



familyTIME

Summer 2014 Newsletter from Parent Help Line

Strengthening families through support, information & referral



One-year-old babies have an increased risk for burns and scalds.

The main causes of these burns are hot drinks and hair irons. Kids burn themselves when they reach up and pull down a cup that contains a hot drink. The spill causes burns on the face, arms and torso. Kids who reach up and touch hot hair irons suffer burns on their hands. Keep hot drinks and hair irons and cords away from the edge of tables and counters.



American teens eat too much salt. They ingest as much as 2 times more than doctors say is healthy. Salt intake puts them at a higher risk for obesity. Set a good example.

- Buy foods low in salt.
- Eat fewer processed foods.
- Use less salt when cooking.
- Serve more fruits and vegetables.

Kid BITS

Quick tips & info for today's busy parents.



Each year, up to 12 million kids 3 – 11 years of age report a case of head lice. Doctors provide these facts about head lice to parents.

- A child's personal hygiene and socioeconomic status has nothing to do with the problem.
- Sharing combs, hairbrushes, and hats do not seem to spread lice. Head-to-head contact spreads the lice.
- Parents should not keep kids home from school if they have nits or head lice.
- Lice do not carry serious infectious disease.

Head lice are treatable. Ask your doctor or pharmacist for advice.

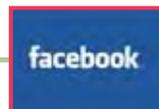


Electronic cigarettes expose kids to nicotine.

The liquid in the cartridges can harm kids if they *swallow or touch* it. Symptoms of exposure include:

- excessive salivation,
- nausea,
- abdominal pain,
- vomiting,
- diarrhea,
- headache,
- dizziness and
- irregular heartbeat.

It can kill a toddler. Lock up e-cigarettes and cartridges.



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.

Are Infant Sleep Machines Safe?

Some doctors support the use of infant sleep machines to help babies sleep soundly. However, Dr. Blake Papsin's new study cautions parents on the use of these machines. They may harm a baby's hearing.

Many parents use sleep machines to help their baby sleep. Machine sounds can drown out noise from inside and outside the home. Sleep machines offer the sounds of wind, the ocean, birds, insects, rain and thunder, heartbeats and white noise.

This sleep machine study involved tests of 65 sounds from 14 different sound machines. Researchers tested the loudest noise level when placed at 3 distances from a baby. Distances studied were:

- 11.7 inches – the space from a baby to a crib rail.
- 39 inches – the space from a baby to a bedside table.
- 78 inches – the space across the room from a baby.

Results showed that *at the highest volume*:

- 3 machines exceeded 85 decibels when placed on a crib rail. Eighty-five decibels is the safety limit set for workplace noise.

- All machines exceeded 50 decibels at 11.7 and 39 inches. This decibel level is the recommended limit set for infants in hospital nurseries.
- 13 out of 14 machines exceeded 50 decibels at 78 inches.

The machines may also hinder the hearing pathways to the brain that develop during infancy. A baby's brain must learn the identity of different sounds at different pitches. Some doctors have the concern that "constant white noise" for long periods might interfere with this process.

Researchers have not tested sleep machines to see if they harm or damage a baby's hearing and development. However, parents should use caution with infant sleep machines.

If you use a sleep machine:

- Do your own research. Be informed.
- Never use it on a crib rail or inside your baby's crib.
- Place it as far away from your baby as possible.
- Turn the volume on low.
- Consider using it for short periods at a time.



Help your Child Learn to Handle Disappointment

No one likes to be disappointed. It happens to everyone and it hurts.

At some point your child will not:

- Receive a gift he really wants.
- Be able to attend a fun party or favorite movie.
- Be picked for a team.
- Get a good grade after working hard on a project.

Parents cannot protect their child from feeling disappointment, nor should they. Kids who do not learn to deal with small disappointments will not be able to handle some of life's larger ones. However, a child can be taught how to react to disappointment in healthy ways.

Life's lessons start at an early age.

- **Be a good role model.** Children watch and listen. They notice your reaction to life's obstacles.
- **Acknowledge your child's feelings.** Show empathy. "I know you feel bad because Tara won't let you play with the truck."

