

Good Growing

FALL 2006

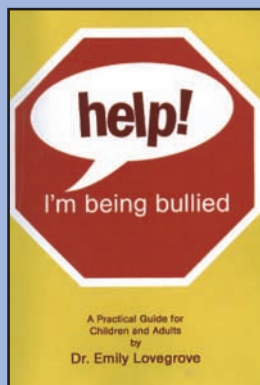
Help! I'm being bullied

Being bullied at school or on the school bus is a child's worst nightmare. Parents often say, "Ignore the bully and he or she will leave you alone." Most often, this doesn't work and the bullying gets worse.

Dr. Emily Lovegrove, an international expert on bullying, does away with myths about bullying, and offers parents and children concrete, practical advice on how to stop being bullied. She notes that kids want to be able to deal with bullies themselves, but lack the skills to do so.

Lovegrove offers ways to deal with bullies. These methods have been proven to work based on her extensive research with school-age children who have been bullied. Some of her advice for kids dealing with bullies includes:

1. If it feels like bullying, it is. It's important to decide this for yourself; bullying can be physical, emotional or psychological.
2. Stop and think: What do I want the outcome to be? After this is over, do I want to be able to get along with the person who is bullying me?



3. Create a "self motto." This helps increase self confidence and create positive messages in your head. For example, "I am really brave." Or, "I always try my best."
4. Change the way you think about the bully, and come up with new ways to deal with him or her.
5. Use distraction. Don't ignore the bully, but distract the bully with a change of subject. Distraction works very well, according to research. For example, "Did you see that ball game last night?"
6. Use humor to poke fun at yourself. For example, if someone says "You have such dorky shoes," try saying, "If you think these are dorky,

you should see the ones my mom wanted to buy me." But, be careful not to use sarcasm — that could make the bully mad.

7. Learn how to use your friends when dealing with a bully.
8. Appearance matters. Try to look and act sure of yourself. Your body language can help.
9. Try flattery. People who bully feel insecure in some way. Try giving a compliment to the bully.

10. Reward yourself for success in dealing with bullies.

Lovegrove connects with kids who are being bullied by confirming how they feel. She writes, "The bad news is that right now you probably feel pretty fed-up about it. You feel you're at the mercy of some horrible other kids or grown-up who makes your life miserable. You probably feel there's not much you can do about it. The WORST thing about being bullied is that you feel powerless."

Lovegrove recently spent a week at Children's Hospital in Seattle working with doctors, nurses, staff and parents to help them understand why bullying happens and to teach adults what they can do to help children deal with it. Her new book for children and their parents, *Help! I'm Being Bullied*, will be available in bookstores Sept. 4. Adults and parents can use her book and its practice exercises to help children learn the skills they need.

TO LEARN MORE

> Visit Lovegrove's Web site at www.bullyingdoctor.com or www.stopbullyingnow.hrsa.gov

Children's
Hospital & Regional Medical Center

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

www.seattlechildrens.org

14th Annual Children's Husky Toy Drive

Donate new, unwrapped toys that will be given to Children's patients during the holiday season. Bring toys to Husky Stadium, Saturday, Sept. 23, during the Huskies vs. UCLA football game. Children's Volunteer Office also accepts

toys throughout the year. The Husky Toy Drive is presented by Les Schwab Tires and the Guardian Angel Guild.

TO LEARN MORE

> Visit www.seattlechildrens.org or call (206) 987-2153.





Run for Children's

Jump start your family fitness program with the seventh annual Run for Children's on Sunday, Oct. 8, 2006, at Magnuson Park in Seattle. Activities include a 5K Run/Walk and Kids Fun Run/Walk (free for children 14 and younger). Presented by the Run for Children's Guild, proceeds benefit uncompensated care at Children's Hospital and Regional Medical Center.

TO LEARN MORE

> For more information, visit www.seattlechildrens.org or call (206) 987-2153.

