

# leaps & bounds

## Tiny Patients, Great Big Care

Our Neuro NICU gives babies a healthy start

*See page 4.*

## BAG OF TRICKS

these brown-bag hacks help school lunches get eaten

## EATING FOR TWO

what you need to know about your baby body

Get flu shots for the whole family at our **Family Health Fair on Sunday, November 1.**

See the back page for more details.

FALL  
2015

YOUR GUIDE TO KIDS' HEALTH FROM LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL



LOMA LINDA  
UNIVERSITY

CHILDREN'S  
HOSPITAL



## could your mood affect your tot's tantrums?

Moms aren't alone in feeling baby blues. About one in 10 dads also develops postpartum depression. And a new study shows this sadness has consequences for the children.

Toddlers with depressed parents are prone to problem behaviors, such as aggression and disobedience. They also stand a greater chance of having anxiety and sadness themselves in their toddler years, the findings show.

Depression prevents moms and dads from being as supportive, positive, and loving as they otherwise would. Though it's not always easy to seek help for yourself, doing so is important for your whole family. Not sure where to start? Talk with your child's pediatrician.

## face the fear factor

"Have a great day," you tell your young children as you drop them off at day care, preschool, kindergarten or elementary school. But hold on—what if your child suddenly throws a good old-fashioned tantrum, clinging to you and refusing to go?

Common in infants and toddlers, separation anxiety usually subsides by age 2. But it's normal for this problem to rear its head from time to time throughout early childhood. Between ages 5 and 7, episodes often involve not wanting to go to school.

Here are some tips for how to cope with separation anxiety at the start of the school year:

- If your child seems nervous about school, visit the location.
- Let the school staff know your child has occasional separation anxiety.
- Acknowledge your youngster's anxiety. Be sympathetic, reassuring and supportive.
- Don't make fun of your child's fears, especially in front of his peers.
- Reassure your child that you'll see him at the end of the day.
- Take a few minutes to play with your child in the new environment. But don't linger when you bid goodbye. Even if he or she is crying, exit stage left.



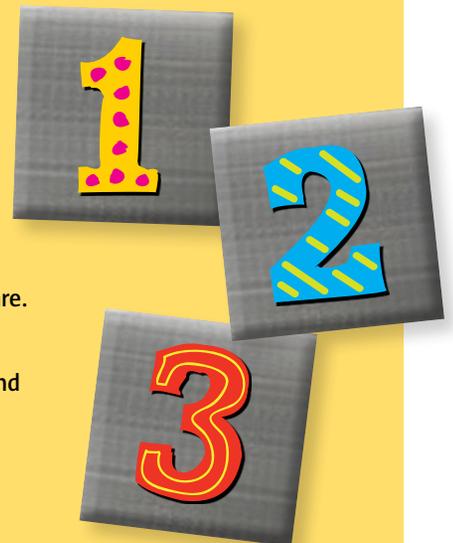
**More kids' health tips are clicks away!** Visit our children's health library at [www.lomalindakids.org](http://www.lomalindakids.org) for more health tips and the latest news articles.