- **Talk about solutions to feeling bad.** "Let's play with the tractor right now. You can play with the truck tomorrow." As your child gets older, let him find his solution to bad feelings.
- **Help your child sort out big from small disappointments.** Not being able to watch a TV program is not as big as not going to grandma's for the weekend.



- **Explain situations that no one can control.** "We can't go to the park because it is raining. We will go tomorrow if the sun is shining."
- **Give praise** when your child handles a disappointment with positive words and actions. Kids often respond to praise with more good actions.
- **Stay calm** when your child is upset.
- **Do not punish him for crying or getting angry.** Kids lose control easily. They cannot simply stop being upset.
- **Help your child find her own way to calm herself.** Try deep breaths, counting, singing, or reading a special book.

Handling disappointment is a skill needed for healthy social and emotional well-being.

Should Kids Play One or More Sports?

For many reasons, parents want their child to play competitive youth sports. In fact, 60 million U.S. kids and teens, age 6 – 18 years of age, play organized sports. Many kids choose only one sport in order to excel at it.

A child, parent and coach often have different goals. Kids choose the sport because it is fun. However, parents may have long-term goals in mind. Many want their child to earn a college sport's scholarship.

Parents often push their child to play just one sport. They believe it gives their child an edge for success in that sport. However, studies show no evidence that college athletes benefited from a focus on one sport at an early age. In fact, most successful athletes played a number of sports when they were kids.

Free play, exercise and multiple sports benefit children. Every sport requires a different set of skills. Kids can transfer these skills from one sport to another. Playing more than one sport builds more skills and creates better athletes. It also gives a child a chance to find the sport he wants to play.

Are parents pushing young kids too hard and too early? Many sports medicine doctors and professionals say yes. Usually, kids who focus their time and energy on one sport:

- Are prone to overuse injuries.
- Have less developed skills and abilities.
- Risk burnout.
- May give up on the sport and maybe all sport activities.

Parents should stress the most important goal of sports. Sports are fun activities that set a pattern for healthy exercise for life.



Help your Teen Grieve

Most people experience tragedy and death. As much as they would like, parents cannot protect their kids from loss and sadness. However, parents' words and actions will help their teen cope with grief and sadness.

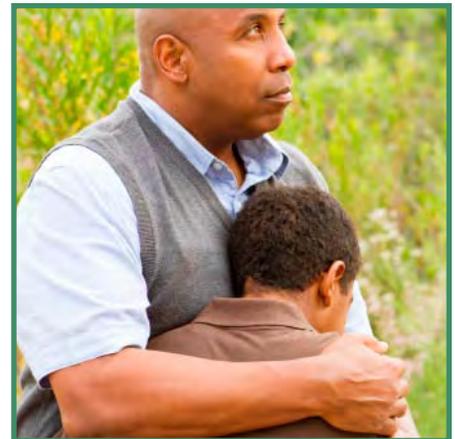
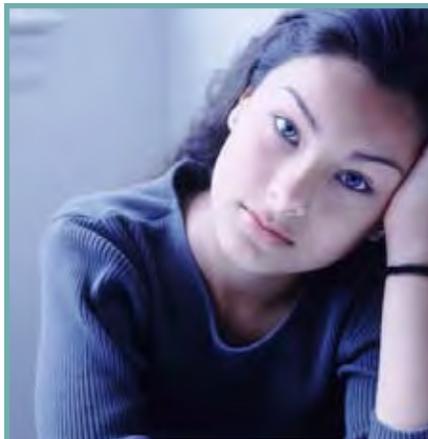
Unlike small children, teens view death as final. Death makes teens feel vulnerable. They fear losing family and friends. At such a time, many question their own mortality.

Instead of turning to family, teens often seek comfort with close friends and peers. Together, they explore the meaning of life and death. Depending on the circumstances, teens may feel guilt. This is especially true if they have lost a good friend.

Like adults, teens express grief in their own manner. Some teens try withdrawal from friends for a while. Others experience anger and frustration. Teens may give the appearance that they lack any feeling. This may help them separate from the initial pain they feel. However a teen expresses grief, parents need to be sensitive to their teen's own grieving process.

How can you help your teen grieve?

