

family time

Newsletter from Parent Help Line at HSHS St. John's Children's Hospital



Kid BITS



Keep Kids Safe in Bounce Houses

Kids enjoy bounce houses, but this fun activity can lead to injury. Bumps, sprains and fractures can occur when:

- Too many kids play at one time.
- Kids of different sizes and ages play together.
- The bounce house is not properly inflated and grounded.

Summertime heat poses another safety risk. Like closed cars, the temperature inside bounce houses is higher than outside. High temperatures can lead to heat-related illnesses, some serious.

Prevent your child from overheating while playing in a bounce house.

- Offer her water – *often*. Do not wait until she complains of thirst.

- Dress him in cool, loose, light weight clothing.
- Take breaks from play. Remove her from the bounce house for rest and fluids.
- Watch him for signs of overheating such as a red face, increased sweating and fatigue.
- Seek medical help if your child complains of nausea, vomiting, dizziness or is disoriented.

TO LEARN MORE

- <http://www.kidsindanger.org/2018/06/bounce-house-and-inflatable-summer-safety-tips/>
- <http://letsjump Utah.com/keeping-bounce-houses-cool-in-summer/>

Summer Food Safety Tips

Hot summer weather can increase your family's risk of getting a food borne illness. Warm weather causes harmful bacteria to grow. With a few precautions, you can safely enjoy summer picnics and barbecues.

- Store cold food in a cooler with ice. Keep the temperature below 40 degrees Fahrenheit.
- Put coolers in a shady area. Keep out of direct sun.
- Keep hot foods above 140 degrees F.
- Do not let perishable food set out longer than 2 hours if the outside temperature is below 90 degrees F.
- Put perishable food away after 1 hour if the temperature is 90 degrees F. and above.

If you are not sure how long food has been sitting out, *throw it away*.

TO LEARN MORE

- <https://www.foodsafety.gov/keep/index.html>

Teach Your Child How to Cooperate

It is not easy for children to balance their wants and needs with the wants and needs of others. But, learning how to work and play cooperatively with others is a basic skill that all children must learn. Cooperation skills encourage positive social interactions that will help a child make and keep friends.

Through daily activities, parents can model, teach and reinforce these skills. Modeling shows the child the give and take of cooperation.

- **Do chores together.** Even a toddler can help pick up books and toys.
- **Give clear instructions on what you want your child to do.** *“Take your plate, fork and spoon, and set them next to the kitchen sink.”*
- **Allow your child to make choices.** Giving choices shows you value his ideas.
- **Give specific praise for effort.** *“You picked up all of your toys. Now we have time to play a game. What fun!”*
- **Practice sharing toys and books.** Talk about sharing *before* a play date.
- **Take turns as you work and play games.**

- **Ask for your child’s help.** Offer to help her with chores or a project.
- **Accept a job that no one wants to do.** It shows a willingness to sacrifice for others.
- **Show your child how to encourage others.** Say encouraging words as you all do chores.
- **Model respect for others.** Be empathetic. Listen to concerns. *Show you care.*

TO LEARN MORE:

- <https://www.zerotothree.org/resources/222-tips-on-helping-your-child-learn-to-cooperate>



Timely Tip

Every year children die because of being left in a hot car. *It is never OK to leave your child alone in a car.* The temperature of a car can rise 20 degrees in 10 minutes. Even on a relatively cool summer day, that is still too hot. Cracking a window does not help.

- Take your child with you when you leave the car.
- Find a system of checking *all* car seats before leaving and locking your vehicle.

TO LEARN MORE:

- www.kidsandcars.org
- <http://parenthelpline.org/Global-PDFs/Kids-are-Not-Safe-Alone-in-Cars>

Outside Air Temperature	Inside Car Temperature
70	100
75	110
80	120
85	130
90	140

Are Your Kids Overscheduled?

Parents are eager to provide a variety of enrichment activities for their kids. Research shows that well-rounded activities outside of school benefit a child's overall development. However, experts warn parents that problems can arise when kids are overscheduled.

On the other hand, educators express concern about kids whose daily lives are technology driven. Video games, TV, smart phones, social media and the Internet tend to isolate kids from friends and family. Rarely do they spend time outdoors, in nature. Instant messaging becomes a substitute for gathering with friends.

The solution seems to be a mix between scheduled activities

and downtime. Kids need time to be bored. Old-fashioned free play develops imagination and creativity. Time for family centered activities gives parents insight into their kids' thoughts and feelings.

Every child is unique. One schedule does not fit all. Kids do not always share with parents that they are being pushed to their limits. It is up to parents to observe each child's behavior and determine what activities are best for the child and the family.