Immunizations

The number of childhood vaccines recommended by the Centers for Disease Control and Prevention (CDC) increased from 10 in 1995 to 16 this year. This may leave some parents wondering if the 30-plus needle pokes on their child's immunization schedule are really necessary — and safe.

"Vaccines are one of the most important tools we have to protect the health of children," says Dr. Ed Marcuse, associate medical director at Children's. Side effects are rarely more serious than a low-grade fever or mild soreness.

The risks of diseases are many times greater than the known risks of vaccines.

Marcuse says that because our national immunization program keeps many deadly diseases at bay some parents may have the impression that they are no longer a threat. However, every year in the developing world, more than 2 million children die of diseases such as measles, pertussis, rotavirus and tetanus — sicknesses that are prevented by vaccines in the United States.



In this country, about 80 percent of preschoolers are immunized. This large group protects against the spread of disease, reducing everyone's exposure to contagious bacteria and viruses. This concept, known as "herd immunity," also helps keep those who are not vaccinated safer from acquiring and spreading disease.

Herd immunity only works if enough people in the population are immunized. In Washington state, immunization rates are dropping in about half of the counties — a statistic that makes the entire population more vulnerable to disease outbreaks.

Marcuse says that parents with concerns about vaccines should talk openly with their health care providers to clearly understand the benefits and risks in a global world.

Children who are not immunized run the risk of picking up preventable diseases through travel and from other people who are not immunized.

"One thing is for certain," reminds Marcuse "All of the diseases on the CDC immunization schedule are just a plane flight away."

TO LEARN MORE

> Look at www.immunizationinfo.org/parents/ or <http://www.metrokc.gov/health/immunization/childimmunity.htm>

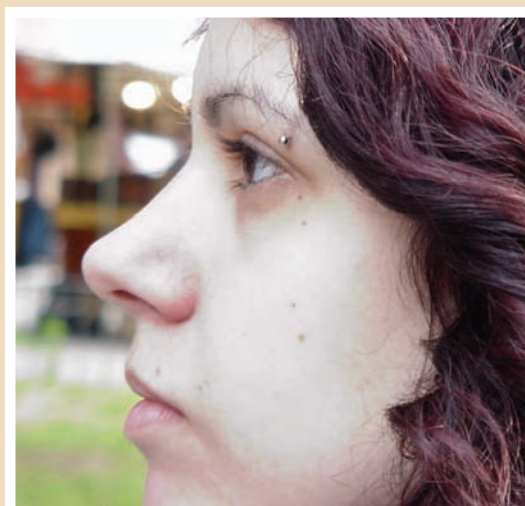
Body Piercing

An ancient practice in some of the world's cultures, body piercing is becoming more mainstream in the United States. Some piercings, like of the tongue or upper ear, have more risks. Your child may ask to get his ears, nose, belly button or other body parts pierced. Do you say yes or no? Learning about piercing and talking with your child may help you decide.

Risks with body piercing include infection, bleeding, scarring, hepatitis B and C, tetanus, skin allergies and nerve damage.

If you decide to let your child get a piercing:

- Make sure your child is current with immunizations, especially hepatitis and tetanus.
- Take your child to a licensed piercer who requires consent.
- Visit the shop to be sure it is safe and clean.



- Check that the piercers wash their hands with soap and that they wear fresh gloves that are thrown away after each use.

- Make sure the piercers clean their tools so they are germ-free or use new tools each time.
- Check for use of piercing guns — these aren't safe because they can't be cleaned.
- Learn what after-care is needed for the piercing.
- Wait a few weeks after the shop visit to see if your child still wants the piercing.
- Check with your doctor before getting a piercing if your child has a medical problem such as allergies, diabetes, skin disorders, immune system problems or infection, or if she is pregnant.

TO LEARN MORE

> Watch the "What Parents Should Know About Body Piercing" Good Growing TV segment on the Child Health & Safety section of www.seattlechildrens.org.

