Learning and Practicing the Concept of Consent

Terrible stories about sexual assault and harassment are everywhere. How can we help ensure our boys and girls will never go through these experiences? We can help them become both confident and compassionate, and teach them about consent from a very young age. Consent isn’t only about sex: it’s about everyone’s right to control their own body. We all need to set our own boundaries, and respect others’ boundaries too.

It takes practice to build any skill. Young children can learn to set boundaries by exercising the power of consent. For example, during a tickle-fight, if your child says “stop” or “no,” stop immediately and continue only if they request it. When greeting family or friends, let your child decide if they want to give a hug, fist bump or verbal hello. And when it comes to food, allow children to decide if and how much they want to eat (see the related item on page 3).

We can encourage our kids to speak up for themselves and express their full range of emotions. They mustn’t hide their feelings or pretend everything is okay if it’s not — and they should never ‘just go along’ with anything they’re not comfortable with.

Of course, our kids must understand that we may override their consent when their safety and wellbeing are on the line. Buckling into their car seat or wearing a helmet or getting a vaccine shot are not choices for them. But be clear that very few people can veto their consent: maybe just mom, dad or another trusted caregiver.

It’s crucial that kids learn to hear and respect another person’s “no” or “stop.” Teach them to seek a friend’s verbal consent on the playground before chasing them or pushing them higher on the swing: if that child says no, it’s wrong to continue. We must respect others’ belongings as well as their bodies, so remind your child to ask permission before playing with a friend’s toy or borrowing something from a sibling. And be sure they understand that getting consent once doesn’t mean you always have it — you must ask each time.

A huge part of parenting is teaching empathy. Encourage children to put themselves in another’s place, and really imagine what that person might be feeling and thinking.

It’s essential that all kids learn the concept of consent. Building a healthy culture of respect starts with families!

To learn more:
Get tips on talking to your child about sexual assault at www.rainn.org/articles/talking-your-kids-about-sexual-assault.

Purchase a Miracle May 1 to June 15
Help support Seattle Children’s by shopping at grocery and drugstore locations across Washington state from May 1 to June 15. Volunteers will place shelf tags beneath products of participating sponsors in hundreds of retail stores. When you choose to purchase products with the Purchase a Miracle shelf tag, you are helping support cancer research at Seattle Children’s.

To learn more: Visit www.seattlechildrens.org/purchase-a-miracle.
For Vaccines, Stick with the Schedule

The Child Immunization Schedule precisely maps out when children should receive which vaccines. Every year the schedule is evaluated by our nation’s best disease experts and pediatricians, and it’s revised when needed. Vaccines are scheduled based on two factors: the age when the body’s immune system will work the best; plus the need to provide protection at the earliest possible age, before a child is likely to be exposed to a disease. Parents may wonder about spacing immunizations further apart, but babies really can tolerate receiving multiple vaccines on the same day. In fact, healthy immune systems fight off thousands of daily threats. Remember, it’s always OK to ask your child’s doctor about vaccines.

TO LEARN MORE:

When to Use Urgent Care or Walk-in Clinics

Urgent care is the best option for non-emergency medical care (like minor illnesses and minor injuries) when your doctor’s office is closed and you can’t wait for treatment. Your insurance company or doctor’s office may have a nurse hotline to help you decide if urgent care or emergency care is needed, or if you can wait for your regular doctor.

Urgent care clinics are open on evenings, weekends and holidays. Some urgent care clinics offer appointment times, so call ahead and ask before arriving. Even if you have an appointment, be prepared to wait; patients who are more ill may be seen first.

Keep in mind that urgent care offers limited services. Certain tests like ultrasounds, CT scans and MRI studies are not usually available; if your child needs one of these tests they may be sent to a nearby emergency room.

Check with your child’s doctor before you are in need of urgent care to see which clinic they recommend. Seattle Children’s has clinics in Bellevue, Federal Way, Mill Creek and Seattle. And always remember: if your child’s illness or injury is life-threatening, call 911.

TO LEARN MORE:
Visit www.seattlechildrens.org/urgentcare.

Spring Safety-Gear Check-Up

Spring is a great time to check your family’s bike helmets and life jackets, to be sure they’re in good shape and still fit properly. Invest a bit of time now, before summer arrives and someone misses out on a spur-of-the-moment bike ride or boating adventure.

