academy of Pediatrics tells parents to get their kids' flu shots as soon as the vaccines are available. Any adult in contact with high-risk children should also get a flu shot.

This year, doctors will offer 2 types of flu vaccines – the trivalent and the quadrivalent. Your doctor will select the best vaccine for you.



A new study links irregular bedtimes with poor test scores. It also links consistent bedtimes with better performance in school. Even if a child's bedtime was a little later than a parent wants, if it was regular, it was OK.

Words empower and encourage kids. They can also crush someone in seconds. Everyone needs love and positive comments. It take no more effort to say something nice than to make a negative comment.



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 parents.

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.

Prevent Choking

Choking is a common cause of injury and death in young children.

Babies under 1 year have the highest choking rates. They:

- Have a very small airway that is easily blocked.
- Have front teeth to bite but no molars to chew.
- May not have the ability to cough hard enough to dislodge the object if they choke.

Parents can prevent choking. Food is the cause of over 50% of choking incidents. Keep your baby safe while eating.

1. Hold her while bottle feeding. Never put her in a seat and prop the bottle.
2. Never give him cereal in a bottle.
3. Do not give solid pureed food before she has the motor skills to swallow - at least 4 months old. Ask your doctor before feeding solids.
4. Feed him only when he is properly seated and restrained. Do not allow him to walk or run while eating.
5. Stay near her when she eats and drinks. A choking baby usually cannot make a sound.
6. Never give him food in the car while you are driving.
7. Only put a small amount of food on her tray. Otherwise, she might stuff too much food into her mouth.
8. Cut finger foods into small pieces – no larger than ½ inch - when the doctor says he is ready for them.
9. Avoid chunks of raw vegetables, cheese, meat, grapes, nuts, seeds and round slippery foods.
10. Avoid slippery hot dogs.
11. Avoid peanut and other nut butters.
12. Avoid snacks like marshmallows, popcorn or gummie bears.
13. Mash food so it is soft.

Small objects can also easily choke babies. They explore their world with their hands and often put objects into their mouths. Before putting a baby down to crawl or walk, check the floor, chairs and sofa cushions for:

- Small batteries – especially button batteries,
- Small magnets,
- Small toys or toys with small parts,
- Coins, buttons, beads, or stones,
- Small balls and marbles,
- Barrettes and rubber bands,
- Pen caps,
- Pills and vitamins, and
- Pet food.

Never allow your baby to play with balloons.



Kids with Positive Social Skills Make Good Friends

Parents want their child to have good friends. Making good friends requires friend-making skills. Parents are in the best position to teach and nurture these positive skills in their pre-school child.

Studies show that a child who is rejected by peers at an early age is at risk for anti-social behavior. They also show that at least one friend can help protect against aggression and rejection.

When a child starts kindergarten, he will be on his own as he tries to make friends. Having positive social skills will help. Kids like other kids who are kind and can share.

Prepare your child to make and keep good friends.

- **Talk about feelings – hers and others.** Use *I* statements to reflect your feelings. *I feel upset when ... When you help your sister, I feel good.* Ask how your child feels.
- **Teach empathy.** Let your child see you help others in need. Deliver food or clothing, make get well cards, call someone who is sad. Discuss why someone cries or laughs.

- **Teach him to problem-solve trouble situations.** Did she misunderstand what happened? Maybe a friend stopped playing because he was tired. Observe your child at play. Does she display behaviors that others do not like? Use role plays to teach positive social skills and good behavior. Read the *Skilltime* booklet at www.parenthelpline.org.
- **Do not take rude or hurtful comments personally.** Preschoolers do not think about the power of words. Instead, calmly address this behavior. Do not allow your child to say hurtful words.
- **Be on the lookout for bullying behavior – from your child or against your child.** Whether a bully or a target of a bully, your child can learn positive skills to deal with these negative behaviors.

- **Monitor TV programs.** Many shows marketed for kids contain people and characters that display negative behaviors. Your child may imitate these behaviors.
- **Read aloud children’s books about how to make and keep friends.** Search the Internet or go to www.parenthelpline.org – the books section.
- **Remain calm when your child is upset or out of control.** Ask how he feels. Help him put his feelings into words.