**luke's corner**

## funky fun math magnets

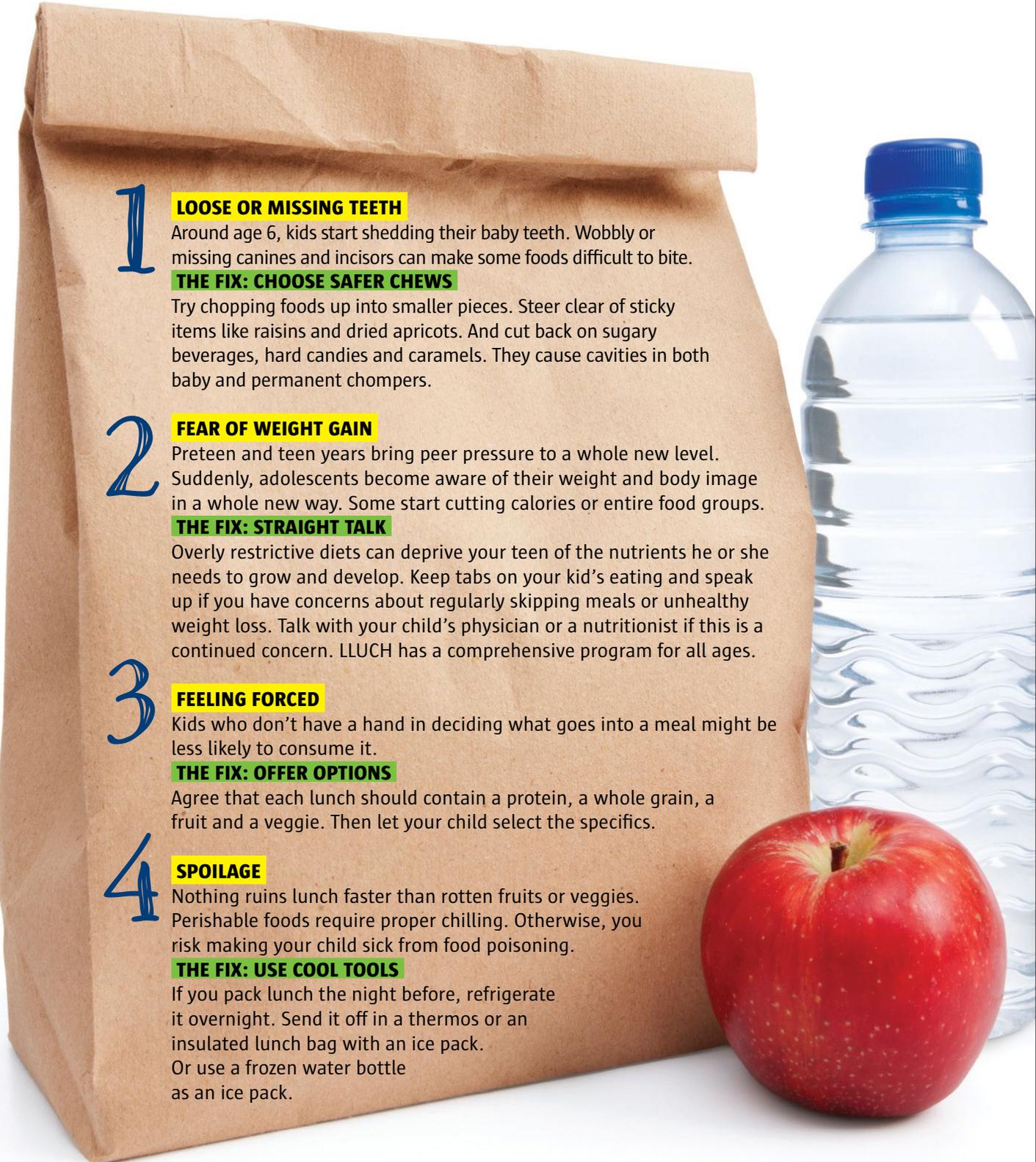
1. Cut a thin piece of cardboard into a small square.
2. Place a small magnet on the back of the square.
3. Cut a strip of duct tape that's a little bit longer than the cardboard square. Wrap the duct tape over the magnet and square as if you were wrapping a gift.
4. Take a paint pen and draw a number on the front of the square. Try adding some color, patterns or glitter!
5. Stick the magnets to the fridge. As you learn about adding and subtracting in school, add those symbols to your collection. Then use them to solve the problems on your homework!



# bag of tricks

## 4 REASONS YOUR CHILD SKIPS LUNCH—AND HOW TO FIX THEM

Here, find four reasons why home-packed lunches might go uneaten—and how to hack the box or brown bag to ensure your kid eats a nutritious meal.



1

### LOOSE OR MISSING TEETH

Around age 6, kids start shedding their baby teeth. Wobbly or missing canines and incisors can make some foods difficult to bite.

#### THE FIX: CHOOSE SAFER CHEWS

Try chopping foods up into smaller pieces. Steer clear of sticky items like raisins and dried apricots. And cut back on sugary beverages, hard candies and caramels. They cause cavities in both baby and permanent chompers.

