

# Good Growing

WINTER 2007

## Limit Screen Time for Kids

Early childhood is an important time for children to learn and develop the skills they need to grow up healthy. It is important to limit your children's screen time — the amount of time that your children spend in front of TV, movies, videos and the computer. Between birth and age 2, a child is going through critical brain development. Studies have found that watching TV and videos with rapidly changing images can affect a child's development and cause problems with sleep patterns, learning to speak, attention-deficit disorders and behavior.

Most children in the United States watch more than 20 to 30 hours of TV each week; that's three to four hours per day! The American Academy of Pediatrics (AAP) recommends that children under age 2 do not watch any TV. The AAP also recommends that children over age 2 keep screen time, including movies and video games, to less than two hours per day.

Parents should be aware of the type of programs that children are watching and limit the amount of screen time that children may have. It's important to

watch with your children and discuss what they see. TV, movies and video games offer lots of examples of behaviors that you can use as "teachable moments" for your kids. Point out examples of things



like fighting, kicking and hitting, and talk with your child about examples of good behavior.

Children often eat unhealthy food when watching TV. The average child sees more than 40,000 commercials each year. Most ads targeted at children are for candy, cereal and fast food. Food ads on TV can encourage kids to make unhealthy

meal and snack choices. Even watching 10 to 30 seconds of food commercials can affect what a child wants to eat.

Along with limiting screen time, make sure your child gets lots of physical activity every day. Fewer schools offer PE or gym classes, and many have shortened recess time. Children need physical activity for growth and development, and to set patterns for a healthy lifestyle. Children who are physically active are less likely to be overweight, are sick less often, do better in school, sleep better and are less likely to feel sad, depressed or stressed.

The bottom line: limit the amount of your children's screen time; know what they view on TV and the computer and help choose the content; help them make healthy food choices; and encourage them to spend more time playing.

### TO LEARN MORE

> Visit [www.metrokc.gov/health/reduceTV](http://www.metrokc.gov/health/reduceTV) or the January 2007 section of [www.seattlechildrens.org/goodgrowing](http://www.seattlechildrens.org/goodgrowing)

**Children's**  
Hospital & Regional Medical Center

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

[www.seattlechildrens.org](http://www.seattlechildrens.org)

## 6th Annual *One Big KISS* for Children's Hospital Radiothon and Community Health Fair Feb. 21 to 24

Join KISS 106.1 FM's morning hosts Jackie and Bender, Feb. 21 to 24 as they broadcast stories of Children's patients, families and staff. Help Jackie and Bender raise money to support uncompensated care at Children's. You can pledge early at [www.jackieandbender.com](http://www.jackieandbender.com). Join us at Children's on Saturday, Feb. 24 from 10 a.m. to 2 p.m. for a free,

hands-on health fair for children ages 3 to 8 and their families. Come learn about health, safety and being in the hospital.

### TO LEARN MORE

> Visit [www.seattlechildrens.org](http://www.seattlechildrens.org)



## American Girl Fashion Show

The American Girl Fashion Show for the Pacific Northwest will take place March 16, 17 and 18 at the Bellevue Westin Hotel. This exciting, one-of-a-kind event features American Girl clothing, accessories and dolls; afternoon tea and sandwiches; a goodie bag for kids who attend; and entrance

to the American Girl Marketplace featuring special souvenir items. Your favorite dolls are also welcome to attend, and special doll seats are available.

Shows are Friday, March 16 at 7 p.m., and Saturday and Sunday, March 17 and 18, at 11 a.m. and 4 p.m. Tickets are \$50 for each attendee and \$30 for

each attending doll. All proceeds will benefit uncompensated care at Children's Hospital.

### TO LEARN MORE

> To register, visit [www.StarGuildFashionShow.org](http://www.StarGuildFashionShow.org)



## Preventing Accidental Shootings

About 20 children in Washington State are treated in hospitals for accidental shootings each year and three to five of them die from their injuries. There is a lot you can do to lower your child's risk of an accidental shooting whether or not you keep a gun in your home.

If you are a gun owner, know that guns are a risk to children living in or visiting your home. Seriously consider the risks. Children are good at finding things, so simply hiding your guns is not enough. Store guns unloaded, locked up and out of the reach of children. Use gun locks, lock boxes or gun safes for every gun. Childproof revolvers by attaching a padlock so that the cylinder can't be locked into place. Store the bullets in a separate, locked and out-of-reach location.

Guns are in almost half of all households in the United States. Even if you do not have guns in your



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home, talk to your child about the dangers of guns. Teach your child to never touch or play with them. If they come into contact with a gun, they should stop, not touch it, get away from it and tell an adult.

Check with adults in other homes your child visits to find out if they have guns in their homes and if they are stored safely. If you're unsure about the safety of someone else's home, invite the children to play at your house instead.

Nearly all childhood accidental shooting deaths happen in or around a home. Children as young as 3 years old are strong enough to pull the trigger of many handguns. Children are curious. Protect your child by practicing safe gun storage, teaching your child about gun safety and talking to friends, families and neighbors about preventing accidental shootings.