> Classes

Registration Information

Register for the following classes through **Great Starts Birth & Family Education** by completing the online registration form at www.seattlechildrens.org/classes or by calling (206) 789-2306 between 9 a.m. and 3 p.m., Monday through Friday. All classes require pre-registration and payment. If you need an interpreter, please let staff know when you register and one will be provided.

No one will be denied admission if unable to pay the full amount. Class locations will be sent with confirmation. Registration, less \$10 for processing, will be refunded for cancellations received at least five working days before the class. These classes are popular and often fill up several months in advance.

The following youth classes are held at Children's Hospital, 4800 Sand Point Way N.E.

Better Babysitters

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

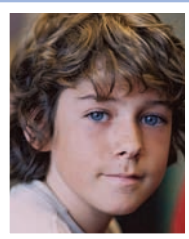
DATE/TIME: Saturdays, 9 a.m. to 3 p.m., call for dates

FEE: \$40 per person

REGISTER: www.seattlechildrens.org/classes

Growing Up: For Boys Only

Two-part series for parent/guardian and son 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.

TIME/DATE: 6:30 to 8:30 p.m., call for dates

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

REGISTER: www.seattlechildrens.org/classes

Growing Up: For Girls Only

Two-part series for parent/guardian and daughter 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.

TIME/DATE: 6:30 to 8:30 p.m., call for dates

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

REGISTER: www.seattlechildrens.org/classes

Babysafe, Infant & Child CPR and CPR for Babysitters are co-sponsored by Great Starts, and are held at Children's N.E. 70th St. and Sand Point Way N.E. building.

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 demonstrated.

DATE/TIME: Weekdays, 6 to 9 p.m. or
Saturdays, 9:30 a.m. to 12:30 p.m.

FEE: \$40 per family

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.

FEE: \$40 per person

CALL: (206) 789-2306

CPR for Babysitters

For youth 11 to 15 who have completed a babysitting course. Topics include safety, risk factors, healthy heart living, infant/child CPR and treatment of choking. 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.

FEE: \$40 per person

CALL: (206) 789-2306

The following classes are offered by Children's clinical programs and are held at Children's Hospital, 4800 Sand Point Way N.E. Call the number listed for more information or to register.

Asthma Power for Parents

For parents and caregivers. Learn about asthma triggers, how to manage your child's asthma and how to work with your child's school or daycare.

DATE/TIME: Tuesday, Sept. 19, 9:30 to 11:30 a.m.

FEE: \$15 per family (includes the Living with Asthma booklet)

CALL: (206) 987-2486

Meals Support Class

Six-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 limited to four families (two adults, one adolescent per family).

DATE/TIME: Mondays, Oct. 16 through Nov. 20, first and last week are 7 to 8 p.m. Middle four weeks are 7 to 8:30 p.m.

FEE: \$320 per family (prepayment required)

CALL: (206) 987-2760

> Events

Help Fill the Children's Hospital Wishing Well at Safeco Field

Bring your coins to the wishing well and bid on silent auction items on the concourse behind home plate. The first 15,000 kids under 14 will receive an Edgar Martinez giveaway item. Thanks to sponsors Wal-Mart, the John L. Scott Foundation and Wizards of the Coast.

DATE/TIME: Tuesday, Sept. 12, 7:05 p.m. vs. Toronto Blue Jays

PLACE: Safeco Field, Seattle

TICKETS AND TO LEARN MORE: (206) 622-HITS or www.seattlemariners.com

Rainier Safeway Car Seat Check

Come learn how to safely secure your child in the car. Sponsored by Seattle Child Passenger Safety Team.

DATE/TIME: Saturday, Sept. 23, 10 a.m. to 1 p.m.
No appointment necessary

FEE: Free

PLACE: Safeway, 3820 Rainier Ave. S., Seattle

CALL: (425) 828-8975

Children's Car Seat Check

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.