Parents Can Help Improve their Child's Reading Skills

Reading or literacy skills help a child succeed in school, at a job and in life. Parents must take an active role in helping their child master good reading skills.

Kids who enter junior and senior high school with poor reading skills find it hard to keep up with class work. As a result, they develop a negative attitude toward school and learning. If they do not improve their reading skills, they may struggle to find a job. Many poor readers cannot hold a steady job.

A child needs several skills to read. These include the skill to:

- Hear sounds in words - *sssssseeeeeee – see.*
- Speak sounds in words - *kubaaattt – cat.*
- Know the *letters* and *sounds* of the alphabet.
- Understand what she reads.
- Know the meaning of words – vocabulary.

You do not need teaching skills to help your child become a good reader. However, you must practice reading skills **every day**. Teach basic reading concepts as you perform daily tasks.



1. Supply your child with *all kinds of books*. Expose her to new topics. Let her choose her books. Go to the Internet or www.parenthelpline.org for book lists.
2. Plan **daily** reading time. Reading time is *not screen time* - TV, computer or video games.
3. Read aloud to your school-age child. The book should have a higher reading level than your child can read.
4. Ask questions before, during and after you read. When reading the title, ask – *What do you think this book will be about?* Tell your child the meaning of words she does not know. After reading, ask questions – *What was your favorite part?*
5. Play rhyming and word games while in the car. Say – *Stop. What rhymes with stop; Book – what rhymes with book.* Make up silly sentences – *Sally sat sipping soup.*
6. Sound out new words with your child. *Dinosaur – di....no....saur. Bicycle – bi.....cy.....cle.*
7. Cook a recipe with your child. Help him read the recipe.
8. Read food and clothing labels when shopping.
9. Ask your child to read to you or a sibling. Listen. Is she getting better?

Parent-teacher conferences provide a time to discuss your child's reading level. If your child has reading problems, get help right away.

Know the Facts about Concussions

Kids who are involved in sports, dance and cheerleading risk injury. Concussions are a common problem. Concussions caused over 163,000 emergency room visits last year. Almost 50% of these visits involved kids ages 12-15.

Football has the highest concussion rate. Wrestling and cheerleading hold second and third place. *Concussions are a serious health problem* – and can even be fatal.

A concussion is a traumatic brain injury. A bump or jolt to the head or a blow to the head or body can cause a concussion. This hit bounces the brain back and forth within the skull or twists it. This motion causes the brain to stretch and tear. The result can be bleeding and damaged brain cells. The brain may even sustain chemical changes.

Concussions have a range from mild to severe. **All are serious.** These injuries can have delayed symptoms. At first, the child might report minor injury – feeling a little dazed. Many kids may report no symptoms for fear of being sidelined.

Kids with a concussion need medical attention. They also must have **time to heal.** Recovery time varies – days, weeks, even months.

Doctors fear repeat concussions. Kids whose brains have not healed risk further injury. Repeat concussions need a long recovery times. They may even cause permanent brain damage.

Help keep your child safe during sport activities.

- Fit your child with the proper safety and protective gear.

If your teen has any symptoms listed below, take him to a health care professional.

Symptoms include:

- uneven dilated pupils,
- headache,
- nausea or throwing up,
- blurred vision,
- poor coordination or balance,
- slurred speech,
- irritability,
- anxiety,
- depressed mood, or
- sleep disturbance.

Sometimes severe symptoms can take hours or days to show up.

From <http://parentingteens.about.com/cs/teenhealth/a/concussions.htm>

- Make sure he follows all safety rules for the sport. *Helmets do not prevent concussions. Kids must avoid hits to the head.*
- Discuss and expect your child to display good sportsmanship.
- Know the league or school policy on concussions. Cheerleading and dance are not considered sports. Ask about policies for these activities.
- Know the signs and symptoms of a concussion.
- Inform your child's coach of past concussions and injuries.
- Discuss with your child the dangers of playing with a concussion.
- Tell the coach your child needs a doctor's release before he can play his sport again.

