

Good Growing

FALL 2007

Is This an Emergency?

Whether you're a new parent or you're on your fourth child, there are likely to be times when your child is hurt or sick and you don't know what to do. Here's some advice to help you know what is and isn't an emergency.

Q: My baby is less than 3-months old and has a fever of 102° F. What should I do?

A: Babies less than 3-months old who have a fever over 100.4° F (using a rectal thermometer) need to be evaluated by a health-care provider. Call your baby's doctor's office right away.

Q: My son cut himself while helping with yard work. What should I do?

A: If he has major bleeding that won't slow down, call 911. If he is bleeding after 10 minutes of pressure being put on the cut, call his doctor. If the bleeding stops after a few minutes, wash the cut with soap and water for five minutes. Put antibiotic ointment on the cut and cover it with a Band-Aid. Check when his last tetanus shot was. Take him to the doctor within 24 hours if it was a dirty cut and he has not had a tetanus booster in the last five years.

Q: My 2 year-old has been tugging at his ear since dinner time and he cried at bedtime — I think he has an earache. What should I do?



A: Earaches are common in young children. They can be painful. Consider giving your child acetaminophen (e.g. Tylenol) or ibuprofen. Put a warm, wet wash cloth on the outside of his ear for 20 minutes while the medicine starts working. Let him get some sleep and call your doctor's office in the morning. If your child still has severe pain two hours after taking medicine, call the doctor. Call the doctor right away if your child also has a stiff neck, fever with redness and swelling behind the ear, vomiting, unsteady walking or the ear pain is due to trauma or injury.

Q: My daughter had to come out of her soccer game because she twisted her ankle. What should I do?

A: If your daughter won't stand or walk, take her to the doctor right away. If she has mild swelling and is not in much pain, use rest, ice, compression and elevation for one to two days. An easy way to remember this is "R.I.C.E." Rest — Have your daughter take a break from soccer for one day. Ice — Wrap a cold pack or ice bag in a wet cloth and place it on her ankle for 20 minutes per hour. Do this for four hours in a row. Compression — Put pressure on her ankle using a snug, elastic bandage for two days. Elevate — Have her prop her ankle up when sitting or lying down. Give her acetaminophen (e.g. Tylenol) or ibuprofen up to four times a day for pain for the next two days.

You know your child best — if your child doesn't look or seem right, get advice from a health-care provider. It's always best to check with your primary care doctor when your child is hurt or sick.

TO LEARN MORE

- > Child Health Advice www.seattlechildrens.org/child_health_safety/health_advice/
- > Children's Resource Line (206) 987-2500 or (866) 987-2500. Press 1 to speak with a nurse or press 4 to request a free copy of "Treating Childhood Emergencies and Illnesses."

Children's
Hospital & Regional Medical Center

4800 Sand Point Way N.E.
Seattle, Washington 98105
(206) 987-2000

www.seattlechildrens.org

Run for Children's at Magnuson Park in Seattle

Lace up your running shoes, grab the family and raise money for uncompensated care at Children's Hospital by taking part in the eighth annual Run for Children's on Sunday, Sept. 30. Activities include a 5K run/walk, a shorter kids fun run/walk and lots of activities for kids. Adults can register for the 5K online for \$25 or, in-person on race day,

beginning at 7 a.m., for \$30. Children under 14 can take part for free. The runs are presented by the Run for Children's Guild.

TO LEARN MORE

- > Register for the races or learn more at www.runforchildrens.org



15th Annual Children's Husky Toy Drive

Drop off a new, safe, unwrapped toy before the Washington vs. Ohio State football game on Saturday, Sept. 15. Volunteers will accept the toys and cash donations outside of the entrance gates at Husky Stadium from 10:30 a.m. to 12:30 p.m. The toys are given to Children's patients during the holidays.

The Husky Toy Drive is presented by Les Schwab Tires, KCPQ/KTWB and the Guardian Angel Guild.

TO LEARN MORE

> Visit www.seattlechildrens.org



Get on Board with the Walking School Bus

Summer is over, school is back in session and your family is once again settling back into its school year routine. This routine may include fighting traffic to drive your child to and from school. You may have noticed as you wait in the long line of cars outside of your child's school, you are not alone. Private family cars have become a common way to get kids back and forth from school. This is quite a change from just 40 years ago.

Studies show that in the late 1960s, nearly half of all kids walked or biked to school. Today, fewer than 15% do. Instead, kids are jumping in the car with their mom or dad, even if they live within walking distance.

