

# Good Growing

SPRING 2007

## Taking a Stand for Children

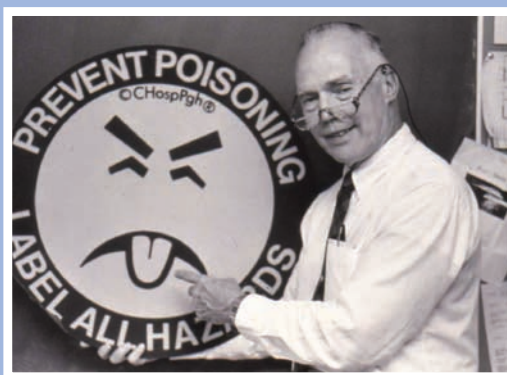
Since Children's opened its doors 100 years ago in 1907, our interest in the health of children has gone beyond the patients we treat. Through the years, we have worked to improve the health and safety of all children through advocacy — helping change public policy, educating parents and doing research to prevent avoidable injuries and diseases.

Children's first advocacy effort began in the summer of 1908, after many infants died from severe diarrhea caused by impure milk. Children's physician Dr. George McCulloch found that farmers were preserving raw milk with formaldehyde, instead of pasteurizing the milk. At Dr. McCulloch's insistence, the city of Seattle established a "milk commission" to regulate pasteurization and protect the public from impure milk.

In 1954, Children's established the first poison control information center in Washington state.

We stepped into the public policy arena again in 1968 when the hospital supported putting fluoride into Seattle's water supply to help prevent tooth decay. Two previous fluoridation measures had failed, but with a formal endorsement from Children's, the measure passed with flying colors.

Also in the late 1960s, Children's physicians were the first to publish a paper on Sudden Infant Death Syndrome (SIDS), which led to major federal research funding.



Our work with Senator Warren G. Magnuson resulted in legislation mandating flame-resistant sleepwear that saved countless children from accidental burns.

In the early 1980s, our research around scald burns from tap water led to a state law requiring new water heaters to be installed at 120 degrees.

Today, our ongoing studies are giving parents important information about the effect TV, DVDs and video games have on a child's development. Children's outreach programs

help prevent and treat childhood obesity.

Our leadership in legislative advocacy recently resulted in the passage of a bill to ensure comprehensive, affordable health care coverage for every child in Washington state by the year 2010.

We are also giving kids with chronic conditions a voice in communities across the Pacific Northwest. Two-thirds of our patients have chronic health conditions. Close to 40% have life-long conditions such as diabetes, cerebral palsy and genetic disorders. Our Center for Children with Special Needs helps families manage the challenges of raising a child with an ongoing health condition.

Together with our community partners, we have reduced injuries and deaths through our programs focusing on water safety and life jackets, car and booster seats, bike helmets, safe routes to school and safe gun storage. This work is done in the hope that we might never see another child in the hospital suffering from a life-threatening injury.

### TO LEARN MORE

> [www.seattlechildrens.org/home/about\\_childrens/history.asp](http://www.seattlechildrens.org/home/about_childrens/history.asp)

**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)

### Odessa Brown Children's Clinic Health and Fitness Fair

The Odessa Brown Children's Clinic is having their annual health and fitness fair on Saturday, June 9, from noon to 4 p.m. The fair will be at Pratt Park at 20th and East Yesler Way in Seattle. Bring your kids to this free event to learn about healthy living and help celebrate Children's 100th birthday.

### TO LEARN MORE

> Call Odessa Brown Children's Clinic at (206) 987-7200.





## Purchase a Miracle for Children's

Look for blue-and-white shelf tags on hundreds of products at your local grocery store from May 1 to June 15. You will help raise funds for uncompensated care at Children's when you buy these products from Coca-Cola, Darigold, Newman's Own, MJB Premium Coffee and many more. Next time you're grocery shopping,

do a "treasure hunt" with your kids and have them try to spot the Purchase a Miracle products. This might keep them busy while you do the shopping. It's also a great opportunity to teach them about charitable giving.

### TO LEARN MORE

> Visit [www.seattlechildrens.org](http://www.seattlechildrens.org) or call (206) 987-4903

## Bike Safety

Pump up those tires — spring is here, and it's time to get biking!

Biking is a healthy and fun way for your child to spend time outside. Be sure to supply your child with the right equipment and teach them how to ride safely.

