



familyTIME

Strengthening families through support, information & referral



According to a University of Edinburgh study, children who eat the same food as their parents have healthier diets. This is true whether they eat together or at different times. They eat more fruits and vegetables and less food high in salt and fat. When a parent fixes separate meals for their children, the kid-friendly food usually has fewer nutrients.



Many parents consider at-home conflict to be normal sibling rivalry. However, research identifies many conflicts as *sibling bullying*. This bullying conflict can harm a child. Watch your children for signs of stress – depression, anxiety or anger. Is one child usually the aggressor? To learn more about bullying, log onto www.parenthelpline.org and read the SchoolTime and SkillTime booklets.

Kid BITS

Quick tips & info for today's busy parents.



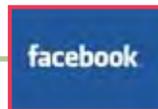
Emergency Departments treat kids, young and old, who suffer poisoning from adult medications.

- Adults do not completely replace lids on bottles.
- Kids, age 5 and older, can open child resistant lids.
- Teens often steal pain meds or use adult meds to deliberately overdose.

Keep medications out of the reach of all children – young and old.



A good booster seat improves the fit of an adult safety belt for a typical booster-age child – 4 to 8 years of age. The lap belt should cross a child's upper thighs flat. The shoulder belt should cross the middle of the shoulder snugly. The webpage <http://www.iihs.org/iihs/sr/statusreport/article/48/8/1> provides a list of booster seat ratings. A parent must consider the size of the child and the vehicle model when choosing a booster seat.



Like us on Face book – Parent Help Line at St. John's Children's Hospital. Share your tips with other parents.

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.

Swaddle Your Infant - Safely

Today, 9 out of 10 North American parents swaddle their babies for their first 6 months.

An age-old practice, swaddling wraps a baby tightly in a blanket or swaddling cloth or gown. Swaddling restrains the baby's arms and wraps the extended lower legs.

Swaddling can quiet fussy babies and help calm a crying baby. Swaddled infants generally arouse less and sleep longer. Preterm infants show less distress when swaddled.

While swaddling seems to make sense, doctors warn parents. **If a parent or caregiver swaddles the infant's legs too tight, it can harm his hips.** Babies who are swaddled incorrectly have a greater risk for hip *dysplasia* and *dislocation*.

During the first few months of life, an infant's hips continue to mature. As an infant moves her legs, the hip joints make needed changes. A baby must be able to move and bend her legs up and out at the hips. If tight swaddling prevents this free leg movement, it can cause hip dysplasia.

Experts have other swaddling concerns. Blankets could over-heat the baby. Also, a loose swaddling blanket can unwind and cause breathing problems.

Doctors recommend safe swaddling with proper devices.

- Wrap the arms snugly. This helps control the startle reflex that causes the baby's arms to rise and move.
- Allow room for the baby's hips and knees to bend and move. Do **not** extend the baby's legs and wrap tightly.
- Use a sleep sack with a loose pouch so the baby can move his legs freely.
- Check the swaddling sack to be sure it cannot cover baby's nose and mouth.
- Make sure the swaddling blanket is snug - not loose to unwind as the baby moves.
- Check your sleeping baby often. Take care that he is not too warm and that

the swaddling cloth or sack does not impede his breathing.

- **Stop swaddling by the age of 2 months or before the baby starts rolling over.**
- **Always place your baby on his back to sleep.**

 For other tips on swaddling and safe sleeping, log onto www.healthychildren.org



Teach Your Child to Be Patient

Children often want something and *want it now*. This frustrates parents. Toddlers have little or no self-control. They do not know the importance of patience. However, before they enter pre-school or Kindergarten, they must learn the skill of waiting for something they want.

Start teaching patience at an early age. Some toddlers will learn this skill faster than others. Why? They:

- May be naturally more patient.
- Have more advanced language skills.
- Have more experience with having to wait. An only child has a need to wait less than a child with 1 or more siblings.

Teaching patience takes – *patience*. Use a soft voice. Avoid yelling – which **never** works. When a parent screams a command, the child only hears the parent’s tone of voice. She does not hear the words.

How do you teach your toddler patience?

