Help Your Child Build Social-Emotional Skills

We all need social-emotional skills to have a happy life filled with positive personal relationships. We use these skills every day in all sorts of ways: when we interact with family, build friendships, work out conflicts, follow the rules, or offer help and compassion to others.

At the heart of all social-emotional skills are certain basic abilities. We must be able to understand our feelings, manage our emotions, and express ourselves in a healthy way. We need to know how to regulate our own behaviors. And when we're with others, we need the ability to 'read' and understand their emotions.

Social-emotional skills develop over time, starting from birth. Naturally, parents and families play a primary role! Here are just a few ways we encourage this process in the first few years of life.

For babies from birth to 12 months, we respond to all their needs, we learn their likes and dislikes, and we support their development through play and other interactions. We keep them safe and secure, and we show them constant love and acceptance by being affectionate, nurturing and patient all the time — regardless of circumstances.

For children ages 12 months to 24 months, we ensure their safety as they play, explore and learn. We encourage simple problem-solving and praise their efforts — not just the outcome. We help them develop self-control through waiting patiently, taking turns and sharing. We model how to solve conflicts peacefully, and we help them do the same.

For children ages 2 to 3, we set clear rules and limits, so they can feel secure. We help them identify their emotions and feel their genuine feelings — without acting out in a negative way. We help them develop empathy by understanding how their behavior affects others, and how others might be feeling. We let them choose the type of play they enjoy and we join in, so they feel valued and accepted.

When it comes time for school, strong social-emotional skills make learning easier. Children who have them can relax, focus and feel motivated to do their best. They’re more likely to enjoy their work, cooperate with others, and bond with their teachers and classmates.

The best, first place to learn and practice social-emotional skills is within the family. By making quality family time a priority we’re creating a foundation for a contented life!
GERD and Crying

Gastroesophageal reflux disease (GERD) affects about half of all babies. It happens when food and stomach acid back up into the esophagus (the tube that runs from the mouth to the stomach), causing burning and pain. If your baby cries or fusses more than usual after eating, see your baby’s healthcare provider. If the problem is GERD, they’ll make recommendations that might include a change in diet and keeping your baby upright during and after feeding. While most babies outgrow GERD between 6 months and 1 year, in some cases surgery is needed. Of course, babies cry for many other reasons, and some require extra soothing. In any case, a visit to their healthcare provider is the best place to start.

TO LEARN MORE:
Search ‘GERD’ at seattlechildrens.org.

Flu Vaccine Strongly Reduces Risk of Flu-Related Death

The flu can be life-threatening. The Centers for Disease Control and Prevention (CDC) reports that during the 2017–2018 flu season, 178 children in the U.S. died of flu-related illness. About 80% of these deaths were children who had not had that season’s flu vaccine.

The good news is that the flu vaccine significantly reduces a child’s risk of dying from the flu.

In 2017, a study in the medical journal Pediatrics showed that among healthy children, the vaccine reduces the risk of death from the flu by nearly two-thirds: 65%. And among children with underlying high-risk medical conditions, the vaccine reduces their risk by 51%. That study looked at data from four flu seasons between 2010 and 2014.

The best way to prevent seasonal flu is to have everyone over 6 months old in your family vaccinated each year. In the U.S., flu season usually begins in December and lasts until April. It’s best to get the flu vaccine as soon as it becomes available.

TO LEARN MORE:
Visit seattlechildrens.org/safety-wellness/about-the-flu.

Understanding the Types of Bullying

Kids and parents alike must understand what bullying is and recognize the forms it can take. How is bullying actually defined? It is behavior that is both unwanted and aggressive. It always includes an imbalance of power in which the child who bullies uses some form of power to control or harm whoever they are bullying. And bullying is behavior that is repeated over time — or that has the potential to be repeated over time.