**A bike is the right fit** when your child can sit on the seat with their knees straight and their feet flat on the ground. The handlebars should be at or below their shoulders when sitting on the seat. **A helmet is the right fit** when: ① It sits level on your child's head, resting low on their forehead — about two finger-widths above the eyebrows. ② The straps are even and form a "Y" under the earlobes. The straps should be snug against the head and always be buckled. ③ You should be able to insert a finger between the buckle and chin, but it should be tight enough that if your child opens their mouth, you can feel the helmet pull down on top. Look for a helmet that has either a "CPSC" or

"Snell" sticker on the inside. These stickers mean that the helmet meets safety standards. Sales staff at bike stores can help you select the right bike and helmet for your child.



Make sure that your child wears a helmet **every time** they ride. If the helmet has a hard impact with a surface, get a new helmet right away. Helmets are only good for one crash.

Ask your child to wear bright-colored clothes so that they are easier for cars to see. Pant legs should be tight

## Be a good role model and wear your helmet when you ride, too!

enough that they stay away from the chain. Never let your child ride barefoot. They should wear shoes that grip the pedals — tennis shoes are a good choice. Avoid flip-flops, cleats and shoes with heels.

Set rules about where your child can ride, based on their age and your

neighborhood. Teach them to watch for vehicles coming from all directions, including out of driveways and through alleys. If your child is old enough to ride on the road, teach them the rules of the road, including to ride with traffic.

Biking together is a great family activity. Be a good role model and wear your helmet when you ride, too!

### TO LEARN MORE

> To learn more about bike safety and proper helmet fit, visit the May 2007 section of [www.seattlechildrens.org/goodgrowing](http://www.seattlechildrens.org/goodgrowing)

> Come to Children's bike helmet sale on Saturday, June 9, 10 a.m. to 2 p.m. Buy a helmet for \$10 or bring yours to have the fit checked. The event is at the Metropolitan Market Sand Point, 5250 40th Ave. NE, Seattle.

## Parenting Can Be Stressful. Think Ahead. Have A Plan.

Stress and frustration are normal feelings that parents experience. The key is to not take it out on your kids. Keep them safe. Keep your coping skills high when you are faced with stress and behavior problems. Use non-physical discipline. Set consistent rules, but also let your child explore their world. Remember to use positive reinforcement for good behavior.

Make your child feel loved and secure. When you discipline your child, make sure to tell them you are upset with their behavior, but not with them as a person. They need to know that you always love them.

Stop and think before stress makes you feel out of control. Make sure your child is safe, and then take

your own time out nearby. Sometimes a short break can help you clear your head.

Coach your child on ways to keep their cool, too. Help them identify their anger signs and teach them "anger tamers" to use when they feel angry. Some anger tamers are singing an angry song, quiet time, pounding Play-doh, running laps around the yard, drawing an angry picture and counting to 10 while breathing deeply.

You can help others avoid abuse by listening, offering support or offering to baby sit for a parent who is struggling. Do your best to support the families and children around you.

### TO LEARN MORE

> Visit [www.seattlechildrens.org](http://www.seattlechildrens.org) for information about emotions, behavior and discipline.

> To learn what child abuse and neglect is, and ways to prevent them, visit Washington Council for Prevention of Child Abuse and Neglect at <http://www.wcpca.wa.gov>

> For immediate help, call the 24-Hour Crisis Line, (866) 427-4747 or (206) 461-3222.

## > 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

#### 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. A teleconferencing outreach program is available in many cities in Washington. 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. 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](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. 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:** Mondays, first and last week are 7 to 8 p.m., middle four weeks are 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, May 21, 2007, 7 to 9 p.m. (view additional class dates online)

**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. 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](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.

**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

### PATHWAYS LECTURE SERIES 2007

*Pathways* is a parenting lecture series. Please visit [www.parentmap.com](http://www.parentmap.com) or call (800) 838-3006 for lecture descriptions, to purchase tickets or for more information.

#### "How Big IS a Hormone?"

#### Tackling Tough Questions Kids Ask

**DATE/TIME:** Tuesday, May 9, 2007, 7 to 9 p.m.

**PLACE:** Seattle Children's Theater — 201 Thomas Street, Seattle

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

**SPEAKER:** Julie Metzger, RN and Dr. Rob Lehman

#### Coaching Kindness: The Impact of Language on Your Child's Character

**DATE/TIME:** Tuesday, May 22, 2007, 7 to 9 p.m.

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

**PLACE:** Museum of History and Industry — 2700 24th Ave. E., Seattle

**SPEAKER:** Hal Urban, PhD

### OTHER 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.

**DATES/TIME:** Saturdays — May 19, June 16, July 21, Aug. 18, Sept. 15, 10 a.m. to 2 p.m.

**FEE:** \$20 for each life jacket

Must be present to purchase

**PLACE:** Evans Pool at Green Lake

**FOR MORE INFORMATION:** [www.seattlechildrens.org](http://www.seattlechildrens.org)

#### Child Safety Day

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 seat belt. Co-sponsored by Children's Hospital and Regional Medical Center, State Farm and the Seattle Child Passenger Safety Team.