1. Observe your child. Learn what he can and cannot handle. A 2-year-old lacks the patience skills of a 4- year-old.

2. Be a good role model. Practice patience skills in front of your child. Tell him that sometimes you have trouble waiting. Explain the rewards of waiting.
3. Choose a good time to teach. Even adults lose patience when they are tired, hungry or do not feel well.
4. Start with small delays. When your child makes a request, delay giving it. Say, “I will get it soon. Let’s count to 5”. Then give her what she wants. Slowly increase the wait time.
5. Have a waiting strategy. Stock a bag with a pad of paper, crayons, stickers, book and small toys. Use the activity bag to help your child wait. Sing songs. Play games like “I Spy”. Swap stories – you tell a story, then have your child tell a story.
6. Help your child develop his own “waiting strategy”. Ask him what he could do to pass the time.
7. Use a timer. Toddlers have no concept of time. A timer or “sand-glass” gives her a visual reminder of when she can have what she wants.
8. Play family board games. They teach players to wait and take turns.
9. Let your child know you understand his frustration. Tell him, “I know it is hard to wait. Your new skill makes me proud of you.”



Movie, TV and Media Violence Affect Children

TV, movies and other social media *teach and influence* kids. They learn and imitate the words and actions they hear and see.

Kids may spend up to 4-6 hours a day:

- Watching TV and movies,
- Surfing the Internet,
- Playing video games,
- Listening to music,
- Watching music videos, and
- Using social media sites.

By age 18, the average teenager will have seen almost 200,000 acts of violence on TV alone.

Pediatrics journal provided a new report. PG13 movies today show more violence than R-rated movies in the 1980's. Gun violence in PG13 movies has tripled since 1985. **Since 2009, PG movies contain as much or more violence than R-rated movies released in the same year.**

Researchers watched movies with graphic sexual scenes. Most had an R rating. However, in 2012 PG13 rated movies had more gun violence than R-rated movies.

These statistics are a wake-up call for parents. Violent movies worry psychologists. Over 1000 studies report the fact that watching entertainment violence can increase aggressive attitudes, values and behavior.

Kids reported various effects of media violence. Violence affects some kids more than others. However, kids who see violence are more likely to:

- Think violence can resolve conflicts.
- Assume violent behavior is normal and OK.

It may also lead to real life violence.

The Motion Picture Association of America assigns ratings to movies. PG13 movies attract more viewers than R-rated movies. Parents and children are more likely to attend PG13 movies than R-rated movies. So, the PG13 rating benefits the movie industry.

Doctor's at the American Academy of Pediatrics advice parents to:

- Limit screen time for kids over age 2, to 1-2 hours a day.
- Take screen media out of kid's bedrooms.
- Watch and discuss movies and media with their kids.
- Keep young children from viewing PG13 and R-rated movies.



Teens Are Using New Tobacco Products

Middle and high school students are increasingly using new tobacco products. Like cigarettes, however, these products contain nicotine and other harmful products.

In 2012, almost 7% of middle school kids and 23% of high school teens used tobacco. More than 45 million Americans smoke cigarettes.

Nicotine is an addicting drug. Because 90% of all adult smokers began smoking by the age of 18, tobacco companies want teens to smoke.

Teens report an increased use of hookahs and e-cigarettes. Hookahs are small and disposable. They dispense tobacco in flavors like mocha latte and jungle juice. E-cigarettes are pencil-shaped devices. Some resemble a cigarette. They deliver an aerosol mist that contains nicotine. Like hookahs, they are marketed with flavors like bubblegum and strawberry.

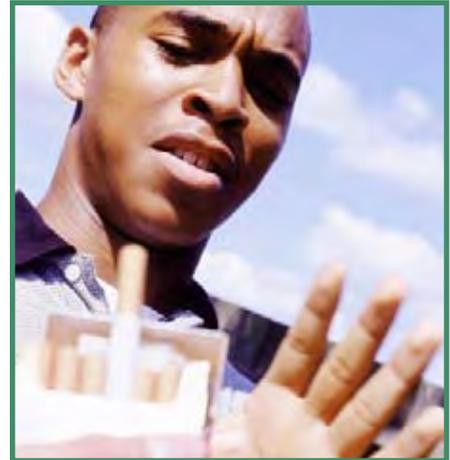
Kids are also attracted to “little cigars”. These little cigars are tobacco. Their brown paper wrapping contains tobacco leaf. Kids can choose chocolate, cherry or candy apple flavors.

Teens who already smoke may use these products as an alternative to cigarettes. Others try them because they are popular. Doctors remind parents that these products are addictive.

All of these readily available tobacco products:

- Attract teens in gas stations, convenience stores and head shops.
- May have a lower cost than cigarettes.
- Have flavorings that appeal to kids.
- Have safer-than-smoking cigarettes marketing.

Smoking and nicotine use cause long term health problems. These problems include lung, mouth, throat and esophageal cancer. Smoking is the leading cause of *preventable death and disease in the U.S.*



Help prevent your teen from smoking.

