

Good Growing

WINTER 2006

TV Viewing and Sleep Patterns in Young Children

Getting enough sleep — and getting good sleep — is key to the health and development of young children.

TV watching harms sleep patterns of children under age 3, according to new research from Dr. Dimitri A. Christakis and Dr. Darcy A. Thompson of Children's Hospital and the University of Washington's Child Health Institute.

The study found a direct link between the amount of TV watched and the sleep habits of infants and toddlers. Children who watched more TV were more likely to have irregular naptime and bedtime schedules. Those who watched more than three hours of TV a day were less likely to sleep well or go to bed easily.

Bright lights, rapidly changing images and violent TV programs may all affect a child's ability to fall asleep or keep a regular sleep routine. TV viewing has also been linked to weight gain, low levels of physical activity, attention problems and aggressive behavior.

Here are some TV viewing tips for your family:

- For children under age 3, no TV is best.
- For children over age 3, keep TV viewing to less than one hour a day.

- Choose programs that are right for your child's age. Watch TV with them and talk about the program's themes.
- Turn off the TV and make dinner together. Make dinner time a family event.
- Keep TV out of your child's room. In this study, 30 percent of children under age 3 had a TV in their room.
- Read to or play with your child. Try art projects, building blocks, games, puzzles, puppets and dolls.
- Take a trip to the library, museum or park.
- Be active, both indoors and out.

On average, infants less than 6 months old will sleep or nap 16 to 20 hours a day. Babies ages 6 to 12 months may nap for two to three hours during the day and sleep 10 to 11 hours at night. Most children between ages 1 and 3 years old sleep 10 to 13 hours. Every child is different. Talk with your child's doctor or nurse if you have concerns about your child's sleep habits.



TO LEARN MORE

> Visit www.seattlechildrens.org for the flyer "TV, Computers and the Internet: Limiting Screen Time" or visit Kidshealth at www.kidshealth.org.

Children's
Hospital & Regional Medical Center

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

www.seattlechildrens.org

5th annual *One Big KISS for Children's Hospital* Radiothon and Community Health Fair Feb. 8 to 11



Join KISS 106.1 FM's morning hosts Jackie and Bender as they broadcast stories of Children's patients, families and staff Feb. 8 to Feb. 11. You can pledge early at www.jackieandbender.com. Join us Saturday, Feb. 11 from 10 a.m. to 2 p.m. for a free, hands-on health fair for families to learn about health, safety and being in the hospital.



Get Your *Keep Kids Safe* License Plate

Washington state drivers now have a new way to show their support for the health and safety of children. Starting in January 2006, you can buy the new Keep Kids Safe license plate for \$45 at any Department of Licensing. For each license plate sold, \$33 goes to support programs and services in local communities that help prevent child abuse and neglect.

TO LEARN MORE

> For more about the Keep Kids Safe license plate, visit the Department of Licensing Web site at www.dol.wa.gov/vs/specialtyplates/tr-sppnew.htm

Is Your Young Teen in Harm's Way?

About one in 20 children in the United States feel depressed sometime between sixth and ninth grade. Middle-school kids may not know how to talk about being "down in the dumps." But when these feelings become too hard to handle, they may hurt themselves as a way to cope with — and show — their distress.

"Self-harm" can take a number of forms such as cutting, burning, scratching, bruising or biting one's own skin. Other types of self-harm include head banging, pulling out hair or eyelashes, swallowing objects that are not fit to eat and breathing or sniffing harmful fumes. Girls between the ages of 11 and 14 are three times more likely to engage in self-harm than boys.

Some young teens practice self-harm to relieve tension when depression or thoughts of killing themselves become too intense. For some kids, the pain from the wounds they give themselves seems better than feeling numb inside. Still others practice self-harm as a way to have control when parts of their lives seem out of control.

How to Help

Know the symptoms of teen depression — loss of interest in friends or having fun, being grouchy, having a hard time sleeping and thinking, changes in hunger, decreased energy, feeling hopeless — and watch your child for any sign that she is harming herself.

Here are ways to help your child:

- Name feelings and talk them out instead of acting on them.
- Try breathing, counting, writing, drawing or touching an ice cube to the skin when the need to self-harm comes up.
- Figure out how to find comfort in a non-harmful way.
- Practice better ways to manage stress.
- Find ways to develop new social skills.

If you think your child is harming herself, call your child's doctor or nurse.