Inspect bike helmets for cracks and other damage. Discard helmets that are in any way damaged. Then check the fit. A helmet should sit level and rest low on the forehead, one or two finger widths above the eyebrows. The straps should be even and lay flat against the head, forming a ‘Y’ under each earlobe. The buckled chin strap should be just tight enough so that one finger fits between buckle and chin. If a new helmet is needed, get one that meets safety standards, fits properly — and that your child likes.

Check life jackets for wear and tear and throw them away if you find punctures, tears, rot or mildew. Check for a good fit: when fastened, a jacket should be snug yet comfortable. Lift your child by the jacket’s shoulders and be sure their chin and ears don’t slip down. Younger kids need a jacket with both a collar for head support and a strap between the legs. If a new life jacket is needed, be sure it’s U.S. Coast Guard-approved, and that the size and weight specifications match your child. (Never buy a life jacket for your child to ‘grow into.’)

Be sure to check out Seattle Children’s free helmet fittings and giveaways, and low-cost life jacket sales!

TO LEARN MORE:
Visit www.seattlechildrens.org/classes-community.
Kid Bits

Ear Wax is Normal
Everyone has ear wax. It’s not a sign of poor hygiene. In fact, it serves a purpose: it helps to keep water and germs out of the ear canal, and it protects the skin in the ear canal. Ear canals clean themselves, so follow the silly old advice and don’t put anything smaller than your elbow in your ear! This means don’t use cotton swabs or other tools to try to remove ear wax. Doing so can actually push the wax far back into the ear and block the canal, or even damage the eardrum. Instead, clean behind the ears and wipe the outer ear with a washcloth or a tissue after bathing. If ear wax causes hearing problems, pain, or a feeling of fullness in the ear, see your doctor.

TO LEARN MORE:
Visit www.seattlechildrens.org/medical-conditions/symptom-index/ear-discharge.

ADHD Facts
Attention Deficit Hyperactivity Disorder (ADHD) affects about 1 in 10 kids and can cause problems ranging from mild to serious. The signs and symptoms may include always being ‘on the go’ or restless, being impulsive with actions and words, and having trouble paying attention. Kids with ADHD often get distracted, and may have trouble completing things. The disorder is caused by a problem with the brain’s development, and it is often genetic: passed from parent to child. Kids with ADHD may have other medical, emotional and learning problems. Typical treatment combines medicine with behavior modification therapy. If you suspect your child has ADHD, talk with their doctor.

TO LEARN MORE:

Think Roles, Not Rules, for Eating
Many people grow up with the ‘clean your plate’ rule. But research shows this can backfire and harm a child’s eating habits, now and in the future. Instead of rules, try roles. A parent’s role is to offer healthy food, while a child’s role is to decide what and how much to eat of the food that is offered. (And there's no reason to prepare special food for your child.) If a child doesn’t eat much, that's okay: wait until the next meal to offer more food. As simple as this may seem, it helps kids learn to pay attention to their body’s natural cues that signal if they are physically hungry or full. Also, always try to eat with your child during mealtimes, from babyhood through the teen years.

TO LEARN MORE:

Quick Tip
Until your child is 4 feet, 9 inches tall (usually 8 to 12 years old), your vehicle’s seat belt won’t fit correctly. Use the right car seat or booster seat for your child.

Regional Clinic Locations
- Bellevue
- Everett
- Federal Way
- Mill Creek
- Olympia
- Tri-Cities
- Wenatchee

Primary Care Clinic
- Odessa Brown Children's Clinic

Main Hospital Numbers
206-987-2000
866-987-2000 (Toll-free)

Online Resources
Visit www.seattlechildrens.org for the following:
- Child Health Advice
- my Good Growing email newsletter
- Doctor Finder
- Seattle Mama Doc, Teenology 101, Autism and On The Pulse blogs
- Medical condition information
- Safety & wellness information
- Ways to help Seattle Children’s
- Research Institute information

Heather Cooper is the Editor of Good Growing, which is produced four times a year by the Marketing Communications Department of Seattle Children’s. You can find Good Growing in the January, April, July and October issues of ParentMap and on our website www.seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive Good Growing in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child’s needs are unique. Before you act or rely upon information, please talk with your child’s healthcare provider. © 2018 Seattle Children’s, Seattle, Washington.
Classes and Events

To register or view more information, 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. These classes are popular and often fill up several months in advance, so register early.