- Be a good role model. She watches you. Express your own sadness. Let her know crying is natural.
- Follow daily routines as close as possible. Routines help him feel safe. This helps him know that even with the pain of a death or tragedy, he can continue his life.
- Be truthful about the death or tragedy. Answer her questions honestly.
- Express your sorrow and sadness for her pain and sense of loss.
- Be sure your schedule allows time to talk, listen and meet his needs – right when he needs you.
- Share your own feelings. Explain how you cope.
- Teach her to comfort and support others. Discuss words to say. Suggest helping with food, cleaning, or babysitting.
- Seek help for him if he shows signs of depression or express thoughts of 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., June 5, Wed., July 2, Thurs., Aug. 8, Bunn Auditorium

Baby Basics II - Parenthood, Wed., May 14, July 9, Bunn Auditorium. Registration required.

Childbirth Express (Saturday class), Sat., June 14, July 12, CJVWCC Classroom C/D.

New Daddy Boot Camp, Tues., May 20, 6 p.m. Pre-registration is required.

Dinner for Two—Breastfeeding Your Baby, Tues., June 10, Wed., July 16, Thurs., Aug. 21, Bunn Auditorium

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

Welcome Baby Sibling Class, Mon., June 2, July 14, Aug. 11. For children ages 3-8 to prepare for a new baby. Pre-registration is required.

New Moms: Dealing with Feelings. Learn about postpartum depression & baby blues.

- Every other Thursday from 5:30-6:30, and
- Every other Friday from 12 noon - 1 p.m.

NICU conference room on the 4th floor of the CJVWCC. Registration not 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

Babysitting Clinic from Friends of Memorial, Sat., May 17, 8:45 a.m. Open to boys and girls ages 11 and older. Space is limited; registration required. 217-788-3333.

Baby Care Users Manual, Wed., May 21, Time: 6:45 - 8:45 p.m. Room D229

The Get-Real Breastfeeding Guide, Tues., May 20, Sat., May 31, Tues., June 17, Tues., July 15, Sat. Aug. 9, Tues., Aug. 19. Family Maternity Suites G759

I'm Going to Be a Big Brother/Sister for siblings from 3 to 7 years old. Sat., May 18, 4 p.m. Meet in Capitol Lobby.

Living with Baby - Infant Safety Class, Wed., July 23, 6:45-8:45 p.m., Family Maternity Suites G759.

Older Siblings, Sun., July 20, 2:30 p.m. For siblings from 8 to 11 years old. Meet in Capitol Lobby.

Super Dads: Man-to-Man Advice for Dads. Wed., Aug. 6, 6:30 p.m. Family Maternity Suites, Room G759

The Whys of Cries, Tues., May 27, Sun., June 29, 6-8 p.m. Family Maternity Suites, Room 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.

Children's Miracle Network Events

- St. John's Children's Hospital Golf Challenge, Mon., June 2, 11:30 a.m.
- Midsummer Night's Dream Fundraiser, Sat., June 21, 7 p.m.
- Island Bay Yacht Club Tin Man Regatta, Mon., July 21, 10 a.m.
- Dairy Queen Miracle Treat Day, August 14, all day

For more information, visit www.st-johns.org/stjohns/cmn-hospitals-calendar.aspx

You are invited to

A Midsummer Night's Dream

to benefit Parent Help Line at St. John's Children's Hospital.

Saturday, June 21, 2014
7-10:30 p.m.

Christ the King Parish Hall
1930 Barberry Drive
Springfield, IL

Cocktails, hors d'oeuvre buffet, silent and live auctions, music by Angel Brown Trio.

\$50 per person
Call 217-544-6464 ext. 45160
to RSVP.

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.

Music In The Park

www.springfieldparks.org

Visitors are encouraged to bring a lawn chair or blanket.