### TO LEARN MORE

> Visit the January 2007 section of [www.seattlechildrens.org/goodgrowing](http://www.seattlechildrens.org/goodgrowing)

## Treating Ear Infections

Ear infections are common in young children. In fact, ear infections will send more than 30 million children to doctors' offices this year. Most ear infections are treated with antibiotics. But overuse of antibiotics is leading to bacterial resistance, which means that antibiotics are becoming less effective against illness.

A new study shows that many children can recover from ear infections without antibiotics. A study published in the Journal of the American Medical Association (JAMA) found that children with ear infections who did not receive antibiotics recovered at the same rate as children who got antibiotics within 48 hours of diagnosis. The study followed 300 children treated in emergency departments for ear infections. Half of the children received a "wait and see prescription." Their parents were told to wait for 48 hours and if their child got worse, they should fill the prescription for antibiotics and start giving their child the medicine. The other half of the children received a prescription for antibiotics and the parents were told to fill

it immediately. Both groups of children received ibuprofen and ear drops for pain. The study confirmed that a "wait and see approach" to ear infections can reduce antibiotic use in children.

If you think your child has an ear infection, talk with your child's doctor about whether to use antibiotics right away or to wait and see if the ear infection gets better without them.



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## > Classes

For more information, or to register, please visit [www.seattlechildrens.org/classes](http://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 Power for Parents

Learn about asthma triggers, medicines, how to manage your child's asthma and how to work with your child's school or day care.

**DATE/TIME:** Tuesday, April 17, 9:30 to 11:30 a.m.

**FEE:** \$15 per family

**PLACE:** Children's Hospital — Main Campus

**REGISTER:** [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes)

**CALL:** (206) 987-2486

#### Autism 101 and Autism 200 Series

For parents, guardians and caregivers of children with autism who wish to better understand this disorder. Autism 101 covers the basics. Each class in the Autism 200 Series covers different topics, like behavior and social skills. Teleconferencing outreach program is available in some areas. Call for details.

**DATE/TIME:** Thursdays, 7 to 8:30 p.m. — view class dates online

**FEE:** \$10 donation per family is suggested

**PLACE:** Children's Hospital — Main Campus

**REGISTER:** [www.seattlechildrens.org/classes](http://www.seattlechildrens.org/classes)

**CALL:** (206) 987-3664

#### 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](http://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.

**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](http://www.seattlechildrens.org/classes)

**CALL:** (206) 789-2306

#### Meal Support Class

Six-week class for parents and adolescents ages 12 to 18 with eating disorders.

**DATE/TIME:** Monday evenings — call for dates and times.

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

**PLACE:** Children's Hospital — Main Campus

**REGISTER/CALL:** (206) 987-2760

#### Potty Training

This class helps prepare parents and caregivers of toddlers (ages 12 to 30 months) for potty training.

**DATE/TIME:** Monday, Jan. 22, 7 to 9 p.m.

**FEE:** Free; pre-registration required

**PLACE:** Children's Hospital — Main Campus

**REGISTER:** [www.seattlechildrens.org/classes](http://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, 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](http://www.seattlechildrens.org/classes)

**CALL:** (206) 789-2306

#### CPR for Babysitters

For youths ages 11 to 15 who have completed a babysitting course. Covers safety, risk factors, healthy heart living, infant/child CPR and treatment for choking.

**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](http://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.

**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](http://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.

**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](http://www.seattlechildrens.org/classes)

**CALL:** (206) 789-2306

## > Events

### Children's Hospital Car Seat Check

**DATE/TIME:** Saturday, March 24, 10 a.m. to 1 p.m.

**FEE:** Free

**PLACE:** Children's Hospital — Giraffe Garage

**TO LEARN MORE:** (206) 987-5797

### Children's Hospital Health Fair

A free, hands-on event for families and children ages 3 to 8. Bring your bear or doll to the Teddy Bear Clinic, climb in an ambulance, learn about safety and healthy eating, buy low-cost bike helmets and more.

**DATE/TIME:** Saturday, Feb. 24, 10 a.m. to 2 p.m.

**FEE:** Free

**PLACE:** Children's Hospital

**CALL:** (206) 987-5797

### PATHWAYS LECTURE SERIES 2007

Visit [www.parentmap.com](http://www.parentmap.com) or call (800) 838-3006 for lecture descriptions, to purchase tickets or for more information.