While the number of kids walking and biking to school is down, childhood obesity is on the rise, as are traffic jams around schools. There is a safe and fun solution for those who live close enough to walk to school — try a "walking school bus."



Walking school bus at Bailey Gatzert Elementary in Seattle.

A walking school bus is when one or more parents, the "driver," picks up students, the "passengers," on foot along a designated "bus route" to school. They do the same

thing in reverse order in the afternoon.

Walking school buses can be as simple or as involved as you want them to be. You can set one meeting spot where everyone gathers in the morning, or you may want to set up "stops" where the "bus" picks up students along the way.

There are many benefits of walking to school. Physical activity increases, traffic congestion decreases, parents and kids have time to socialize with friends and neighbors and, most importantly, children have fun while learning how to be safe walkers.

TO LEARN MORE

> Visit www.seattlechildrens.org/goodgrowing
> Visit www.walkingschoolbus.org/

The HPV Vaccine: Should I or Shouldn't I Have My Daughter Vaccinated?

Many parents want more information before deciding whether to give their daughter the human papilloma virus (HPV) vaccine. The vaccine protects against four strains of HPV that can cause cervical cancer or genital warts. The U.S. Centers for Disease Control (CDC) recommends that the vaccine be given to girls when they are 11- or 12 years-old because it is only effective if given before a girl is exposed to HPV. The vaccine, called Gardasil, is given in three separate doses over six months.

Some wonder if giving the vaccine is telling their child that it is OK to have sex. If you are worried about this, consider explaining to your daughter that the vaccine is given now to protect her in the future. You do not need to have a big talk on sexuality when giving your child the vaccine. Have that talk when the time is right for you and your child.

Some other facts about Gardasil:

- The company that makes Gardasil is studying its use in boys to see if it is safe and effective for them. The study results can be given to the U.S. Food and Drug Administration (FDA). The FDA will decide if Gardasil can also be given to boys.
- Gardasil does not prevent all cervical cancer. Females still need to have pap smears.
- There are no known, long-term effects of Gardasil.

TO LEARN MORE

> Watch the Good Growing King5 TV segment with Children's Dr. Leslie Walker at www.seattlechildrens.org/goodgrowing



> Classes

For more information, or to register, please visit www.seattlechildrens.org/classes. A phone number is provided for those without Internet access. No one will be denied admission if unable to pay the full amount. If you need an interpreter, please let staff know when you register, and one will be provided. These classes are popular and often fill up several months in advance, so register early.

Parenting Classes

Asthma and the Active Child

Parents and caregivers of children with asthma can learn about asthma triggers, medicines, how to manage asthma in children and how to work with a child's school or day care.

DATE/TIME: Oct. 17, 9:30 to 11:30 a.m.

(view additional class dates online)

FEE: \$15 per family

PLACE: Children's Hospital — Main Campus

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 987-2486

Babysafe

For new and expectant parents and infant caregivers. Topics include infant development, baby safety, injury prevention and care of common injuries. Infant CPR is also demonstrated.

DATE/TIME: Weekdays, 6 to 9 p.m. or Saturdays, 9:30 a.m. to 12:30 p.m. (view class dates online)

FEE: \$40 per family

PLACE: Children's Hospital — 70th and Sand Point Way N.E. Building

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

Infant & Child CPR

For child-care providers, health professionals and parents. Topics include risk factors, healthy-heart living, infant and child CPR and choking rescue techniques. Students receive an American Heart Association certificate.

DATE/TIME: Weekdays, 6 to 9 p.m. or Saturdays, 9:30 a.m. to 12:30 p.m. (view class dates online)

FEE: \$40 per family

PLACE: Children's Hospital — 70th and Sand Point Way N.E. Building

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

Meal Support Class

Five-week class for parents and adolescents ages 12 to 18 with eating disorders. Teaches strategies for supporting adolescents and the strong feelings they experience around mealtimes. Class size is limited to four families (two adults and one adolescent per family).

DATE/TIME: 7 to 8:30 p.m. (call for dates)

FEE: \$320 per family (pre-payment required)

PLACE: Children's Hospital — Main Campus

REGISTER: (206) 987-2760

Potty Training

This class helps prepare parents and caregivers of toddlers (ages 12 to 30 months) for potty training. Discussions include the physical, intellectual, psychological, emotional and social signs of readiness for a child to succeed at using the toilet.

