

Good Growing

FALL 2008

Where Do Babies Come From?

It's Never Too Early to Start the Conversation

Curiosity about the body, and about sex, starts early. By age 3, many toddlers are showing keen interest in their own and others' bodies. This is the perfect moment to begin helping your child develop healthy attitudes and feelings — and accurate information — about sexuality.

A foundation of openness

Learning about the body and sex are normal parts of your child's development — just like learning to cross the street safely or brush their teeth. If you start talking about sex early, and openly, you establish a standard that you can both rely on later. You are the best person to convey your values to your child.

The “teachable” moment

Your child will likely provide you with chances to begin the conversation. The “teachable moment” could come at bath time, seeing the family dog have puppies or with a trip to the zoo.

As your child shows interest, give descriptions that are right for their age, of the basic facts of sex (“mommy and daddy hold each other in a special way” or “the



man puts his penis into the woman's vagina”). Also give simple statements about your values. Teach your child the real names for body parts, and that some parts of the body are private. Doing so lets your child know that all of the body is worthy of respect and care.

Your child's capacity to understand will evolve over time, so aim to have a series of short conversations as those “teachable” moments arise.

An issue of safety

Lack of information makes your child more open to danger, not less. Your child needs your help to know what kind of touch is OK, and what's not. Help your child understand that they can say no if someone wants to touch them in a way that feels wrong and that they can tell you about it. If you have already shown that you are “approachable” on issues related to the body and sexuality it is more likely that your child will come to you if something that feels wrong happens.

It's never too late

Even if you've put off the conversation, it's never too late to start. Use basic, factual information and include statements about your values. The Web site

advocatesforyouth.org offers tips on talking about sex at each developmental stage, from pre-school through high school.

TO LEARN MORE

> Children's offers classes for pre-teens to learn about all of the changes associated with puberty. One parent or adult and the child attend. Learn more at www.seattlechildrens.org/classes.

Children's
Hospital & Regional Medical Center

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

www.seattlechildrens.org

Cones for Kids

Indulge your sweet tooth while supporting a good cause at the fourth annual “Cones for Kids” event on Sunday, Sept. 7 at the Alki Bathhouse. Come enjoy ice cream cones and sundaes, entertainment, raffles and games from 1 to 4 p.m. Proceeds benefit Seattle Children's Oncology Department. Brought to you by the Eternally Joyful Guild.

TO LEARN MORE

> Call (206) 932-5669.



Help the Husky Toy Drive Score a Touchdown!



Donate new, safe, unwrapped toys for patients at Children's Hospital. This annual toy drive returns for its 16th year on Saturday, Sept. 27 before the Washington versus Stanford football game. Drop off toys at the entrances to Husky Stadium between 10:30 a.m. and 12:30 p.m. Get your kids involved by taking them to the store to pick out one of their favorite toys to purchase and donate. The toy drive brought in 55 bags of toys for patients and raised

a record \$21,000 for Children's Child Life Department last year. Cash donations will also be accepted. The Children's Husky Toy Drive is presented by Les Schwab Tires, Q13 FOX and the Guardian Angel Guild.

TO LEARN MORE

> Call (206) 999-0958.

Share the Gift of Music

Whether you have a fussy baby or a pre-teen who doesn't want to talk to you much, music may be just the tool you need! Turn on some music and dance with your baby. Pull out some of your favorite music and have your child get theirs. Spend time listening to both and talk about what you each like and why. These are chances for you to bond with your child.

You know music is enjoyable, but did you know that listening to and playing music uses many areas of the brain? Adding music to your child's day can help their brain develop in ways that build language and math skills.

Share music with your child, no matter their age. Smile, look into your baby's eyes and sing. Your baby won't mind if you sing off-key. Sing special songs or use recorded music to move your child through transitions in the day, like naptime, bath and bedtime.

Toddlers enjoy songs with movement, like the Hokey Pokey. They learn letters and counting from songs, like the ABCs and This Old Man.

Dancing and clapping teach coordination and provide physical activity.

Make homemade instruments with your preschooler by putting rice or beans in plastic containers with lids. Use pots and pans for drums. Have your child put on a show. Venture out to a festival or tourist spot to catch some free live music. Use relaxing music in your child's room as a way to give them (and you) some quiet time.