- Be a good role model. Do not smoke.
- Express disapproval often. Do not allow your teen to smoke.
- Discuss health problems caused by smoking. Include facts about tobacco products.
- Point out the negative aspects of smoking – smoke smell, yellow teeth and premature wrinkles.
- Figure the yearly cost of smoking, and discuss this expensive habit.

Teen smoking expert Dr. Yvonne Hunt of the National Institutes of Health and her coworkers developed a tool to help teens quit smoking. SmokefreeTXT sends six weeks of teen-friendly texts to their cellphones. Teens can register at teen.smokefree.gov or enroll using on mobile phone and text “QUIT” to the shortcode “IQUIT,” which is 47848.

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, Mon., Jan. 8, Thurs., Feb. 6, Bunn Auditorium

Baby Basics II - Parenthood, Thurs., Jan. 16, Bunn Auditorium. Registration Required.

Childbirth Express (Saturday class), Sat., Jan. 11, Feb., 1, Mar. 8, CJVWCC Classroom C/D.

Daddy Bootcamp, Tues., Feb. 18, 6-8 p.m., Classroom A/B

Dinner for Two—Breastfeeding Your Baby, Wed., Jan. 15, Feb. 19, Mar. 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., Jan., 13, 7 p.m., Bunn Auditorium

New Moms: Dealing with Feelings. Learn about postpartum depression & baby blues. Every other Friday, Jan., 10, 24, Feb. 7, 21, Mar., 7, 21 from 12 noon - 1 p.m. and every other Thurs. Jan 9, 23, Feb. 6, 20, Mar. 6, 20 from 5:30-6:30. NICU conference room on the 4th floor of the CJVWCC. Registration not required.

Welcome Baby Sibling Class, Sat., Jan 6, Feb. 3, Mar. 3. For children ages 3-8 to prepare for a 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., Jan. 22, Mar. 19, 6:30 p.m., Wedeberg Conference Center.

The Get-Real Breastfeeding Guide, Sat., Jan., 18, 9:30 a.m., Tuesdays, Jan. 21, Feb. 18, and Mar. 18, at 6:30 p.m. Family Maternity Suites G759

Grandparent Class, Tues., Feb. 4, 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. Sun., Jan. 19, Feb. 16, Mar. 16, 4 p.m. Meet in Capitol Lobby.

Living with Baby - Infant Safety Class, Wed., Jan. 29, Mar. 26, 6:45-8:45 p.m., Family Maternity Suites G759.

Older Siblings, Sun., Jan. 19, 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. Wed., Feb. 5, 6:30 p.m. Discuss childbirth, baby care, car seats and childproofing. Family Maternity Suites, Room G759

The Whys of Cries, Tues., Jan. 28, 6 p.m. Family Maternity Suites G759

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

Babysitting Clinic from *Friends of Memorial*, Sat., Jan. 18, 8:45 a.m. - Noon. Open to boys and girls ages 11 and older. Learn how to care for a baby and what to do in case of fire or other emergency. Space is limited; registration required. 217-788-3333. Free.

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.

Elizabeth Ann Seton Program Individual mentoring support for moms, monthly educational sessions, practical assistance. Free. Get updates and class information <http://www.elizabethannsetonprogram.org/> or by calling 217-757-6025.

Support Group for Baby Blues and Postpartum Depression

Share your feelings, learn coping skills, and receive comfort and encouragement. 2014 meetings will be held every other Thursday from 5:30-6:30 and every other Friday from Noon-1 p.m. in the NICU Conference Room on the 4th floor of the CJV WCC at St. John's Children's Hospital. Led by Beth LaFata, MA, NCC. Upcoming meetings:

- Thurs., Jan., 9, 23, Feb., 6, 20, Mar. 6, 20.
- Fri., Jan. 10, 24, Feb., 7, 21 and Mar., 2, 16, 30.

and Events in the Springfield Area

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.

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.

Springfield SCHEELS: Kids Klub

- **Service Shop**, Mon., Jan. 20, 6-6:45 p.m. From waxing skis & sharpening skates to stringing tennis racquets and cutting arrows, come and learn about what happens in the Service Shop at Scheels. Ages 4-12 welcome.