DATE/TIME: Monday, Oct. 15, 7 to 9 p.m.

FEE: Free; pre-registration required

PLACE: Children's Hospital — Main Campus

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 987-2486

Preteen Classes

Better Babysitters

For youths ages 11 to 13. Topics for responsible babysitting include basic child development, infant care and safety, handling emergencies, age-appropriate toys, business hints and parent expectations.

DATE/TIME: Saturdays, 9 a.m. to 2 p.m. (view class dates online)

FEE: \$40 per person

PLACE: Children's Hospital — Main Campus

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

CPR for Babysitters

For youths ages 11 to 15 who have completed a babysitting course. Topics include safety, risk factors, healthy-heart living, infant/child CPR and treatment for choking. Students receive an American Heart Association certificate. Receive a \$5 discount when you sign up for Better Babysitters at the same time.

DATE/TIME: Weekdays, 6 to 9 p.m. or Saturdays, 9:30 a.m. to 12:30 p.m. (view class dates online)

FEE: \$40 per person

PLACE: Children's Hospital — 70th and Sand Point Way N.E. Building

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

For Boys Only: The Challenges of Growing Up

Two-part series for parents, guardians and sons ages 10 to 12. Focuses on what each can expect as boys begin adolescence. Class covers body changes during puberty, popular myths about growing up, behavior and attitude changes, girls and how to communicate about the experience of adolescence. The class is two hours in length on two separate days.

DATE/TIME: 6:30 to 8:30 p.m. (view class dates online)

FEE: \$45 per parent/son pair; \$5 per extra child

PLACE: Children's Hospital — Main Campus

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

For Girls Only: A Heart-to-Heart Talk on Growing Up

Two-part series for parents, guardians and daughters ages 10 to 12. Focuses on the physical changes of puberty and menstruation, what girls need to know about boys, social issues and sexuality. The sessions use lectures, videos, group activities and humor to emphasize family values and communication. The class is two hours in length on two separate days.

DATE/TIME: 6:30 to 8:30 p.m. (view class dates online)

FEE: \$45 per parent/daughter pair;
\$5 per extra child

PLACE: Children's Hospital — Main Campus

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

Sibshops

Sibshops are lively, three-hour workshops that provide support and guidance to siblings between the ages of 6 and 13 of kids with special medical or developmental needs. Facilitators encourage siblings of kids with special needs to share the challenges and celebrate the joys with other children in similar situations. "My favorite part was meeting another kid that has a special brother like me!" says one 9-year-old sibling participant.

DATE/TIME: 9:30 a.m. to 12:30 p.m. or 2 to 5 p.m.
(view class dates online)

FEE: \$20 per sibling

PLACE: Children's Hospital — Main Campus

REGISTER: (206) 987-3285

> Events

Life Jacket Sale and Fitting

Purchase properly fitted life jackets for children, teens and adults. In partnership with Seattle Parks, Rehab without Walls, Coast Guard Auxiliary and Mustang Survival.

DATE/TIME: Saturday, Sept. 15, 10 a.m. to 2 p.m.

FEE: \$20 for each life jacket — Wearer must be present to purchase.

PLACE: Evans Pool at Green Lake

TO LEARN MORE: (206) 684-7440

Children's Hospital Car Seat Checks

Come learn how to safely secure your child in the car. Child passenger safety experts will check your child in a car seat, booster seat or the seat belt and answer any questions you may have. First come, first served. No appointments needed.

DATE/TIME: Saturday, Oct. 20, 10 a.m. to 1 p.m.

FEE: Free

PLACE: Children's Hospital — Whale Parking, Orange Level 4

TO LEARN MORE: (206) 987-2548

KidBits

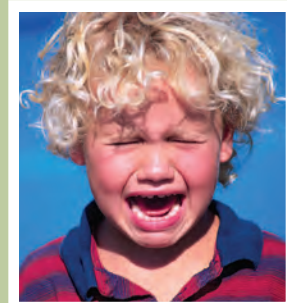
Dealing with Temper Tantrums

Temper tantrums are a normal part of development, but that doesn't make them any less frustrating to parents. Here are some tips to help you deal with those dreaded tantrums.

Stay calm and collected. Do all you can to ignore your child's behavior and try not to overreact. Kids can

sense your frustration, which only feeds their own. If possible, give them time to calm down and gain control on their own.

Avoid spanking or hitting and try using firm, clear words instead. If you spank, you may be



sending a message to your child that says physical force is a way to handle their problems.