 For more tips and personal stories, log onto www.cdc.gov/Concussion

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, Tues., Oct. 8, Wed., Nov. 6, Tues., Dec. 10, Bunn Auditorium

Baby Basics II - Parenthood, Mon., Nov. 20, Bunn Auditorium. Registration Required. \$25

Childbirth Express (Saturday class), Sat., Oct. 5, Nov. 2, Dec. 7, CJVWCC Classroom C/D.

Dinner for Two—Breastfeeding Your Baby, Wed., Oct. 16, Tues., Nov. 12, Wed., Dec., 11, 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., Oct. 21, 7 p.m., Bunn Auditorium

New Moms: Dealing with Feelings. Learn about postpartum depression & baby blues. Explore positive ways to cope. Every other Friday, Oct. 4, 18, Nov., 1, 15, 29, Dec., 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

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., Nov. 20, 6:30 p.m., Wedeberg Conference Center.

The Get-Real Breastfeeding Guide, Sat., Oct. 5, 9:30-Noon, Tues., Nov. 19, 6:30-9 p.m., Family Maternity Suites G759

Grandparent Class, Tues., Oct. 8 and Dec. 3, 6-8 p.m., Family Maternity Suites G759

I'm Going to Be a Big Brother/Sister for siblings from 3 to 7 years old. Tues., Oct. 8, 6-8 p.m., Tues., Dec. 3, 6-8 p.m. Meet in Capitol Lobby.

Living with Baby Infant Safety Class, Wed., Dec. 4, 6:45-8:45 p.m., Family Maternity Suites G759.

Older Siblings, Sun., Oct. 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., Oct. 17, 6:30 p.m., Family Maternity Suites, Room G759

The Whys of Cries, Tues., Oct. 1, 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.

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. To register for Lamaze classes call 217-525-5630.

Woman to Woman Mentoring Program

Once a month, day and time varies. Blessed Hope Educational Session. Call 217-523-3969 for next session.

At-Home Workshop

SkillTime

Each week set aside time to formally teach social skills.

- Choose a skill to address a problem behavior or prepare a child for an upcoming event.
- **Teach and model the skill** - the behavior you want your child to have. Keep it simple. Do not assume your child knows what to do.

Go to parenthelpline.org for our new SkillTime booklet.

and Events in the Springfield Area

Help for Behaviorally Challenging Kids, presented by Ross W. Greene, PhD, Wed., Oct. 16., 6:30 p.m., Erin's Pavilion at Southwind Park. Free event for community members, educators, and family members. To register, call Memorial's HealthLine at (217) 788-3333 or toll-free at (877) 217-7883 or register online at www.memorialmedical.com.

IL State Museum 502 S. Spring Street, Spfld.

Super Saturdays held the 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.

- **Oct. 12**, *Rockin' Minerals*
- **Nov. 9**, *Ancient American Art*.
- **Dec. 14**, *Winter Craft Day*

Story Time at the Museum held the 2nd Mon. each month, 10 a.m. for preschool children ages 3-5 and their caregivers. The program will last 30-40 minutes.

- **Oct. 14, Nov. 11, Dec. 9**

Labrinth Walk: Outer and Inner Landscapes. Fri., Oct. 18, 6:30 p.m., Jubilee Farm, 6760 Old Jacksonville Road, Spfld.

New Salem State Park, 15588 History Lane, Petersburg, IL, www.lincolnsnewsalem.com

- **Sat./Sun., Oct. 26-27**
Fall Festival. Activities for kids.

Veterans' Day Ceremony, Mon., Nov. 11, 12 p.m. near the flagpoles outside of A. Lincoln Common, LLCC, 5250 Shepherd Road.

Touch a Truck, Sat., Oct. 5, 10 a.m.-12 noon. See and touch a fire truck, helicopter, tractor and more. Lincoln Park, 5th & Sangamon, Spfld. 544-1751.