TO LEARN MORE

- > For signs of self-harm and how you can help, visit the American Academy of Child & Adolescent Psychiatry Web site at www.aacap.org/publications/factsfam/73.htm
- > For a toolkit about depression and anxiety, visit the Center for Children with Special Needs Web site at cshcn.org/resources/mentalhealthtoolkit.cfm



Poison and Choking Prevention

Toddlers are curious. They don't know the dangers of exploring. They need others to look after them and make their environment safe. Items that aren't stored well can put toddlers at risk for poisoning and choking.

Prevent poisonings

Use child-resistant packaging, but be aware that child-resistant does not mean childproof. Children under age 2 may be able to open these within four to five minutes. Store poisons in their proper containers and

out of reach. Use Mr. Yuk stickers on all items that should be kept out of reach. Check the name and dosage each time you give your child medicine.

Prevent choking

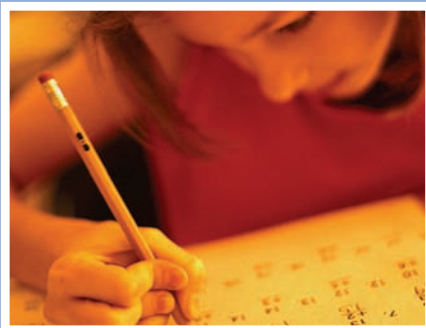
Always watch children when they are eating or playing. Cut food into very small pieces for children less than 3 years old. Avoid hard foods like raw carrots. Follow warnings on toys and games. Be aware of small objects such as latex balloons, buttons, beads, marbles, coins, pins and stones that can choke children. Keep plastic wrap or bags out of reach.

Teach toddlers to never put anything in their mouths without asking a grown-up first. Help them understand that eating, drinking or even playing with the wrong things can make them very sick.

TO LEARN MORE

- > Visit the Washington Poison Center Web site at www.wapc.org or call their hotline at **(800) 222-1222** for poison help, Mr. Yuk stickers or for a magnet with the hotline number.

> 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 three working days before the class. These classes are popular and often fill up several months in advance.

The following class will be 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, how to handle emergencies, age-appropriate toys, business hints and parent expectations.

DATE/TIME: Saturdays, 9 a.m. to 3 p.m.
Sundays, Jan. 22 and April 23,
9 a.m. to 3 p.m.

FEE: \$40 per person

REGISTER: www.seattlechildrens.org/classes

The following classes are co-sponsored by Great Starts of Seattle and are held at Children's building at N.E. 70th St. and Sand Point Way N.E.

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: \$30 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 treatment of choking.

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

FEE: \$35 per person

CALL: (206) 789-2306

CPR for Babysitters

For youth 11 to 15 who have completed a babysitting course. Teaches safety, healthy heart living, infant/child CPR and treatment of choking. Receive a \$5 discount when you also sign up for Better Babysitters.

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

FEE: \$35 per person

REGISTER: www.seattlechildrens.org/classes

The following classes are offered by various hospital 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

For parents and caregivers of children with asthma and taught by Pulmonary nurses and a pharmacist. Learn about asthma triggers, inhalers and how to work with your child's school or day care.

DATE/TIME: Wednesday, Feb. 28, 9:30 to 11:30 a.m.

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

CALL: (206) 987-2486

Autism 101 and Autism 200 Series

For parents and caregivers of children with autism. Autism 101 offers the basics for parents. Autism 200 covers special topics such as behavior and social skills.

DATE/TIME: Weekdays, 7 to 8:30 p.m., call for dates

FEE: \$10 donation suggested (per class)

CALL: (206) 987-2204

Bladder Health

Class for caregivers and parents of children over 5 — Tips for good bladder health include treating and preventing daytime wetting and urinary tract infections.

DATE/TIME: Wednesdays, Feb. 1 and Apr. 6, 7 to 8 p.m.

FEE: Free, pre-registration required

CALL: (206) 987-2486

Meals Support Class

8-week class for adolescents ages 12 to 18 with eating disorders and their parents. Teaches strategies for supporting adolescents and the strong feelings they experience around mealtimes. Class size limited to 4 families (2 adults, 1 adolescent per family).

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

COST: \$320 per family (prepayment required)

CALL: (206) 987-2760

Sibshops

Children's offers two Sibshops classes, one for siblings of kids with special health concerns and one for siblings of kids with developmental needs (classes divided in two age groups: 6-9 and 10-13).

DATE/TIME: Call for dates, three hours

FEE: \$20 per child, includes snack

CALL: (206) 987-3285

> Events

Children's Community Health Fair

Free event to learn about health, safety and Children's Hospital. Bring your bear or doll to the Teddy Bear Clinic, visit with the Tooth Fairy or get fitted for a bike helmet — bring your own or buy one there for \$6.

DATE/TIME: Saturday, Feb. 11, 10 a.m. to 2 p.m.

