

family time

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



Kid BITS



Update on E-Cigarette Use

E-cigarettes are not safe, especially for kids, teens, young adults and pregnant women. Most contain nicotine which is highly addictive. It harms developing brains.

These devices contain other harmful substances as well. The CDC and other federal, state and local agencies are currently investigating an outbreak of severe lung disease linked to e-cigarette use. The CDC has issued a warning urging people to avoid using e-cigarettes.

- Stay informed. Check news updates.
- Find out if your child uses e-cigarettes.
- Discuss the harmful effects of e-cigarette use.
- Tell your child to stay away from these products.

TO LEARN MORE, VISIT:

- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

Praise is Powerful

Praise is powerful. Experts suggest *process praise* is better than just praising the person. Process praise praises effort. “I like the way you built that tall tower.” It is more specific than a generic “You are so smart.” Process praising also fosters positive behavior and improves a child’s self-image.

Process praising encourages kids to believe that intelligence can be improved with hard work. This concept helps them persevere in school and beyond. The result can be higher achievement in subjects like math and reading comprehension.

Every day notice what your child does. Give praise for effort and specific actions.

TO LEARN MORE, VISIT:

- <https://www.mindsetkit.org/topics/praise-process-not-person/dos-donts-of-praise>
- <https://www.mother.ly/parenting/how-process-praise-helps-our-kids>

Homework Woes

Homework is an important learning tool. It should not be a source of frustration for your child. A child should never spend more time worrying about homework than doing it.

Homework stress can affect any child. But their anxiety and frustration often lead to parental and family stress as well. Extra time spent dealing with homework woes means less time with family, friends and fun.

Parents can help.

- Provide a comfy place to do homework. Do not study in a bed. Turn the TV off.

- Set a daily homework time. Enforce this time even if your child has no homework. Read instead.
- Provide a snack before homework time.
- Plan for a fun activity after homework time.
- Follow the 10-minute homework rule. Spend 10 minutes per grade level doing homework.
- Teach your child how to organize homework and projects.
- Create a plan for completing projects.

- Give your child positive “*You can do this*” messages. Provide praise for time spent studying.

If your child continues to struggle or falls behind his peers, consult the teacher. Anxiety distresses and exhausts a child. A mental health provider may benefit your child and help him deal with stress.

TO LEARN MORE VISIT

- <https://www.uwhealth.org/news/helping-kids-with-homework-anxiety/13838>
- <https://www.webmd.com/parenting/features/coping-school-stress#1>



Timely Tip

Look before you lock.

Despite warnings and reminders, parents still accidentally leave their children alone in a car. The results are tragic. It could happen to any parent.

Plan and establish a routine that makes you look at your child's car seat every time you exit your car.

Smart Wearable Baby Monitors – What You Should Know

Sudden Infant Death Syndrome (SIDS) is every parent’s fear. For years, audio and video baby monitors have helped provide parents peace of mind. Parents can check their sleeping babies without going into their rooms. These non-contact devices do not touch the baby.

Parents can now buy a new class of smart baby monitors. These wearable baby monitors have electronic sensors attached to the baby’s clothing and diaper. They report their baby’s heart rate, oxygen level and sleeping pattern.

The American Academy of Pediatrics (AAP) warns parents *against* using these high-tech monitors. There is no evidence that these smart monitors work to decrease the incidence of SIDS deaths. These monitors are *not* medical devices. The FDA *has not approved* them.

Doctors find these devices to be useless. But they are far from harmless. False alarms cause anxious parents to lose sleep. Upon hearing an alarm, panicked parents seek medical care for their baby. Unneeded tests can be the result.

The AAP has established *Safe Sleep Guidelines*. *These proven guidelines cut the risk of SIDS deaths*. Doctors worry that the use of a wearable baby monitor may give parents a false sense of safety. They may rely on the monitor for safety instead of using safe sleep guidelines. Parents of infants who are at risk should follow their baby’s doctor’s recommendations.

TO LEARN MORE, VISIT:

- <https://www.webmd.com/parenting/baby/news/20170124/pediatricians-say-no-to-wearable-smartphone-baby-monitors#1>
- <https://www.webmd.com/parenting/baby/news/20180821/are-high-tech-baby-monitors-worth-it-even-safe#1>

The AAP’s Safe Sleep Guidelines advise parents to:

- Put your infant to sleep on her back on firm bedding.
- Keep soft objects and loose bedding away from the infant’s sleep area.
- Keep an infant in the parent’s room on a *separate sleep surface*. Do this for at least 6 months and up to a year.
- Avoid tobacco smoke exposure before and after a child’s birth and while breastfeeding.



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

Dealing with Feelings Support Group for Pregnancy, Baby Blues and Postpartum Depression

Learn coping skills, receive comfort and support, and share feelings. Meet in the St. John's Children's Hospital First Floor Conference Room, Classroom #2 (1030B) on Tuesdays from 12:30 to 1:30. Go to the www.parenthelpline.org home page for a list of dates and times.

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
- Lacion 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

The autumn season offers many fall festivals and outdoor family-friendly activities to enjoy before the weather gets cold. Check the websites below for events.

- springfieldparks.org
- springfieldparks.org/facilities/hensonrobinsonzoo/
- www.lincolnsnewsalem.com/events.cfm
- lincolnmemorialgarden.org
- illinoistimes.com
- springfieldmoms.org
- visitspringfieldillinois.com/ThingsToDo/Events.aspx

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



Log onto www.parenthelpline.org.

We continue to add new tips to help parents.

Find information on topics below, and much more!

Baby-Led Weaning

Parents Help Babies Reach Their Full Potential

Reading – Have Fun While Learning

Teach Your Toddler to Get Along with Others

After-school Conversations

Prepare Your Middle School Child for High School

Nourish Your Tween's Self-Esteem

JUUL - What Parents Need to Know



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 each child's needs are unique.