DATE/TIME: Saturday, Oct. 21, 10 a.m. to 1 p.m.
No appointment necessary

FEE: Free

PLACE: Children's Hospital — Giraffe Parking Garage

CALL: (206) 987-2548

Life Jacket and Bike Helmet Sales

High-quality, low-cost life jackets and bike helmets custom-fit for children, teens and adults.

DATE/TIME: Saturday, Sept. 16, 10 a.m. to 2 p.m.
No appointment necessary

PLACE: Evans Pool at Green Lake, Seattle

FEE: Life jackets: \$20, helmets: \$10

MORE INFO: www.seattlechildrens.org/classes

Puget Sound Heart Walk

Join Children's Hospital and thousands of walkers to promote physical activity and heart-healthy living in a fun family environment.

DATE/TIME: Saturday, Oct. 7, 7 to 10 a.m.

FEE: Free

PLACE: Qwest Field, 800 Occidental Ave. S., Seattle, WA 98134

MORE INFO: www.americanheart.org

KidBits

New Rotavirus Vaccine

The U.S. Food and Drug Administration (FDA) has approved a vaccine to protect children from rotavirus. The vaccine is called RotaTeq. Children are given a total of three liquid doses: at 2-, 4- and 6-months of age.



Rotavirus often infects babies and young children, and is highly contagious. It can cause vomiting, diarrhea and dehydration severe enough to result in a hospital stay.

Children often get rotavirus by putting their fingers in their mouths after touching something contaminated by infected stool. Caregivers can also spread the virus, especially if they do not wash their hands after diaper changes. Frequent hand washing can prevent the spread of rotavirus. Be sure to wash hands after going to the bathroom, caring for another child and before preparing food.

Contact your doctor if you have questions about the new rotavirus vaccine or if you think your child has symptoms of rotavirus infection.

TO LEARN MORE

> To learn more about rotavirus and the new vaccine visit KidsHealth at www.kidshealth.org

Using the Internet for Health Information

Many parents use the Internet to get health information when their child is sick. It is useful to have access to information any time of day, but it is important to choose Web sites carefully. Beware of Web sites that ask for your personal information.

Web sites that end in ".edu," ".org" and ".gov" are often the best choices for health information because their purpose is to educate. Choose sites that include:

- Author or editor names and qualifications
- Contact information
- Current dates on the content
- Language that is easy to understand
- Working links
- A policy on how content is chosen

It's always best to talk with your child's health care provider about what you learn on the Internet. Partnering with providers helps you make the best health care decisions for your child.

TO LEARN MORE

> For more information, visit MedlinePlus for their "Guide to Healthy Web Surfing" — <http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html>

Resource Guides for Washington Families Who Have Children with Special Needs

Starting Point is a guide to services and information for families in Washington state who have children with special health needs. It can help connect families to information, family support groups, child and respite care, and community services. The guide also includes tips from parents on how to get help.

Guia para Padres is a guide to services and information for Spanish-speaking families in Washington who have children with special needs.

The guides are produced by the Center for Children with Special Needs, a program of Children's Hospital, with funding from the Washington State Department of Health Children with Special Health Care Needs Program.

TO LEARN MORE

> To get a copy of the 2006-2007 guides, call Children's Resource Line at 1-(866)-987-2500 or (206) 987-2500 or visit <http://www.cshcn.org/resources/allguides.cfm>



> Class Corner

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.



TIME/DATE: 9:30 a.m. to 12:30 p.m. or 2 to 5 p.m.
Fall dates for 6- to 9-year-olds: Oct. 21 and Dec. 2. Fall dates for 10- to 13-year-olds: Sept. 30 and Nov. 4

PLACE: Children's Hospital, 4800 Sand Point Way N.E.
FEE: \$20 per sibling
REGISTER: www.seattlechildrens.org/classes
MORE INFO: Call Cathy Harrison at (206) 987-3285

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*

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