2

### FEAR OF WEIGHT GAIN

Preteen and teen years bring peer pressure to a whole new level. Suddenly, adolescents become aware of their weight and body image in a whole new way. Some start cutting calories or entire food groups.

#### THE FIX: STRAIGHT TALK

Overly restrictive diets can deprive your teen of the nutrients he or she needs to grow and develop. Keep tabs on your kid's eating and speak up if you have concerns about regularly skipping meals or unhealthy weight loss. Talk with your child's physician or a nutritionist if this is a continued concern. LLUCH has a comprehensive program for all ages.

3

### FEELING FORCED

Kids who don't have a hand in deciding what goes into a meal might be less likely to consume it.

#### THE FIX: OFFER OPTIONS

Agree that each lunch should contain a protein, a whole grain, a fruit and a veggie. Then let your child select the specifics.

4

### SPOILAGE

Nothing ruins lunch faster than rotten fruits or veggies. Perishable foods require proper chilling. Otherwise, you risk making your child sick from food poisoning.

#### THE FIX: USE COOL TOOLS

If you pack lunch the night before, refrigerate it overnight. Send it off in a thermos or an insulated lunch bag with an ice pack.

Or use a frozen water bottle as an ice pack.

# *improving outcomes for babies at risk*

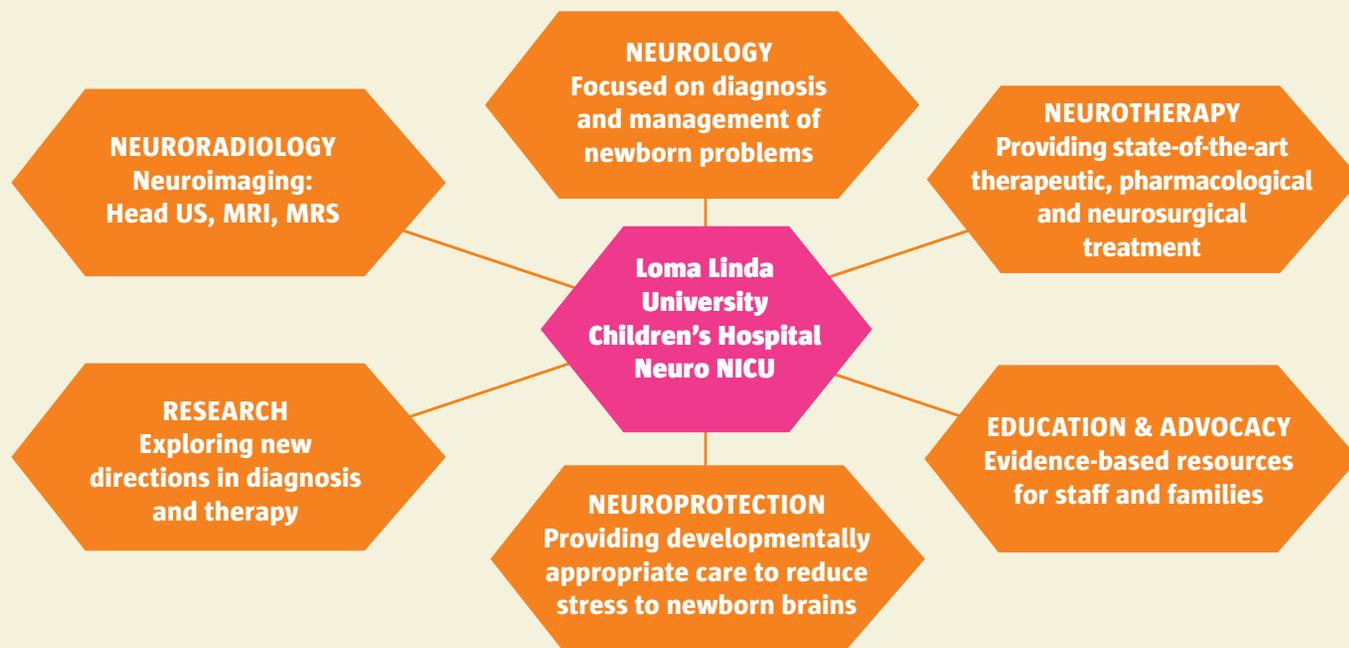
## **Neuro NICU Specializes in Protecting Newborn Brains**

The Neuro NICU at Loma Linda University Children's Hospital (LLUCH) allows physicians to monitor and treat babies with, or at risk for, neurologic injury.