Beginning around age 6, many kids are able to focus enough to take formal music lessons. Suggest that your school-age child listen to music when they're dealing with tough emotions.

Expose your child to many kinds of music — from classical to worldbeat and everything in between. Try to be open as your older child experiments with music and begins to develop their own tastes.

TO LEARN MORE

> Visit www.seattlechildrens.org/goodgrowing.



Trampoline Safety: Spring into Action!



Jumping high into the air on a backyard trampoline is fun for kids of all ages. But trampoline fun can quickly turn dangerous because many parents do not know about the risks involved with trampolines and fail to take steps to ensure the safety of their children.

According to the U.S. Consumer Product Safety Commission, 90,000 kids each year suffer from injuries related to trampolines.

Common trampoline injuries, such as strains and sprains, broken bones, head injuries and even spinal cord injuries, are caused by bouncing into another person on the trampoline, landing wrong while jumping or doing stunts, falling or jumping off the trampoline or falling on the springs or frame of the trampoline.

If you do allow your child to jump on a trampoline, here are some tips to prevent injuries:

- Always watch children while on a trampoline.
- Only allow one person on the trampoline at a time.
- Do not use the trampoline without shock-absorbing pads that completely cover its springs, hooks and frame.
- Place the trampoline away from structures, trees and other play areas.
- No child under 6 years old should use a trampoline.
- Do not allow somersaults or other stunts.
- Trampoline enclosures or nets can help prevent falls off trampolines.

TO LEARN MORE

> Visit www.cpsc.gov.

> 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

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: Thursdays, Sept. 11, Oct. 7, 6 to 9 p.m. (more class dates online)

FEE: \$40 per family

PLACE: Children's admin. building, 6901 Sand Point Way N.E.

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

Infant Car Seat Class for Expecting Parents

This class is taught by a certified child passenger safety expert and is designed for new or expecting parents. Topics include how to take care of your baby's car seat, how to properly install your baby's safety seat in your car and how to safely secure your baby in their safety seat. Class size limited to five couples.

DATE/TIME: Saturday, Nov. 8, 10 a.m. to noon

FEE: Free; pre-registration required

PLACE: Children's main campus, 4800 Sand Point Way N.E. — Room SDR1

REGISTER: (206) 987-5999

Infant and 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 admin. building, 6901 Sand Point Way N.E.

REGISTER: www.seattlechildrens.org/classes

CALL: (206) 789-2306

Information Session for Parents and Caregivers of Children with Hearing Loss

Please join us for this free session for parents, caregivers or teachers of adolescents with hearing loss. This session will explore the needs of children with hearing loss in general education classrooms.

DATE/TIME: Saturday, Oct. 4, 9 a.m. to 3 p.m.

FEE: Free

PLACE: Children's main campus, 4800 Sand Point Way N.E.

REGISTER: (206) 987-4209

Meal Support Training for Parents

This five-week class taught by a pediatric mental health specialist is for parents of children aged 12 to

18 who have eating disorders. Topics covered include how to structure meal times and normalize your child's eating habits and how to provide emotional support before, during and after meals. These classes are in addition to your child's current treatment with a doctor, nutritionist and/or mental health therapist.

DATE/TIME: Mondays, 7 to 8:30 p.m. (view class dates online)

FEE: \$320 per family

PLACE: Children's main campus, 4800 Sand Point Way N.E.

REGISTER: (206) 987-3560

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: Sunday, Sept. 7, 10 a.m. to 12 p.m.

FEE: Free; pre-registration required

PLACE: Children's main campus, 4800 Sand Point Way N.E.

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 and Sundays, 9 a.m. to 2 p.m. (view class dates online)

FEE: \$40 per person

PLACE: Children's main campus, 4800 Sand Point Way N.E.

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 admin. building, 6901 Sand Point Way N.E.

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 each of two separate days.

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

FEE: \$50 per parent/son pair; \$10 per extra child

PLACE: Children's main campus, 4800 Sand Point Way N.E.

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 each of two separate days.

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

FEE: \$50 per parent/daughter pair; \$10 per extra child

PLACE: Children's main campus, 4800 Sand Point Way N.E.

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.