Do not be afraid to cut back on activities if your child is not coping. Not all downtime is bad. We all need a rest from the "busyness" of daily life.

Signs that your child may be too busy include:

- Lack of appetite.
- A drop in grades.
- Moodiness.
- Anxiety.
- Headaches.
- Stomach pain.
- No interest in friends.
- Problems with sleep.
- Depression.

TO LEARN MORE

- <https://www.realsimple.com/work-life/family/kids-parenting/overscheduled-kids#grumpy-children>

Visit Your Local Farmers Market This Summer



Consider spending an hour or two with your child visiting your local Farmers Market. Your weekly visits:

- Offer leisure time to talk and have fun,
- Stimulate the local economy,
- Provide chances for your child to learn about different fruits and vegetables,

- Allow time to talk with local farmers, and
- Gives you and your family the joy and health benefits of eating fresh meats, fish and produce.

So, grab your hat, sunglasses, sunscreen, shopping bags and cash (small bills and coins). Do not forget to check out baked goods and hand-made items.

Here are some shopping tips before you set out.

1. **Carry money in something small.** Markets can get crowded, and you are already carrying shopping bags. You will also

want your hands free to pick out your produce.

2. **Look through the entire market before making your purchases.** You will get an idea on what you want to buy. You can also compare prices.
3. **Go early to beat the crowd.** Or, go later. Sometimes farmers offer deals for what is left over.
4. **Buy heavier items first.** This allows for fragile produce to sit safely on top without getting bruised.

Market shoppers are generally friendly. Talk to shoppers, share recipes, and *have fun!*

classes & events

Carol Jo Vecchie Women & Children's Center at HSHS 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
- Baby Basics II - Parenthood
- Birth Center Tours
- Childbirth Express (Saturday class)
- Dinner for Two—Breastfeeding Your Baby
- First Steps Mom-and-Baby Support Group
- Joy of Grandparenting
- Marvelous Multiples
- New Daddy Boot Camp
- Welcome Baby Sibling Class

For information on these classes and other support groups, log onto www.st-johns.org.

HSHS St. John's Children's Hospital Breastfeeding 24-hr. Warmline—
217-535-3983

Memorial Medical Center
Pre-registration required for the following classes. Unless otherwise noted, call 217-788-3333.

- Adoptive Parents Class
- Baby Care Users Manual
- The Get-Real Breastfeeding Guide
- Grandparent Class
- I'm Going to Be a Big Brother/Sister
- Infant Safety Classes
- Lactation Consultation
- Mom/Baby Support Group
- Teen Pregnancy Class
- Working and Breastfeeding

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

Dealing with Feelings

Support Group for Pregnancy, Baby Blues and Postpartum Depression

Women experience many different feelings during pregnancy and after childbirth. Some feel sad, confused and scared – not like themselves.

Meet with Beth in the NICU conference room on the 4th floor of HSHS St. John's Children's Hospital. Find comfort and support. Learn coping skills.

Groups are scheduled for the following dates:

Wednesdays from 1:30 to 2:30 on June 27th, July 11th, and July 25th and August 8th.

Note a change of day and time. Tuesdays from 12:30 to 1:30 on August 14, August 28, September 11, September 25, October 9, October 23, November 6, November 20, December 4, and December 18.

If you have questions or concerns, please call 217-425-5690.



Take advantage of long days and warm summer evenings. Find time to be outdoors with your family. Check out these websites for community events.

Many are free.

- visitspringfieldillinois.com
- illinoistimes.com
- springfieldmoms.org
- illinoisstatemuseum.org/
- <http://lincolnlibrary.info/>
- <http://www.alplm.org/>
Abraham Lincoln Presidential Library and Museum

Parent Help Line

Parenting tips New ideas Referrals

We welcome all parenting concerns - big or small.

Call **(217) 544-5808** or **(888) 727-5889**.
10 a.m. to 10 p.m. – 7 days a week – 365 days a year

Find information on

**Nutrition • Early Learning • Growth and Development
Safety • Dads • Health • Family Life • Grandparents**



Log onto www.parenthelpline.org.

We continue to add new tips to help parents.



Like us on Facebook:

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

Share your tips with other parents.

Family Time is published by Parent Help Line at HSHS St. John's Children's Hospital. It is available on our website: parenthelpline.org. If you reprint an article from Family Time, we ask that you please cite Parent Help Line as your source. The inclusion of any resource or website does not imply endorsement. Please talk with your child's healthcare provider before you rely on these resources as all children's needs are unique.