### *what is a Neuro NICU?*

The care of neurologically impaired babies requires a focused approach to avoid further injury to the brain and to optimize the neurodevelopmental status of the newborn baby at discharge from the hospital. This focused approach requires a collaborative effort among neonatologists, neurologists, neonatal nurses and therapists.

## our Neuro NICU model



“Neurology and neonatology come together on the unit every day,” says Andrew Hopper, M.D., who codirects the Neuro NICU with Pilar Pichon, M.D., and Raylene Phillips, M.D.

Dr. Pichon says collaboration between pediatric neurologists and neonatologists distinguishes the Neuro NICU from traditional neonatal intensive care units. “Infants at risk for, or with, neurological injury will benefit from the expertise of neurology providing direct guidance about brain-specific issues as part of the comanagement team led by neonatologists,” she observes.

### NEURODIAGNOSTIC AND THERAPEUTIC TECHNOLOGY

On the unit, innovative technologies such as aEEG (amplified integrated electroencephalography), vEEG (video electroencephalography) and NIRS (near-infrared spectroscopy) allow LLUCH physicians to monitor babies’ brains to determine if seizures or other abnormalities are present.

“The aEEG monitoring mode is a less complex way of monitoring than video EEG,” Dr. Hopper notes. It compresses and amplifies small bits of data into a big-picture

view so physicians, nurses, and other staff can evaluate the effectiveness of whole-body cooling and antiseizure medications, which can have a profound impact on improving babies’ outcomes.

Dr. Hopper explains that some babies are born with brain injury while others acquire it due to a lack of oxygen during the birth process or shortly after. The only therapy currently approved for babies born at 36 weeks or older is whole-body cooling.

“We cool them down gradually to between 33.5 and 34.5 Celsius using cooling blankets and cooling mattresses,” Dr. Hopper says.

Cooling reduces energy consumption and inflammation and blocks glutamate, an excitatory amino acid released when there is inadequate oxygen. When glutamate is present, a secondary phase of injury occurs over the next five to seven days when apoptosis, cellular self-destruction, sets in. “Cooling blocks that,” he adds. “If we can interrupt the secondary injury, the brain can heal.”

### A NEUROPROTECTIVE ENVIRONMENT

“One of the unique features of the Neuro NICU at LLUCH is our Neuroprotective Care Program,” Dr. Phillips notes. “This is a structured focus on providing evidence-

based neuroprotective care, which safeguards the integrity of developing neuronal structures and functions, and helps to prevent brain injury.

“There are many ways to provide a more neuroprotective environment in the NICU and one important way is to involve parents. Separation from their mothers is a major source of stress for hospitalized babies. When the bonding process is interrupted, neuropsychological development is impaired, with results that can last a lifetime.”

Dr. Hopper says the Neuro NICU offers another advantage over traditional NICUs. “Historically,” he reflects, “neonatology has focused on caring for immature lungs and hearts, but has neglected the brain. We have learned a great deal about the best ways to care for other vital organs, but not the brain. Now, however, we are able to focus more on the newborn brain.”

Dr. Pichon says the Neuro NICU has potential to make a world of difference. “We have big dreams for these young minds,” she concludes. “There is no greater mission than to help these babies meet their utmost potential by protecting their brains the first chance we get—in the Neuro NICU.”

# WHAT YOU NEED TO KNOW ABOUT YOUR baby body

**Y**ou know you shouldn't really eat for two. But you also know your growing baby needs nutrients.

Questions about weight weigh heavy on the minds of expecting mothers, especially first-timers. And the answers they receive can confuse more than clarify.

Fortunately, a large national body—the Institute of Medicine (IOM)—has developed clear guidelines. What's more, a new study suggests sticking to them does more than protect your health during and after pregnancy. It also helps your child ward off obesity for years to come.