Distract your child. Children have short attention spans and are often easily distracted. Draw their attention away from the object they want or the activity that has them frustrated by offering a replacement item, a different activity or simply change your surroundings.

Don't give in. If a tantrum allows them to get what they want, they will likely do it again.

Finally, don't take it personally. Tantrums are common and are a normal part of a child's development. In fact, it's wonderful that your child has a range of emotions.

TO LEARN MORE

> Visit www.seattlechildrens.org/goodgrowing

Washington Poison Center Poster Contest

The Washington Poison Center announces its second statewide Poison Prevention Week Poster Contest for 3rd, 4th and 5th graders. National Poison Prevention Week, also known as "Mr. Yuk Week," is March 16 through 22, 2008. This year's theme is "Mr. Yuk Keeps Me Safe!" The theme reminds children and parents to make Mr. Yuk a part of their safe home. The winning poster will be used as the 2008



Washington Poison Prevention Week poster.

The Washington Poison Center is the resource for poison treatment, education and prevention. Specially-trained nurses, pharmacists and poison specialists are available to take your call 24 hours a day and 7 days a week at 800-222-1222. Poison help is always free and confidential.

TO LEARN MORE

> Visit the Washington Poison Center Web site, www.wapc.org

Children's Hospital Opens Safety Center

Children's recently opened a new Safety Center for patients, families and the community. The Safety Center offers low-cost safety products and information. Visitors will find safety gates, cabinet locks, door locks, toilet locks, outlet covers and more. Seasonal safety items, such as bike helmets and life jackets,



will be sold at special sales. Money from sales goes back into purchasing more safety items.

The Safety Center was made possible thanks to a donation

from the Discount Tires Company Driven to Care Program and the National Association of Children's Hospitals and Related Institutions (NACHRI).

TO LEARN MORE

> Visit the Safety Center at Children's Hospital in Seattle, in the Whale 5 Gift Shop, or call (206) 987-2548.

Protect Your Family from the Flu

Flu season is coming, with most cases of the flu occurring late December to early March. Ask your primary health-care provider about flu shots for your family members before the season arrives. The shots may be available as early as October.

Children 6-months old to 9-years old who are getting the flu shot for the first time need two doses. Give the first shot early in the season and the second shot 28 or more days after the first one was given.

Some people are considered high-risk for getting the flu because if they get it, it may make them very sick. These high risk groups include children between 6-months old and 5-years old and anyone with special health-care needs. Children and adults in these groups should be sure to get the flu shot. Other children and adults who live with someone in one of these groups should get the flu shot to keep from bringing the flu into the home. Caregivers of these groups should receive the shot as well so they don't spread the flu.

Babies less than 6-months old cannot get flu shots, but if they get the flu, they can get very sick. Children and adults who live with babies younger than 6-months old and caregivers of these babies should also get flu shots.

TO LEARN MORE

> Visit www.seattlechildrens.org/goodgrowing

Produced three times a year by the Marketing Communications Department of Children's Hospital. You can find *Good Growing* in the January, May and September issues of *ParentMap* and at our Web site www.seattlechildrens.org. For permission to reprint articles for noncommercial purposes or to receive *Good Growing* in an alternate format, call (206) 987-5323. The inclusion of any resource or Web site does not imply endorsement. Your child's needs are unique. Before you act or rely upon information, please talk with your child's health-care provider. © 2007 Children's Hospital and Regional Medical Center, Seattle, Washington.

REGIONAL LOCATIONS

Children's Bellevue
Children's Eastside Hospital
(Group Health Cooperative)
Children's Everett
Children's Federal Way
Children's Olympia
Odessa Brown Children's Clinic

CHILDREN'S RESOURCE LINE

Free child-raising and child/teen health consultation and physician referral.
(206) 987-2500 (LOCALLY) or
(866) 987-2500 (TOLL-FREE)

MAIN HOSPITAL NUMBERS

(206) 987-2000
(866) 987-2700 (TOLL-FREE)
(206) 987-2280 (TTY)

CHILDREN'S ONLINE RESOURCES FOR FAMILIES

Visit www.seattlechildrens.org for the following:

- *Physician Finder*
- *Child Health Advice*
- *my Good Growing e-mail newsletter*

Children's
Hospital & Regional Medical Center

4800 Sand Point Way N.E.
Seattle, Washington 98105
(206) 987-2000

www.seattlechildrens.org