DATE/TIME: View class dates and times online

FEE: \$20 per sibling

PLACE: Children's main campus, 4800 Sand Point Way N.E.

REGISTER: (206) 987-3285

TO LEARN MORE: www.seattlechildrens.org/classes

KidBits

Are Your Smoke Alarms Working?

One of the biggest mistakes people make when it comes to smoke alarms is removing the batteries when alarms sound due to steam, cooking fumes or a low-battery chirp. Disarming a smoke alarm is a bad idea because it is easy to forget to put it back in working order.



If your smoke alarm gives a false alarm, wave a towel or magazine in front of it until it stops. Some newer alarms have a button that can stop the alarm. If false alarms

occur often, consider moving the alarm. Follow the instructions from the manufacturer.

If an alarm starts chirping, change the battery right away. It's best to change the batteries once each year. Pick a day that's easy to remember, like the day that you turn your clocks back one hour. If your home has smoke alarms that are wired into the electrical system (hard-wired), test them once each month.

Place one alarm on each level of your home, including the basement. For extra protection, place an alarm in each bedroom, too. Most smoke alarms last eight to 10 years and should be replaced after that time.

TO LEARN MORE

> Visit www.seattlechildrens.org/goodgrowing or contact your local fire department.

Think Again Before Choosing a Sugary Drink

Have you heard of putting sugar water in a child's sippy cup? Or giving a sport drink with 12 teaspoons of sugar to a child after a soccer game? You might think that these drinks are harmless, but they can cause tooth decay, overweight and lead to other health problems.

Sugar is behind the fancy packaging of many juices, sport drinks and sodas. Even 12 ounces of 100% apple juice contains 10 teaspoons of sugar.



The American Academy of Pediatrics recommends that children under 6 months of age get no fruit juice. Limit fruit juice to 4 to 6 ounces a day for children up to 6 years old. Allow

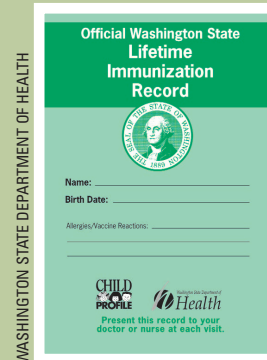
no more than 8 to 12 ounces a day for older children.

Keep sugary drinks to a minimum by choosing healthier drinks like water and lowfat milk. Make sure your child always has water with them, using reusable water bottles. Encourage your child's teams and groups to choose water after their activities. If you buy juice drinks, choose 100% juice.

TO LEARN MORE

> Visit www.seattlechildrens.org/goodgrowing.

New Flu Vaccine Recommendation for Children and Teens



There is a new recommendation from the Centers for Disease Control and Prevention (CDC) that all children and teens, 6 months to 18 years of age, receive the flu vaccine each year. Flu season begins in the fall and lasts through the spring.

Children younger than age 9 may need two doses of flu vaccine in the same flu season if they have not been vaccinated in the past.

The flu can be dangerous, even fatal for young children and people who spend time around them. Flu vaccine is the best way to protect your child from the flu.

Talk with your doctor or nurse about the flu vaccine. This is also a good time to find out if your child has missed any immunizations. It's not too late to catch up. Keep track of your child's immunizations. Request a Lifetime Immunization Record by calling the Family Health Hotline at (800) 322-2588 or 711 (tty relay).

TO LEARN MORE

> Visit www.cdc.gov/flu or www.seattlechildrens.org/goodgrowing.

> Events

Children's 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. 18, 10 a.m. to 1 p.m.

FEE: Free

PLACE: Children's main campus,
4800 Sand Point Way N.E.

Whale Parking, Orange Level 4

TO LEARN MORE: (206) 987-5999

Life Jacket Sale and Fittings

Purchase properly fitted life jackets for children, teens and adults.

DATE/TIME: Saturday, Sept. 20, 10 a.m. to 2 p.m.

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

PLACE: Evans Pool at Green Lake,
7201 E. Green Lake Drive N.

TO LEARN MORE: (206) 684-7440

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. ©2008 Children's Hospital and Regional Medical Center, Seattle, Washington.

REGIONAL LOCATIONS

Children's Bellevue
Children's Everett
Children's Federal Way
Children's Olympia
Children's Tri-Cities
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