## SET A HEALTHY GOAL

Moms-to-be come in all shapes and sizes. That's why the IOM breaks down weight gain suggestions into categories. Ask your doctor to clarify where your pre-pregnancy weight puts you. If you start out:

- Underweight, aim to gain between 28 and 40 pounds
- Normal weight, aim to gain between 25 and 35 pounds
- Overweight, aim to gain between 15 and 25 pounds
- Obese, aim to gain between 11 and 20 pounds

In the new study, Columbia University researchers weighed a group of 323 pregnant women of African American and Dominican descent. Seven years later, the children themselves stepped on the scale. Those whose moms gained more than advised

during pregnancy stood a much greater chance of weighing more, having extra fat tissue, and qualifying as obese.

## STEPS TO A HEALTHY PREGNANCY WEIGHT

The findings add to a growing list of reasons to keep tabs on your diet during pregnancy. Scientists have previously linked extra weight gain to diabetes, high blood pressure and preeclampsia in moms. Their babies may have a higher chance of being born early, large, via cesarean section or with a birth defect or injury.

But pregnancy isn't the time to go on a diet. Depriving yourself of key nutrients can have negative consequences for you and your little one, including pre-term birth and heart and lung problems. To help strike the balance:

- **Talk with your doctor.** He or she might suggest a dietitian who can develop a personalized meal plan. You might also benefit from a prenatal supplement.
- **Boost your calorie intake—a bit.** Most women need about 300 extra calories per day during the second and third trimester. Taking in more than you burn, though, will lead to extra weight gain.
- **Fill your plate with nutrient-dense foods.** Load up on fruits, vegetables, whole grains, lean proteins and low-fat dairy.
- **Skip empty calories.** Cut back on dessert and fatty, fried foods. They make it easy to pack on extra pounds, and don't offer the vitamins and minerals you and your baby need.

## TOTALCARE FOR HEALTHY MOMS AND BABIES

The TotalCare Birth Center at Loma Linda University Children's Hospital is a resource for you and your family. For more information, please call 800-825-KIDS (800-825-5437).

## Where does the weight come from?



By the time you're ready to deliver, here's how the weight adds up:

- + Baby: about 7.5 pounds
- + Extra nutrient stores: 7 pounds
- + Additional blood: 4 pounds
- + Other extra fluids: 4 pounds
- + Uterus: 2 pounds
- + Breast tissue: 2 pounds
- + Amniotic fluid: 2 pounds
- + Placenta: 1.5 pounds

# Walter's Children's Charity Classic Million Dollar Commitment

Walter's Children's Charity Classic (WCCC), the first Corporate Champion at Loma Linda University Children's Hospital, has recently committed to donating \$1 million to Vision 2020 at LLUCH.

Steve and Cathy Kienle, Founders of WCCC, along with their board members, truly understand the importance of Vision 2020 and what it will provide for their community's children. They are imagining a tomorrow where children grow and thrive.

Over the past 20 years, WCCC has impacted countless children at Loma Linda University Children's Hospital. When the Kienles and the WCCC Committee started to plan this year's tournament they wanted to make an even bigger impact than ever before. "As our 19th annual golf tournament came to an end, we reflected on how fortunate we are to live in a community that supports our efforts to make the IE [Inland Empire] and LLUCH a better place to raise children," said Cathy Kienle, Foundation Director, WCCC.

Knowing that Loma Linda University Health is looking toward the future through Vision 2020, Walter's Children's Charity Classic Board voted to commit to raising \$1 million for the campaign over the next five years through the golf tournament.

Steve Kienle hopes that not only will their \$1 million commitment help to foster hope and healing for children, he hopes it will also inspire others to support this vision. "We are most proud that WCCC has laid the groundwork for others. We started our fundraising efforts nearly 20 years ago. Others have joined us in our mission throughout these two decades. We hope that looking forward we can also encourage the community to support Vision 2020 and be part of this monumental campaign."



 LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL

Sunday, October 11, 2015 at 3:30 PM

*RA Walk to Remember*

Find out more at [LLUH.org/awtr](http://LLUH.org/awtr)

10 YEARS OF REMEMBERING



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# Fall Calendar of Events

## September

**Monday, September 21, 2 to 4 p.m.**

Big Hearts for Little Hearts Loma Linda Guild will host "Fall into Reading" for the patients of Children's Hospital. The afternoon will have an assortment of table crafts, art and plenty of books to read.