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

- **Sat., Oct. 5**, *Fur, Feather, Fin Fall Fling* (free admission)
- **Sat./Sun., Oct 19, 20, 26, 27**, *Zoolie Ghoulie*, 2-6 p.m. \$3/child, \$2/adult.
- **Sun., Dec. 15**, *Cookies with Santa*, 3-5 p.m., Residents: \$9/adult, \$7/child; Non-residents \$10/adult, \$8 child.
- **Dec. 6-23**, *Holiday Lights at the Zoo*, 5-8 p.m. \$3.25/adult, \$2/child

Mad Mud Dash, Sun., Oct. 6, 1 p.m. Obstacle course for kids and parents with walls, tires and crawl. Music, food, games. Spartan Park, Chatham. \$20 parent/child; \$15-\$10 for more kids. Information: genhkids.org

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

- **Sat./Sun., Oct. 12-13**, *Indian Summer Festival*, 10 a.m.-4 p.m. Children's activities, food and music. Admission.

Disney Live! Three Classic Fairy Tales. Sun., Nov. 17, 1 and 4 p.m. Storytelling, award-winning music, stunning costumes, special effects. Admission \$18-\$52. Prairie Capital Convention Center, Springfield. 217-745-3000

- **Oct. 18-19, 6:30 - 9:30 p.m.**
Jack-O-Lantern Spectacular
Washington Park, Spfld.
- **Oct. 12-27, Fri./Sat., 7-10 p.m.**
Clayville Haunted House
Pleasant Plains
- **Oct. 12-13, 9 a.m-8 p.m.**
Pumpkin Festival. Broom Orchard, Carlinville.
- **Oct. 25, 5:30-7:30**
Safe Trick or Treat, Lincoln Home National Historic Site. Free for children 3-12. Candy, games. Canned food items will be collected for families in need.
- **Oct. 26, 4-10 p.m.**
Chatham Jaycees Haunted Hayride, \$3-\$2. Chatham Community Park.
- **Oct. 27, 3-5 p.m.**
Trick or Treat Street, Southwind Park. Free & safe trick-or-treating event for children 12 and under.
- **Nov. 23-Dec. 1, 10 a.m.-8 p.m.**
Memorial's Festival of Trees
Orr Building - Illinois State Fairgrounds
- **Dec. 4, 5, 11, 18, 5-8 p.m.**
Old Capitol Holiday Walks
Downtown Springfield
- **Dec. 15, 4:30-5 p.m.**
Caroling at the Carillon
Washington Park, Spfld
Free family-friendly event.
- **Tues., Dec. 31**,
First Night Springfield
Family-friendly, alcohol-free event. Free children's activities from 1-4pm at SHS Commons. Over 30 performances downtown from 7-11.

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 Holiday Eating

Many fall and holiday foods contain fat, salt and sugar. Party buffets tempt us to over-eat.

Make a plan to enjoy healthy holiday foods - without a need to diet.

- Keep mealtime routines. Fix healthy food. *Do not skip meals.*
- Stock up on frozen fruits and vegetables – in bags. Eat fruit salads. Season vegetables with herbs and lemon juice. Skip heavy sauces.
- Change your chili recipe. Use a small amount of lean meat. Add extra beans and vegetables. Skip the cheese or use small amount of low fat cheese.



- Make a healthy dish to bring to a party. Try a spinach salad with candied walnuts, dried cranberries, red onion slices, feta cheese and an oil/balsamic vinegar dressing.
- Instead of whipped cream on desserts, use low fat or fat free vanilla yogurt.
- Skip the chips and dips. Make homemade seasoned popcorn or a hummus dip with vegetables. Serve salsa and *baked* tortilla or pita chips.

- Instead of caramel apple eat apple slices with low-fat caramel dip.
- Do not skip holiday treats. Eat small portions. Do not go back for seconds.
- Instead of mashed potatoes and sweet potato casserole, fix oven roasted potatoes. Cut potatoes in 1/4 inch slices or small wedges. Drizzle with olive oil, crushed dried rosemary, salt, pepper and a pinch of cayenne. Roast in a 375 degree oven until brown and tender.

Celebrate the season with family and friends – and good, healthy food!