

# family time

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



## *kid* BITS



### Rock 'n Play Recalled

Fisher Price has recalled all of its Rock 'n Plays. They advise parents and caregivers to stop using this and other reclining sleepers immediately.

The Consumer Product and Safety Commission (CPSC) reports at least 32 infant deaths in the Rock 'n Play sleeper. Infants rolled from their back to their stomach or side while unrestrained or under other circumstances.

The American Academy of Pediatrics urges parents to put their babies to sleep on their back, on a firm, flat surface that does not move. They should remove all pillows, blankets and stuffed animals from the bed during sleep.

TO LEARN MORE, VISIT:

- <https://www.aappublications.org/news/2019/04/12/rocknplayrecall041219>
- <https://www.cpsc.gov/Recalls/2019/fisher-price-recalls-rock-n-play-sleepers-due-to-reports-of-deaths>

### Safety When Crossing the Street

Road safety requires complex skills. One study suggests that children under age 14 do not have the judgement and skills to cross a busy street safely.

Children cannot judge gaps in traffic that allow them to cross safely. Most kids under age 10 cannot judge the speed and distance of oncoming cars. Often eager to get across, they lose their patience to wait. Impatiently, they cross when it is not safe.

Teach your children safety tips for walking and crossing a street.

- Always stop at the edge of a street or road.
- Look left, right and left again.
- Be patient and not in a hurry to cross busy streets and roads.
- Look for large gaps in traffic.
- Never look at a phone or listen to music while crossing a street or road.
- Walk on sidewalks and paths whenever possible.

TO LEARN MORE, VISIT:

- <https://www.safekids.org/walkingsafelytips>

## Stay-at-Home Moms At Risk for Depression

For all the joys that motherhood brings, it is not without its trials. This is especially true for stay-at-home moms (SAHMs). Studies show that 26% of SAHMs suffer depression compared to 16% of moms who work outside the home.

Having a child is a life-changing event. With it comes gains and losses. For SAHMs, the losses can be overwhelming.

Many SAHMs experience a loss of the identity and status that comes with a full-time job. Although she is busy every minute of the day, mom rarely accomplishes tasks on her checklist or goals. In fact, it would be hard for a SAHM to tell anyone what she accomplishes in a day.

The loss of social contacts and adult conversation is difficult. She rarely voices opinions or shares her interests. A SAHM may spend 8 – 10 hours a day without speaking to another adult.

Caring for an infant and toddler is mentally, emotionally and physically demanding. A SAHM is on duty – *every minute*. She plays, sings, diapers, reads, teaches, rocks, loves and soothes. It leaves little time to clean, make meals and do laundry - normal workload tasks.

For some women, staying at home is a choice. For others, it is a necessity. Despite these challenges, it can be joyful and fulfilling.

- Share your feelings with your spouse.
- Ask for help from family and friends when life overwhelms you.
- Find other stay-at-home parents and their kids. Meet for play and social contact.
- Attend a lap-time reading group at your local library.
- Join an exercise club with babysitting services.
- Hire a babysitter, and do errands and shopping – *baby free*.
- Plan time away from home with your spouse or friends.



## Safe Summer Camp Tips

In the U.S., about 14 million kids attend day and resident camps. Camps are fun and provide enriching experiences. Parents also want camps to be positive, safe and healthy.

Before you send your child to camp:

- Make sure the camp matches his interests.
- Schedule a pre-camp exam with her doctor.
- Create and send a detailed health history. Include all current and past medical problems, illnesses, surgeries, injuries and allergies. List all current medications.
- Ask about on-site medical support. Who takes care of kids when they are sick or injured? Who supervises prescription and non-prescription drugs? *Do not tell your child to hide any medications from staff – even Tylenol.* Staff needs to know everything your child takes.
- Find out the qualifications of counselors, instructors and camp supervisors. Do they have *current* CPR certification?

- Ask if they have an AED (automatic external defibrillator) on site?
- Review the activities available for his age group. Ask about safety equipment.
- Sign a release statement for emergency medical treatment.
- Inform camp staff about her food allergies or other dietary needs.]
- Review safety rules. Discuss how to stay hydrated and use sunscreens and bug spray. Talk about how to safely cross busy roads.

Not all camps are accredited. ACA accredited camps meet government-recognized best practices. You can verify the accreditation status of any camp by calling 1-800-428-CAMP or visiting [www.ACAcamps.org](http://www.ACAcamps.org)

TO LEARN MORE, VISIT:

- <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Sets-the-Groundwork-for-a-Safe-and-Healthy-Camp.aspx>
- <https://www.webmd.com/baby/features/keeping-kids-safe-at-summer-camp#1>



### Timely Tip

Sportsmanship is important. Parents must teach their kids how to play by the rules and show respect to coaches and players. Talk about sportsmanship, and lead by example.

TO LEARN MORE:

- <http://www.parenthelpline.org/Global-PDFs/Teach-Your-Child-to-be-a-Good-Loser>
- <http://www.parenthelpline.org/Global-PDFs/How-to-Talk-to-a-Coach>



# 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](http://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. Meets in the NICU Conference Room on the 4th floor of the CJV WCC at St. John's Children's Hospital. Go to the [www.parenthelpline.org](http://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](http://www.memorialmedical.com)

The summer season offers many ways to enjoy time spent with your family. Warm weather means spending time outdoors! Check the websites below for more events.

- [springfieldparks.org](http://springfieldparks.org)
- [springfieldparks.org/facilities/hensonrobinsonzoo/](http://springfieldparks.org/facilities/hensonrobinsonzoo/)
- [www.lincolnsnewsalem.com/events.cfm](http://www.lincolnsnewsalem.com/events.cfm)
- <https://www2.illinois.gov/statefair/Pages/default.aspx>
- [lincolnmemorialgarden.org](http://lincolnmemorialgarden.org)
- [illinoistimes.com](http://illinoistimes.com)
- [springfieldmoms.org](http://springfieldmoms.org)

## 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](http://www.parenthelpline.org).

We continue to add new tips to help parents.

**Find information on topics below, and much more!**

**Bike Helmets Keep Kids Safe**

**Know Your Sunscreen Ingredients**

**Summer Weight Gain for Kids**

**Summer Food Safety Tips**

**Take the Stress Out of Travel**

**Use Summertime to Prepare for Back to School**



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

Share your tips with other parents.

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