- **Sun., May 18**, 4-7 p.m., *Screaming Vatos (Classic Rock)*, Lincoln Park
- **June 29**, 4-7 p.m., *Brooke Thomas & Blue Suns (Rhythm & Grooves)*, Douglas Park
- **July 20**, 4-7 p.m., *Kapitol Sound (Funky R & B)*, Comer Cox Park
- **September 14**, 4-7 p.m., *Emerald Underground, The Elks Pipe, Skiberdeen (Celtic Festival)*, Washington Park

Movie in the Park

www.springfieldparks.org

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

- **June 13**, *Monsters University*, Comer Cox Park
- **July 25**, *Gravity (PG-13)*, Washington Park Botanical Garden Area
- **August 29**, *The Lego Movie*, Rotary Park

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

- **Sat. May 10**, *Dr. Doolittle Day*, Free admission.
- **Sun., May 11**, *Mother's Day at the Zoo*, Moms free with a paid child.
- **Sat., June 7**, *World Oceans Day*, 10 a.m.-4 p.m.
- **Sun., June 15**, *Father's Day at the Zoo*, Dads free with a paid child.
- **Fri., June 20**, *Henson Robinson Zoo Day*. Free admission.
- **Sat., July 12**, *Zoofari*, Free admission.
- **Sat., August 9**, *Breakfast with the Animals*, 8-10 a.m., Residents \$12 Adult, \$10 Child; Non-residents Adults \$14.50, Child \$12.50

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

- **Sat./Sun., June 7 & 8**, *Patriot Day "Americana."* A look into the daily life of residents of the village and patriotism in the 1830's.
- **Sat., Aug. 9**, 8 a.m - Noon. *Hummingbird Festival*.
- **Sat./Sun., Sept. 5 & 6**, 10 a.m. to 4 p.m. *Traditional Music Festival*. Performers from all over the Midwest. Cloggers starting at noon on Sunday.

The Muni

www.themuni.org

- **June 19-21, 26-28**, *The Sound of Music*
- **July 11-12, 17-19**, *All Shook Up*
- **Aug 8-9, 14-16, 21-23**, *Shrek the Musical*

Old Capitol Farmers Market

From May 14-October 25, Wednesdays & Saturdays, Adams Street between 5th & 2nd.

Artists on the Plaza

Each Tues. and Thurs. from Memorial Day through Labor Day. Free performances range from singer/songwriters to musical theater performers. South Plaza of the Old State Capitol at noon. Great for all ages.

A Small Sample of Local Fairs and Festivals

- May 17-18, *Old Capitol Art Fair*, Downtown Springfield
- May 17-18, *Clayville Spring Festival*, Pleasant Plains
- June 4-8, *53rd Annual International Carillon Festival*, Rees Memorial Carillon at Washington Park
- June 5-7, *Chatham American Legion Homecoming*, Mulberry St. and Main St. Village Square, Chatham, IL
- June 18-22, *Sangamon County Fair*, New Berlin, IL
- July 3-4, *Capital City Celebration*, Downtown Springfield
- July 11-12, *Taste of Downtown Springfield*, 5th & Washington Streets
- August 7-17, *Illinois State Fair*, Fairgrounds, Springfield
- August 22-23, *Old Capitol Blues & BBQs*, 5th & Washington Streets, Downtown Springfield
- September 13, *Art Spectacular*, Thomas Reese Memorial Carillon, Washington Park

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
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Springfield, IL 62769

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Dad's Support - Critical to Breastfeeding Success

Breastfeeding is a woman's decision. However, a husband or partner plays a vital role in her:

- Decision to breastfeed, and
- Ability to continue to breastfeed despite early struggles.

Women are more likely to continue to breastfeed when their partner offers support and encourages her. In fact, it may be the *single most important factor that predicts breastfeeding success*.

How can you support mom?

- Learn breastfeeding facts and tips. Attend a class with her. Search reputable Internet sites:
 - the International Lactation Consultant Association,
 - the La Leche League, and

- the American Academy of Pediatrics.
- Provide care for the older children.
- Perform chores. Cook and clean. Do laundry.
- Help her relax and get comfy as she breastfeeds. Place pillows around her for support. Get her something to drink. Help the baby latch on, especially during the first few feedings. Offer to keep her company as she breastfeeds.
- Be her emotional support. Defend her decision to breastfeed.
- Help her find answers when she has trouble. Call a lactation specialist. Remind her why she chose to breastfeed.

- Change the baby's diaper before breastfeeding. Hold, burp and cuddle the baby after he nurses. Encourage mom to take a rest.
- Help her pump. Bag the milk for freezing. Label bags and bottles. Wash pump parts.
- After 3 – 4 weeks, give an occasional bottle of pumped breast milk.