FEE: Free

PLACE: Children's Hospital

CALL: (206) 987-5724

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, March 25, 10 a.m. to 1 p.m.
No appointment necessary.

FEE: Free

PLACE: Children's Hospital — Giraffe Parking Garage

CALL: (206) 987-2548

PATHWAYS LECTURE SERIES

You may buy tickets in advance on the Pathways Web site at www.parentmap.com/pathways.htm or by calling 1 (800) 838-3006.

Teens and Sex: What Parents Should Know

Laura Kastner, PhD

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

FEE: \$15 in advance, \$18 at the door

PLACE: Bellevue Art Museum, Bellevue

The Seven Principles for Making Marriage Work

John Gottman, PhD

DATE/TIME: Monday, March 20, 7 to 9 p.m.

FEE: \$20 in advance, \$25 at the door

PLACE: Town Hall, Seattle

How to Behave So Your Children Will, Too!

Sal Severe, PhD

DATE/TIME: Wednesday, April 19, 7 to 9 p.m.

FEE: \$15 in advance, \$18 at the door

PLACE: Seattle Children's Theatre, Seattle

KidBits

New Booster Seat Law in Washington State

Washington state car and booster seat safety laws are changing in June 2007. Under the new Child Restraint Law:

- 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 4 feet, 9 inches or taller.
- Children 8 years old — or at least 4 feet, 9 inches tall — must use a seat belt and wear it correctly (not under the arm or behind the back).
- All children under 13 years old must ride in the back seat, where it is practical to do so.

The new Washington state law now matches the advice of safety experts and the American Academy of Pediatrics (AAP).

In 2000, Washington became the first state to pass a law requiring children up to age 6 to ride in a booster seat in the car. In 2003, 33 percent fewer children died in car crashes than in the year 2000.

TO LEARN MORE:

- > Visit the Washington State Booster Seat Coalition at www.boosterseat.org or call 1 (800) BUCK-L-UP or 1 (800) 282-5587.



Emergency Preparedness: How Your Child Can Help

The best way to cope with a disaster is to prepare ahead of time. There are many ways to involve your child in making your family disaster plan:

- Your child can help you shop for and gather emergency supplies such as flashlights, batteries, a radio, food and water.
- Teach your child how and when to call 911. Post emergency phone numbers by each phone.
- Discuss your family's escape plan — draw a map with two escape routes from each room in your home, where to go in your home to stay safe during an earthquake and where your family will meet if you have to leave your home.
- Pick an out-of-state contact for your family to check in with in case local phone lines aren't working.
- Have your child make cards with the contact's name and number for each of you to carry with you.

When kids know what to do and have practiced being prepared during an emergency, they are better able to deal with disaster when it strikes.

TO LEARN MORE

Visit www.seattlechildrens.org for the flyer "Disasters: Helping Children Cope."

Head Lice

Head lice are small gray, brown or black insects. The female "louse" can lay up to 10 eggs (nits) in one day along with a glue that attaches nits to the hair.



Lice spread through direct contact. Children catch lice because they have come in close contact with each other. They also can catch lice by sharing personal items such as hats, combs or brushes, pillows, helmets or headphones.

To prevent head lice, have your child:

- Avoid sharing personal items.
- Keep long hair in a braid or ponytail.

Check your child's head for lice and nits weekly — behind the ears and on the back of the head above the neck. Use a nit comb each time.

If your child does get head lice, the best way to get rid of them is to comb the hair with a metal nit comb each day for three weeks. You can buy lice medicines, but some may not kill all lice and nits. If you choose to use a lice medicine, follow the directions on the label exactly.

TO LEARN MORE

- > For a list of steps to help you comb out lice from your child's head, visit www.seattlechildrens.org for the flyer "Lice: Understanding and Treating."

> Class Corner

For Boys Only/ For Girls Only

"The goal for the Boys Only and Girls Only classes is to create chances for parent and child to laugh and learn together, and explore the joys and challenges of going through puberty" — Julie Metzger, RN, For Girls Only instructor.

The two-part classes for pre-teens (ages 10 to 12) and a parent provide a safe and open place to talk about what Metzger calls "the hit parade of puberty" — everything from body odor and acne to having a period. It's a chance to start those sometimes-tough talks and for children to see parents as a resource. One parent says: "The greatest

thing about this class was that it made the topics easier to discuss."

DATE/TIME: 6:30 to 8:30 p.m., call for dates
FEE: \$45 per parent/child pair
PLACE: Children's Hospital
 4800 Sand Point Way N.E.
REGISTER: www.seattlechildrens.org/classes

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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 NUMBER

(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

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