Bullying can take different forms: physical, verbal, social and cyberbullying. Physical bullying includes attacking someone or using body motions or facial expressions to suggest an attack may happen. Hitting, shoving, poking and glaring are all physical bullying, as is taking someone’s lunch, knocking something out of their hands or messing up their belongings. Verbal bullying includes name-calling, teasing, taunting, and threatening. Social bullying (also called relational bullying) often involves purposely excluding someone from a group and encouraging others to do so. Social bullying can include gossip, rumor-spreading and humiliation.

Cyberbullying happens over digital devices like smartphones, computers and gaming consoles. It can occur through calls, texts, emails, personal messaging, chat functions and social media apps. It includes sending, posting, or sharing any sort of negative content about someone else — anything that embarrasses or humiliates another person.

Bullying is upsetting and potentially harmful for all involved. Kids who bully often require focused help to understand and change their destructive behavior. Kids who are bullied and those who observe bullying need help in learning how to respond and take action safely.

TO LEARN MORE:
Visit stopbullying.gov.
Quick Tip

JUUL is a popular brand of e-cigarettes. One JUUL pod contains as much nicotine as a pack of cigarettes.

Child-resistant Is Not Childproof
Don't count on child-resistant packaging. Even with this safety feature, a child can often open it. Tragically, every 12 days in the United States, a child under age 6 dies from an accidental overdose of prescription drugs, pain relievers, vitamins and other medicines they find within easy reach. And every nine minutes in our country, accidental poisoning with medicine sends a young child to the emergency room. It's crucial that parents, grandparents and other caregivers do not store these items — even those in child-resistant packaging — anywhere that is visible and within reach. Instead, always store medicines up, away and out of reach. It's always best to lock them up.

TO LEARN MORE:
Visit seattlechildrens.org.

For Minor Injuries, Remember R.I.C.E.
Active kids get minor injuries from time to time. You can treat these strains, sprains and bruises at home, using the tried-and-true R.I.C.E. method as soon as possible after the injury occurs. R is for resting the injured area. I is for icing the injured area for 20 minutes every two hours to reduce pain and swelling. C is for compression, using a compression wrap (like an Ace bandage) to reduce swelling. And E is for elevate: raise the injured area to a level at or above the heart while applying ice, and whenever your child is sitting or lying down. Call your child's healthcare provider if you think they need to be seen, and especially if the pain lasts for more than three days.

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

Tips for Effective Praise
One way to encourage positive behavior and help build your child's self-esteem is to use sincere praise for their effort. Rather than relying on the words "good job," be specific. Name the behavior that you appreciate: "I like the way you jumped in to help unload the groceries," or "I am so proud of the care you took to make that special get-well card for Grandpa." Compliment their effort when they spend time practicing a skill or trying something new. And when your child uses healthy coping strategies to work through frustration or anger, tell them that you notice, and praise them for their hard work. Praise is powerful when it's specific and sincere — and based on effort rather than results.

TO LEARN MORE:
Search 'give praise' at healthychildren.org.
Classes and Events

These classes are popular and often fill up several months in advance, so please register early. Scholarships are available. If you would like to ask about a scholarship, call the number provided for the class you’re interested in.

PARENTING CLASSES

**Autism 101**

This free 90-minute lecture is designed to provide information and support to parents and families of children recently diagnosed with an autism spectrum disorder. A portion of each session is dedicated to answering questions from the attendees.

Lectures are at Seattle Children’s main campus in Seattle, once per quarter, on a Thursday, from 7 to 8:30 p.m. Lectures are also available via live streaming.

View dates or sign up for live streaming at seattlechildrens.org/classes. Call 206-987-8080 if you have questions.

**Autism 200 Series**

Autism 200 is a series of free 90-minute classes for parents and caregivers of children with autism who wish to better understand autism spectrum disorder. Each class features a different topic.

Classes are usually offered on the third Thursday of the month, 7 to 8:30 p.m. at Seattle Children’s main campus in Seattle. These classes are also available through live streaming.

View dates and topics, sign up for live streaming or view past Autism 200 lectures at seattlechildrens.org/classes. Call 206-987-8080 if you have questions.