#### "The Seven Principles for Making Marriage Work"

**DATE/TIME:** Wednesday, Feb. 28, 7 to 9 p.m.

**FEE:** \$25 in advance, \$28 at the door

**PLACE:** Town Hall, Seattle

**SPEAKER:** John Gottman, PhD

#### "Hello, Baby!....Does Not Mean Goodbye Intimacy"

**DATE/TIME:** Tuesday, March 6, 7 to 9 p.m.

**FEE:** \$18 in advance, \$20 at the door

**PLACE:** Lincoln Square Cinema, Bellevue

**SPEAKER:** Pamela Jordan, PhD

#### "How to Behave So Your Children Will, Too!"

**DATE/TIME:** Tuesday, March 13, 7 to 9 p.m.

**FEE:** \$18 in advance, \$20 at the door

**PLACE:** Annie Wright School, Tacoma

**SPEAKER:** Sal Severe, PhD

#### "Babies and the Brain: Truths, Myths and Politics"

**DATE/TIME:** Tuesday, April 17, 7 to 9 p.m.

**FEE:** \$18 in advance, \$20 at the door

**PLACE:** Seattle Children's Theatre, Seattle

**SPEAKER:** Andrew Meltzoff, PhD and Patricia Kuhl, PhD

#### "Overdrive: How Too Much Ambition Can Harm Kids"

**DATE/TIME:** Tuesday, April 24, 7 to 9 p.m.

**FEE:** \$18 in advance, \$20 at the door

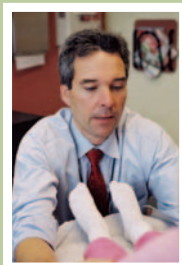
**PLACE:** Lincoln Square Cinema, Bellevue

**SPEAKER:** Suniya Luthar, PhD

## KidBits

### Physician Finder

Children's can help you find the right doctor for your child quickly and easily. Children's Physician Finder is a free, online service that allows you to search for primary care pediatricians or for pediatric specialists who are on the medical staff of Children's Hospital. You can look for doctors by specialty, location, language or name. You'll find contact and background information on the doctors listed. Here are some questions to consider when choosing a doctor:



- Do you want a doctor who treats only children (a pediatrician)?
- Do you want a doctor who is close to your home or work place?
- Does your child need a specialist?
- Do you want a doctor that speaks a certain language?

Physician Finder can provide this information about our doctors and more.

### TO LEARN MORE

- > Visit [www.seattlechildrens.org](http://www.seattlechildrens.org) and select Physician Finder.
- > To learn more about how to choose a doctor for your child, visit the January 2007 section of [www.seattlechildrens.org/goodgrowing](http://www.seattlechildrens.org/goodgrowing).

### Body Piercing Correction

The September issue of Good Growing included an article about body piercing. The article suggested that if you decide to let your child get a piercing, you should go to a licensed piercer who requires consent. A reader told us that piercing is not currently regulated in Washington state. We are sorry for the mistake.

Legislation to regulate body art and body piercing has been introduced in Washington. It focuses on basic health and safety. Parental consent is not part of the legislation, but many piercing shops require that a parent come to consent to the piercing if the child is under a certain age. House bill HB 2335 will be part of the 2007 legislative session.

### TO LEARN MORE

- > Go to <http://apps.leg.wa.gov/billinfo/> and select the 2005-06 tab then type 2335 in the "Search by Bill Number" box.

### Shopping Cart Safety

More than 24,000 children were treated in U.S. emergency rooms for shopping cart-related injuries last year. Most of these children fell from the cart or the cart tipped over on them. Try one of these ideas instead of putting your child in a shopping cart:

- Use a stroller, wagon or frontpack.
- Ask another adult to watch your child at home or come with you to watch your child while you shop.



- Have your older child walk and praise them for staying near you.
- Shop online and have your groceries delivered.

If you choose to put your child in a shopping cart, make sure it has a working safety belt or harness, use it and stay right next to your child. Do not let your child stand up in, climb on or ride while standing on the outside of, the cart. Never put your child in the basket — the part where the groceries go. Do not place an infant carrier on the cart. Do not let older children push the cart with another child in it. Most shopping carts have a high center of gravity, so it's easy for children to tip them over. Carts that allow children to ride closer to the ground are safer. Shop at stores that provide these carts. Along with taking a few minutes to prepare your grocery list, it's a good idea to take a minute to plan for a safe shopping trip.

### TO LEARN MORE

- > Visit [www.aap.org/family/ShopCartPP.pdf](http://www.aap.org/family/ShopCartPP.pdf) for a Shopping Cart Safety flyer from the American Academy of Pediatrics.

## > Event Corner

### "Keep Hope Afloat" Life Jacket Giveaway at Washington Sportsmen Show, Jan. 24 to 28

"Keep Hope Afloat" is a new program to teach families about water safety. The program includes a daily giveaway of up to 1,000 properly fitted life jackets to children 12 and under at the Washington Sportsmen's

**DATE/TIME:** Show hours are noon to 8 p.m., Wed. to Fri. (Jan. 24 to 26), 10 a.m. to 8 p.m. on Saturday (Jan. 27) and 10 a.m. to 5 p.m. on Sunday (Jan. 28).

Show. Bring your child to the show to get water safety tips and be fitted for a free life jacket. Sizes are limited to quantities on hand. You may also donate your gently used life jackets that no longer fit at the show. These life jackets will be inspected and given to boating safety programs and organizations in the Northwest.

**FREE:** Show admission is \$9 for adults, \$5 for children ages 6 to 16 and free for children under 6.

**PLACE:** Western Washington Fairgrounds, Puyallup

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](http://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](http://www.seattlechildrens.org) for the following:

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

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