Water Rescues: Stay Safe While Preventing a Drowning

Drowning is a leading cause of death among children and teens in Washington State. Adding to these tragedies is when well-meaning witnesses try to save a victim and instead drown themselves. Untrained people — even strong swimmers — should never swim out into open water or wade into a swift river to try to save someone. These rescues should be attempted only by certified lifeguards or emergency workers with special training and equipment.

So how can you take action to prevent a drowning without risking your own life? First, yell loudly for help and have someone call 9-1-1. Then you can reach, throw and row.

If the victim is close by, reach out to them while you hold on to something or someone stable. Extend your reach with an oar or paddle, a water ski, a fishing pole, a branch, or even a long beach towel. If you can't reach the person, throw them something that floats such as a life jacket, life ring, inner tube or inflatable toy. Empty, closed containers can also work for flotation: a cooler with a tight lid, a capped water jug or even a fishing tackle box. If a boat or any type of small craft is nearby, row or paddle to the victim — and bring along potential rescue items. If motor boats or jet skis are available, cut the engine as you approach, being careful not to swamp the victim with your wake or hit them with the propeller.

When children drown, they are often within 10 feet of safety: this may be the beach’s shore or a dock, or a pool’s shallow end or its edge. In these cases alert adults can make a quick rescue without putting themselves in any danger. Always keep sharp eyes on kids in and near the water. Swim where a lifeguard is on duty, but remain vigilant yourself; a lifeguard can’t always keep track of every child in the swim area. Drowning prevention starts at home. Adults themselves should know how to swim, and how to do CPR. Enroll your child in swim lessons at an early age. Model safe water habits: whenever you’re in a boat, be sure everyone wears a properly fitting life jacket, and have kids also wear them when in or near water. And of course, supervise your child closely at all times.

TO LEARN MORE:
Visit www.seattlechildrens.org/dp for water safety tips.
**Tummy Time Is Important for Infants**

Infants should always be put on their backs to sleep, both at night and for naps. But when they are awake, it’s important they spend some supervised time on their tummies. Tummy time helps develop neck strength and overall strength, and it helps babies prepare to crawl. It also prevents positional plagiocephaly or ‘flat head syndrome,’ which is when a flat spot develops on one side or the back of the head. Tummy time can start from birth, when you put your baby on your chest. Soon you can get down on the floor with them and encourage them to lift their head and upper body, and reach for toys.

TO LEARN MORE:

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**Window Falls Can Be Prevented**

Every year, children are injured and even killed when they fall out of windows. Children under 7 are at greatest risk. These tragedies can be prevented with safety devices and careful habits. Keep in mind that window screens are not safety devices. They are designed only to keep bugs out, not to keep kids in. When screened windows are open, kids may lean or push against the screen — popping it out of the window frame and tumbling out after it. On windows that pose a fall risk, install child safety window stops that prevent windows from opening more than 4 inches. If you must open a window more than 4 inches, install a window guard that can be easily removed by an adult in an emergency. Make it a house rule to play at least two feet from windows, and keep furniture and other things that can be used for climbing away from windows. If you visit a place where windows or balcony doors are not child-proofed, close and lock them during your visit, and watch your child carefully.

TO LEARN MORE:

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**Your Teen’s Transition to Managing Their Own Healthcare**

Our job as parents is to help our kids become capable, confident and independent — so they can someday make their own way in the world. One big step toward adulthood comes in their teens, when they begin to take more responsibility for their own healthcare. At age 18, teens gain legal control over these decisions, so it’s important that everyone begins preparing for this transition ahead of time.

Your child’s doctor can be a great help. Many have formal plans to help their patients learn to manage their healthcare. For example, starting when your child is 12 or so, you may be asked to step out of the room during the exam and medical interview, and then step back in for the end of the appointment. This builds your child’s confidence and sense of responsibility. Parents can help by ensuring their teen carries a health insurance card, knows the names and doses of the medicines they take, and understands their own health history — including immunizations, allergies and chronic conditions.

Once teens start driving and have their own busy schedules, they can make their own medical appointments. How can parents stay informed of important medical information while respecting their teen’s privacy? It can be tricky. Again, your child’s doctor will have some ideas. If your teen has any chronic health conditions or disabilities, the transition will require more planning and teamwork; at 18 they may wish to sign an agreement giving you legal authority over their medical decisions.