**BabySafe**

BabySafe is a 4-hour class for new and expectant parents and others who care for babies. Topics include infant development, baby safety, injury prevention and care of common injuries for infants from birth through 12 months of age. Infant CPR is demonstrated and practiced, but this is not a certification class.

This class is offered in Seattle. The fee is $67 and each registration is good for two people from the same family. View dates and locations at seattlechildrens.org/classes or call 206-987-2304 if you have questions.

**Heartsaver First Aid, CPR and AED**

This video-based class for parents and caregivers covers how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use. Students receive an American Heart Association Heartsaver First Aid, CPR, AED Course Completion Card that is valid for two years.

This class is offered at Seattle Children’s main campus in Seattle for $75 per person. View dates at seattlechildrens.org/classes or call 206-987-2304 if you have questions.

**Youth Mental Health First Aid**

This 8-hour class is for adults who regularly interact with adolescents ages 12 to 18. Youth Mental Health First Aid will improve your knowledge of mental health and substance-use problems and will teach you how to connect youth with care when needed.

This class is offered at the Sand Point Learning Center in Seattle for $15 per person, which includes class materials and lunch. View dates at seattlechildrens.org/classes or call 206-987-9878 if you have questions.

PRETEEN AND TEEN CLASSES

**Better Babysitters**

For youth, ages 11 to 14. Students learn about responsible babysitting, basic child development, infant and child care, safety, handling emergencies, age-appropriate toys, business tips and parent expectations.

This class is offered in Seattle, Bellevue, Everett and Federal Way. The cost is $45 per person. View dates and locations at seattlechildrens.org/classes or call 206-987-9878 if you have questions.

**CPR and First Aid for Babysitters**

For youth, ages 11 to 15. Topics include pediatric CPR, treatment for choking, and first-aid skills. Students receive an American Heart Association Pediatric Heartsaver First Aid, CPR, AED Course Completion Card that is valid for two years.

This class is offered at Seattle Children’s main campus in Seattle for $75 per person. View dates at seattlechildrens.org/classes or call 206-987-2304 if you have questions.

**For Boys: The Joys and Challenges of Growing Up**

This class is for boys, 10 to 12 years old, and a parent or trusted adult. We use an informal and engaging format to present and discuss the issues most on the minds of pre-teens as they begin adolescence; conversations about body changes, sex, and other growing up stuff. Each family receives a copy of the book “Will Puberty Last My Whole Life?”

This class is offered in Seattle, Bellevue, Everett and Federal Way in partnership with Great Conversations. The cost is $90 per parent/child pair; $70 per extra daughter.

View dates and locations at seattlechildrens.org/classes or call 206-789-2306 if you have questions. Content outlines and short videos are available at greatconversations.com.

**For Girls: A Heart-to-Heart Talk on Growing Up**

This class is for girls, 10 to 12 years old, and a parent or trusted adult. We use an informal and engaging format to present and discuss the issues most on the minds of pre-teens as they begin adolescence; conversations about body changes, sex, and other growing up stuff. Each family receives a copy of the book “Will Puberty Last My Whole Life?”

This class is offered in Seattle, Bellevue, Everett and Federal Way in partnership with Great Conversations. The cost is $90 per parent/child pair; $70 per extra daughter.

View dates and locations at seattlechildrens.org/classes or call 206-789-2306 if you have questions. Content outlines and short videos are available at greatconversations.com.

**Free Car Seat Check**

WHEN: Saturday, Oct. 20, 10 a.m. to 12:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-5999

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). Recipient must be 18 or older. No ID required.

**Free Safe Firearm Storage Giveaway**

WHEN: Saturday, Dec. 15, 10 a.m. to 1 p.m.
WHERE: Outdoor Emporium, 1701 4th Ave. S., Seattle
CALL: 206-987-6197

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). Recipient must be 18 or older. No ID required.

EVENTS

**Free Car Seat Check**

WHEN: Saturday, Oct. 20, 10 a.m. to 12:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-5999

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. No reservations. First come, first served.