**PARENTING CLASSES**

**Autism 101**
WHEN: Thursday, April 26, 7 to 8:30 p.m.

**Autism 200 Series**
Autism 204: Powerful Partnerships: Strategies for Navigating the Family/School Relationship
WHEN: Thursday, April 19, 7 to 8:30 p.m.
Autism 205: Inclusion
WHEN: Thursday, May 17, 7 to 8:30 p.m.

**CPR and First Aid for Babysitters**
WHEN: Saturday, May 5, 9 a.m. to 2:30 p.m.
View more dates online
FEE: $75 per person
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-2304
For youth, ages 11 to 15. Topics include pediatric CPR, treatment for choking, and first-aid skills. Students receive a 2-year American Heart Association completion card.

**For Boys: The Joys and Challenges of Growing Up**
WHEN: Wednesdays April 25 & May 2, 6:30 to 8:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
WHEN: Sunday, May 6, 1:30 to 6 p.m.
WHERE: Federal Way Community Center, 876 S. 333rd St., Federal Way
WHEN: Thursdays, May 24 & 31, 6:30 to 8:30 p.m.
WHERE: Overlake Medical Center, 1035 116th Ave. NE, Bellevue

**For Girls: A Heart-to-Heart Talk on Growing Up**
WHEN: Tuesdays, April 17 & 24, 6:30 to 8:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
WHEN: Sunday, May 6, 1:30 to 6 p.m.
WHERE: Federal Way Community Center, 876 S. 333rd St., Federal Way
WHEN: Mondays, May 7 & 14, 6:30 to 8:30 p.m.
WHERE: Overlake Medical Center, 1035 116th Ave. NE, Bellevue

**Low-Cost Life Jacket Sales**
.event.

**Bike Helmet Fitting and Giveaway**
WHEN: Saturday, April 7, 1:30 to 4:30 p.m.
WHERE: Federal Way Community Center, 2323 E. Cherry St., Seattle
CALL: 206-987-1569
Come get your child properly fit for a new bike helmet. Kids must be 1 to 18 and present to receive a helmet. First come, first served. No appointments needed. See additional event dates and learn more at www.MakeSureTheHelmetFits.org.

**EVENTS**

**Free Safe Firearm Storage Giveaway**
WHEN: Saturday, May 12, 10 a.m. to 1 p.m.
WHERE: Sportsman’s Warehouse, 1405 S. 348th St., Federal Way
CALL: 206-987-4653
Come learn about the importance of safe firearm storage and get a free lock box or trigger lock, with hands-on training on proper use. Supplies are limited. First come, first served. One free lock box or trigger lock per person (maximum two items per household). Must be present to receive free item. Recipient must be 18 or older.

**HeartSaver First Aid, CPR and AED**
WHEN: Saturday, April 28, 8 a.m. to 2:30 p.m., Sunday, June 10, 8 a.m. to 2:30 p.m.

**PRETEEN AND TEEN CLASSES**

**Babysitters**
WHEN: Sunday, April 8, 9 a.m. to 2 p.m.
WHERE: Seattle Children’s admin. building, 6901 Sand Point Way NE, Seattle
WHEN: Saturday, April 14, 9 a.m. to 2 p.m.
WHERE: Overlake Medical Center, 1035 116th Ave. NE, Bellevue
WHEN: Saturday, May 5, 9 a.m. to 2 p.m.
WHERE: Pavilion for Women & Children, 900 Pacific Ave., Everett
WHEN: Saturday, May 19, 9 a.m. to 2 p.m.
WHERE: Seattle Children’s South Clinic, 34920 Enchanted Pkwy. S., Federal Way

**For Parents and Caregivers of Children with Autism**
CALL: 206-987-8080
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
FEE: Free
View more dates online
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-9878
For parents and caregivers. Topics include how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use.

**Autism 200 Series**
Autism 205: Inclusion
WHEN: Thursday, May 17, 7 to 8:30 p.m.
View more dates online
FEE: Free
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-9878
For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through live streaming. Sign up online. Past Autism 200 lectures are available online.

**Parenting Classes**

For youth, ages 11 to 14. Topics for responsible babysitting include basic child development, infant care and safety, handling emergencies, age-appropriate toys, business hints and parent expectations.

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