Eventually, your child’s doctor will help your teen transfer to adult care, typically around the end of high school.

TO LEARN MORE:
Visit www.seattlechildrens.org/goodgrowing.
Kid Bits

Traveling? Don’t Forget the . . .
Traveling this summer? Be sure to take the gear and supplies you’ll need to keep everyone safe. Plan ahead, and start a list well before your travel date. If you’ll be flying and renting a car or driving with others, bring your child’s car seat. Mentally walk through the activities you may do and the gear they’ll require, like life jackets and bike helmets. Bring a sunhat, sunglasses and sunscreen for everyone. In addition to a first-aid kit, pack the medicines you might need — both prescription and over-the-counter. If you’re visiting grandparents, you might want to bring along doorknob covers and safety latches. Planning ahead saves time and money, and helps keep your family happy and safe.

TO LEARN MORE:
Visit www.seattlechildrens.org/goodgrowing.

Lactose Intolerance
We hear so much about lactose intolerance. What is it? Some kids and adults have problems digesting lactose, a natural sugar in milk and milk products. Eating or drinking these products can cause stomach cramps, gas and diarrhea — usually within 30 minutes to 2 hours. Sometimes the symptoms are so severe a person can’t tolerate any lactose at all. For others, symptoms are mild enough that they can limit the amount of dairy they consume. For most people it’s a lifelong problem that can be managed with diet changes. But sometimes it’s a temporary problem, caused by antibiotics or infections. If you suspect your child may be lactose intolerant, see your doctor.

TO LEARN MORE:
Visit www.seattlechildrens.org/goodgrowing.

Model Safe Habits When Walking
More than ever before, kids who are walking while using their smart phones and other devices are being injured by vehicles. Starting when your child is very young, talk about walking safety. Model safe habits yourself, especially when crossing the street or walking through a parking lot. Let your child see you remove your music ear buds, put your phone away and look both ways before stepping into the crosswalk. Calls, texts and emails can wait for later. Tell older children this is how you expect them to cross safely. And of course, don’t handle your phone when driving. Our kids watch us closely, and they do as we do!

TO LEARN MORE:
Visit www.seattlechildrens.org/goodgrowing.

Quick Tip

Never leave a child alone in a vehicle, even for a minute! It can take only moments for a child’s body temperature to become much too high.

Regional Clinics
Find us near you at one of our clinics:
• Bellevue
• Everett
• Federal Way
• Mill Creek
• Olympia

Main Hospital Numbers
206-987-2000
866-987-2000 (Toll-free)

Online Resources
Visit www.seattlechildrens.org for the following:
• Child Health Advice
• my Good Growing email newsletter
• Doctor Finder
• Seattle Mama Doc, Teenology 101 and Autism blogs
• Medical condition information
• Safety & wellness information
• Ways to help Seattle Children’s
• Research Institute

Heather Cooper is the Editor of Good Growing which is produced four times a year by the Marketing Communications Department of Seattle Children’s. You can find Good Growing in the January, April, July and October issues of ParentMap and on our website www.seattlechildrens.org. For permission to reprint articles for non-commercial purposes or to receive Good Growing in an alternate format, call 206-987-5323. The inclusion of any resource or website does not imply endorsement. Your child’s needs are unique. Before you act or rely upon information, please talk with your child’s healthcare provider. © 2015 Seattle Children’s, Seattle, Washington.
Classes and Events

To register or view more information, 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

**Autism 101**

WHEN: Thursday, July 23, 7 to 8:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-8080

For parents and caregivers of children recently diagnosed with autism spectrum disorder who wish to better understand this disorder. The class is also available through Children’s video and teleconferencing outreach program in various locations throughout Washington and Alaska.

**Autism 200 Series**

FEE: Free
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle
CALL: 206-987-8080

For parents and caregivers of children with autism who wish to better understand this disorder. These classes are also available through Children’s video and teleconferencing outreach program in various locations throughout Washington, Alaska, Oregon and Montana.

- Autism 207: Transition to Adulthood — Financial Planning
  WHEN: Thursday, July 16, 7 to 8:30 p.m.
- Autism 208: Transition to Adulthood — Lifelong Learning: Enhancing Quality of Life Through Community Engagement
  WHEN: Thursday, Aug. 20, 7 to 8:30 p.m.
- Autism 209: Toilet Training for Individuals with Autism and Developmental Disabilities
  WHEN: Thursday, Sept. 17, 7 to 8:30 p.m.