**DATE/TIME:** Saturday, May 19, 10 a.m. to 1 p.m., first come, first served. No appointment needed.

**FEE:** Free

**PLACE:** Rainier Beach Community Center — 8825 Rainier Ave. S., Seattle

**FOR MORE INFORMATION:** (206) 987-2548

## KidBits

### Child Restraint Law Change Starts June 1

Starting in June 2007, Washington's child restraint law will change to require:

- All children under 13 years old ride in the back seat.
- Children from birth to age 8, must ride in the correct, age-appropriate infant, car or booster seat.
- Children ages 4 to 8 years old must ride in a booster seat, unless they are taller than 4 feet, 9 inches.
- Children 8 years of age, or at least 4 feet, 9 inches tall, who use a seat belt, must wear it correctly (not under the arm or behind the back).



- Booster seats must be used with a lap-shoulder belt. Vehicles equipped with lap-only belts do not need to use a booster seat.

Share these changes with others who drive your child. See the Event Corner below for information on Children's upcoming car seat checks.

#### TO LEARN MORE

> Visit [www.800bucklup.org](http://www.800bucklup.org)

### Get Ready to be Fit and Healthy and Have Fun Too!

Children ages 2 to 14 years old can complete eight physical activities and enter to win prizes, including Mariner tickets, and a trip to Legoland in California. Your Ticket to Summer Fun is sponsored by Children's Hospital and Regional Medical Center, Seattle Mariners, KOMO 4 TV and KOMO 1000 Radio. For your copy of the *Your Ticket to Summer Fun* activity booklet, call (206) 987-5245 or e-mail your request to [goodgrowing@seattlechildrens.org](mailto:goodgrowing@seattlechildrens.org)

### Become an Organ Donor

Nearly 95,000 people nationwide, including more than 1,200 of our Northwest neighbors, are waiting for life-saving organ transplants. Some of these neighbors are children. In some cases, adult-sized organs can be split and used to save the lives of children. Imagine being the parent of a child who is waiting for an organ transplant. Please consider registering to be an organ and tissue donor by:

- Saying 'yes' to organ donation when renewing your driver's license.
- Registering online at [www.livinglegacyregistry.org](http://www.livinglegacyregistry.org)
- Calling the Living Legacy Foundation toll-free at (877) 275-5269

#### TO LEARN MORE

> Visit <http://transplant.seattlechildrens.org> or [www.livinglegacyregistry.org](http://www.livinglegacyregistry.org)

### All Terrain Vehicles Are Not Toys

All terrain vehicles (ATVs) are growing in popularity, but they can be dangerous. In the United States, about 120 children under age 16 died and 40,400 were treated for injuries in emergency rooms from incidents with ATVs in 2005.

PHOTO COURTESY OF WWW.CFRSC.GOV



ATVs tip over easily. All ATV drivers, including children under age 16, should take a hands-on ATV safety

course from a certified instructor. Adult ATVs can go 60 miles per hour and weigh up to 800 pounds. Children under age 16 should never be on an adult-size ATV. Children under age 6 should never be on any ATV, either as a driver or a passenger.

Make sure that your child always wears a helmet and protective gear, like goggles, gloves, long pants, a long-sleeved shirt and over-the-ankle boots while on an ATV. Tell your child never to ride tandem on a one-person ATV and to never ride on paved roads. Teach your child that it is not safe to ride if they are under the influence of drugs or alcohol.

#### TO LEARN MORE

> Visit [www.ATVSafety.gov](http://www.ATVSafety.gov)

## > Event Corner

You may ask "What type of safety seat or seat belt fits my child best?" or "How do I install my child's safety seat in my car?" or "How do I secure my child in the safety seat or seat belt?" Learn the answers to these questions at a free safety check. Child passenger safety experts will check your child in a car seat, booster seat or seat belt and answer your questions. New and expecting parents are welcome.

#### TO LEARN MORE

> Children's Car Seat Program, (206) 987-2548  
> Safety Restraint Coalition, (425) 828-8975  
> [www.boosterseat.org](http://www.boosterseat.org)

**DATES:** Saturday, June 16  
Saturday, Aug. 25  
Saturday, Oct. 20

**TIME:** 10 a.m. to 1 p.m., first come, first served.  
No appointment needed.

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

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*

**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)