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., Feb. 8**, 10 a.m. - *Kit not yet announced.*

Giant Flea Market, Sun., Feb. 16, 8:30 a.m.-4:30 p.m. IL Building at the Fairgrounds, 60-75 exhibitors featuring antiques, collectibles, new & used merchandise. Coins, jewelry, books, records, cd's, dvd's are just some of the many items that may be found. Family fun! <http://jcflea.com>

Shrek: The Musical

At Hoogland Center for the Arts, Mar. 21-23 & 28-30. Shows at 2 and 7 p.m. LRS Theatre. Admission-\$18. Call 217.523.ARTS or visit <http://www.hcfta.org/> for tickets.

The Springfield Jr. Blues, The Nelson Center, 1601 N. Fifth Street, Springfield

Home Game Schedule. Games begin at 7:05.

- Fri./Sat. Jan. 10 & 11
- Fri./Sat. Fri. Jan. 17 & 18
- Fri./Sat. Fri. Jan. 24 & 25
- Fri./Sat. Fri. Jan. 31 & Feb 1
- Fri. Feb. 21 & 22
- Fri. Mar. 7 & 8
- Fri. Mar. 14 & 15
- Tue. Mar. 25

Jr. Blues A+chievers. **Get an A on a report card and get a free ticket for the Feb. 1 game.** Visit <http://springfieldjrblues.pointstreaksites.com/view/springfieldjrblues/ticket-information/achievers> for more information.

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

- **Sat./Sun., Feb. 15-16, Cabin Fever: 1830s Childhood** Experience the every day life of a child during the 1830s. Activities include butter churning, hauling water and firewood, toys and games in the visitor center and limited activities in the historic village.

Rochester Public Library

Storytimes, 1 Community Drive, Rochester, www.rochesterlibrary.org

- **Lapsit-Mondays**, 10-10:20 a.m. Ages 0-23 months old. Songs, simple stories, movements, and play.
- **Toddle-On-Over -Wednesdays**, 10:30-11 a.m. Ages 2-3 years old. Stories, songs, and a simple craft.
- **Preschool - Thursdays**, 10:30-11:15 a.m. Ages 3-5 years old. Stories, songs, and crafts.

Lincoln Library Storytimes, 326 S. 7th St., Springfield, IL

- **Lap Sit Stories**, Mondays at 11:00 a.m. Ages 0-18 months. No registration
- **Thursday Stories**, 10:30 a.m., All ages. No registration
- **Saturday Stories**, 11:00 a.m., All ages. No registration

Note that Thursday and Saturday Stories are not offered every week. Please check the calendar at <http://host7.evanced.info/lincoln/evanced/eventcalendar.asp>.

Chatham Public Library

Storytimes, 3111 South Veterans Pkwy, Spfld., 217-546-9440

- **Babytalk Lap-Sit**, for children newborn - 3 yrs. with an adult, every Tues. at 9:45 a.m. and 10:45 a.m. Stories, finger plays, songs.
- **Family Evening Storytime**, for children of all ages and their parent/caregiver, every Thurs. at 6:30 p.m. Stories and craft.
- **Friday Preschool Storytime**, for 3-5 year olds and their parent/caregiver, every Fri. at 10:15 a.m. Stories and age-appropriate craft.

Barnes and Noble Toddler

Storytime, 3111 South Veterans Pkwy, Spfld., 217-546-9440

Each Wednesday at 11 a.m. Miss Alana chooses a different theme, reads stories, and then has a super creative craft. Come and have some free storytime fun!

29th Annual St. Patrick's Day Marching Band Parade,

Downtown Springfield, Mar. 15. Noon. downtown. www.springfieldirish.org

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.

Bring Nature Indoors

Use the indoor days of winter to learn about natural resources and plan spring outings. Log onto to <http://dnr.state.il.us/education/> to find activity books and sheets, lessons, and videos developed by the Illinois Department of Natural Resources. The webpage lists locations throughout Illinois that lend materials. The location may request a refundable deposit.

The department lends Field Trip Packs and resource trunk units to groups for two weeks. Topics include Earth day, aquatic animals, mammals, birds, insects, spiders, fossils, prairies, trees, and wetlands.

Tell your school, scout group, or after-school program about these free resources.

The Field Trip Pack provides items for students ages 3-10 to explore nature. Hands-on lessons meet the Illinois Learning Standards and promote self-initiated learning. The pack also gives teachers activities to include in their lesson plans.

For families wanting to get out of the house for a few hours, the Illinois State Museum provides endless family fun. The Mary Ann MacLean Play Museum is a hands-on children's gallery for

kids ages 3-10. They can:

- Load a jeep for a scientific expedition,
- Frame and display child-friendly art, and
- Piece together a baby Mastodon puzzle.



Photo of Mary Ann MacLean Play Museum at <http://www.museum.state.il.us>