**Babysafe**

WHEN: Saturday, July 18, 9:30 a.m. to 1:30 p.m.
FEE: $52 per family
WHERE: Seattle Children’s admin. building, 6901 Sand Point Way NE, Seattle
CALL: 206-789-2306

For new and expectant parents and infant caregivers. Topics include infant development, baby safety, injury prevention and treatment. Infant CPR is demonstrated and practiced.

**Heartsaver First Aid, CPR and AED**

WHEN: Sunday, July 26, 8 a.m. to 2:30 p.m.
FEE: $60
WHERE: Seattle Children’s main campus
4800 Sand Point Way NE, Seattle
CALL: 206-987-9879

For parents and caregivers. Topics include how to treat bleeding, sprains, broken bones, shock and other first-aid emergencies. Also includes infant, child and adult CPR and AED use.

PRETEEN AND TEEN CLASSES

**Better Babysitters**

WHEN: Sunday, Aug. 2, 9 a.m. to 2 p.m.
WHERE: Seattle Children’s admin. building, 6901 Sand Point Way NE, Seattle

WHEN: Saturday, Aug. 8, 9 a.m. to 2 p.m.
WHERE: Overlake Medical Center, 1035 116th Ave. NE, Bellevue

WHEN: Saturday, Sept. 5, 9 a.m. to 2 p.m.
WHERE: Pavilion for Women & Children, 900 Pacific Ave., Everett

View more dates online
FEE: $40 per person
CALL: 206-987-9878 for all locations

For youth, ages 11 to 14. Two-part series for parents, guardians and babysitters. Topics include babysitting, handling emergencies, age-appropriate toys, business hints and parents expectations.

**CPR and First Aid for Babysitters**

WHEN: Sunday, July 19, 9 a.m. to 2:30 p.m.
FEE: $60 per person
WHERE: Seattle Children’s main campus
4800 Sand Point Way NE, Seattle
CALL: 206-987-9878

For youth, ages 11 to 15. Two-part series. Topics include pediatric CPR, treatment for choking, first-aid skills. Students receive 2-year American Heart Association completion card.

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

WHEN: Wednesday, July 22 & 29, 6:30 to 8:30 p.m.
WHERE: Overlake Medical Center, 1035 116th Ave. NE, Bellevue

WHEN: Tuesday, Aug. 18 & 25, 6:30 to 8:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle

View more dates online
FEE: $70 per parent/son pair; $50 per extra son
CALL: 206-789-2306

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.

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

WHEN: Thursdays, Aug. 6 & 13, 6:30 to 8:30 p.m.
WHERE: Overlake Medical Center, 1035 116th Ave. NE, Bellevue

WHEN: Monday & Tuesday, Aug. 10 & 11, 6:30 to 8:30 p.m.
WHERE: Seattle Children’s main campus, 4800 Sand Point Way NE, Seattle

View more dates online
FEE: $70 per parent/daughter pair; $50 per extra daughter
CALL: 206-789-2306

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.

EVENTS

**Bike Helmet Fitting and Giveaway**

WHEN: Saturday, Aug. 15, 10 a.m. to 1 p.m. (view more dates online)
WHERE: Covington Kohl’s 17002 SE 270th Pl., Covington
CALL: 206-987-1569

Come get your child properly fit for a new bike helmet. Kids must be 1 to 18 and present to receive a free helmet. First come, first served. No appointments needed. Learn more at www.MakeSureTheHelmetFits.org.

**Free Car Seat Check**

WHEN: Saturday, Aug. 22, 10 a.m. to 1 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. First come, first served. No appointments needed.

**Seattle Children’s South Clinic Community Open House**

WHEN: Saturday, Sept. 12, 10 a.m. to 2 p.m.
WHERE: Seattle Children’s South Clinic, 34920 Enchanted Parkway South, Federal Way
CALL: 206-987-1569

This free, “hands-on” event for families with children features lots of fun activities, live music and a tour of the new clinic. Bring a doll or a teddy bear for a “check-up,” learn about water safety and healthy eating, try an obstacle course and get the kids fitted for a free bike helmet (while supplies last and wearers must be present.)