**Wednesday, September 23, 11:30 a.m. to 2 p.m. and 4 to 9 p.m.**

Big Hearts for Little Hearts Desert Guild invites Coachella families to The Old Spaghetti Factory Tip-A-Firefighter, benefiting Loma Linda University Children's Hospital. All tips collected by the firefighters will be donated to LLUCH. For more information, contact Tiffany Hoekstra at [909-558-5367](tel:909-558-5367) or [thoekstra@llu.edu](mailto:thoekstra@llu.edu).

The Old Spaghetti Factory  
71743 Hwy. 111  
Rancho Mirage, CA 92270  
(across from the river)

**Tuesday, September 29, 10 a.m.**

Big Hearts for Little Hearts Riverside Guild will host "Art for Little Hearts" for the patients of Children's Hospital. The morning art lesson will be taught by Bobbie Powell, Riverside Guild Vice President. The patients enjoy creating their masterpieces of art while learning from the artists.

## October

**Monday, October 5**

The 20th Year of the Walter's Children's Charity Classic will be at the Victoria Golf Club in Riverside, California. Join us as we celebrate 20 years with the vision of tomorrow's children and the Million Dollar Commitment to Vision 2020. For more information, please visit us at [www.waltersccc.org](http://www.waltersccc.org).

**Monday, October 5, 2 to 4 p.m.**

Big Hearts for Little Hearts Desert Guild will host their last "Hugs Help Healing Workshop" of the year. The Desert Guild has donated more than 500 bears from Build-A-Bear Workshop with cute outfits for the children at Loma Linda University Children's Hospital. To learn more, visit [www.lluch.org/hhh](http://www.lluch.org/hhh).

**Friday, October 9, 6 a.m. to 8 p.m.**

Tune to 101.3 FM or stream live at [www.1013themix.com](http://www.1013themix.com) for the annual Mix Miracle Radiothon & Auction benefiting Loma Linda University Children's Hospital. For more details please contact Tiffany Hoekstra [909-558-5367](tel:909-558-5367) or [thoekstra@llu.edu](mailto:thoekstra@llu.edu).

**Tuesday, October 20, 11 a.m.**

Cops for Kids Fly-In is a special annual event where local law enforcement from all over SoCal bring toys and fun for our pediatric patients with a unique motor and helicopter parade. The parade and motor show are at 11 a.m. on the North Lawn.

**Wednesday, October 21, 5:30 to 9 p.m.**

The Loma Linda Guild's annual cooking school, Holiday Tradition Dishes for Wishes, will be held at the National Orange Show Events Center. Hosted by celebrity chef Martha Green, the cooking school will feature seven local chefs showcasing a culinary journey featuring a fusion of tastes from around the world. Visit [www.lluh.org/dishes](http://www.lluh.org/dishes) or call [909-558-5384](tel:909-558-5384) to learn more.

## November

**Tuesday, November 3, 10 a.m.**

Big Hearts for Little Hearts Riverside Guild will host "Art for Little Hearts" for the patients of Children's Hospital. The morning Art Lesson will be taught by Bobbie Powell, Riverside Guild Vice President. The patients enjoy creating their masterpieces of art while learning from the artists.

**Wednesday, November 11, 11 a.m.**

Big Hearts for Little Hearts Desert Guild will host their first Cooking Demonstration of the season at Ristorante Mamma Gina in Palm Desert. Enjoy the demonstration by some of the Coachella Valley's Top Chefs while getting an inside look at Loma Linda University Children's Hospital. For more information, visit [www.lluch.org/cookingdemo](http://www.lluch.org/cookingdemo).

save  
the date!

**Sunday, November 1**

**Family Health Fair and Superhero 5K**

For more information, check out [www.lomalindaevents.org](http://www.lomalindaevents.org).



To learn more about ways to get involved,  
contact the Children's Hospital Foundation at [909-558-5370](tel:909-558-5370).