BREASTFEEDING
When is it time to stop?
See page 4.

PREVENT BURNS
Take steps to keep kids safe

KEEPSAKE ULTRASOUNDS
Risks of a trendy souvenir
3 in 4 teens and tweens don’t get enough exercise

Teens spend more than seven hours per day plugged in to TVs, cellphones, computers and video games. And less than 25 percent of 12- to 15-year-olds exercise at least an hour every day, a recent survey says.

The U.S. Department of Health and Human Services suggests youth get at least 60 minutes of daily exercise. Only about 30 percent of boys and a little more than 20 percent of girls meet that benchmark, the survey found.

Physical activity improves children’s mental and physical well-being. Exercise builds strong bones and lowers the risk for obesity, diabetes and heart disease. It may also improve self-esteem and concentration.

Now that spring has arrived, encourage your family to go outside and move. Suggest a game of one-on-one basketball or a walk around the park.

cellphones can help teens manage asthma

Teens love their cellphones—and studies have shown they can benefit from using their phones to improve asthma control. If your teen has asthma and is constantly glued to a cellphone, here are some ways to turn that phone into an asthma-fighting ally:

• Send texts to see how things are going. Some teens may find this form of “nagging” easier to accept than the face-to-face kind.
• Set up phone reminders to take daily medication using the alarm or calendar feature.
• Suggest helpful smartphone apps. For example, the Environmental Protection Agency’s AIRNow mobile app keeps users updated on air pollution levels. It’s available for free from iTunes and Android stores.

Kids’ health tips and more, at your fingertips! To access our health library full of health tips and news, visit http://healthlibrary.lomalindahealth.org.

juicy ladybug treats

INGREDIENTS:
1 ripe apple  
½ cup raisins  
1 tbsp. peanut butter

INSTRUCTIONS:
1. Wash your apple.  
2. Have an adult cut your apple in half and remove the core.  
3. Place the apple on a plate with the skin facing up.  
4. Dip the raisins into the peanut butter.  
5. Place the raisins on the apple wherever you like to make your ladybug’s spots.
hot hot hot!

6 WAYS TO PREVENT BURN INJURIES

Dangerous burns send over 300 children to the emergency room each day. Follow these tips to keep your child safe.

1. Keep hot foods and liquids away from your child. That includes not setting them on the edge of a table or tablecloth where they could be tipped over.

2. Don’t leave matches or lighters where children can find them.

3. Test the temperature of bath water before putting your child in the tub.

4. Install fire guards around open fires or heaters, and smoke detectors on every level of your home.

5. Use back burners when cooking on the stovetop, and keep kids away from hot outdoor grills. Remember: Any appliance that gets hot can pose a danger, including items like curling irons.

6. Get emergency help if you’re unsure how serious a burn is—and always seek medical care if an infant is burned.
Is There a Wean Your

Your friends and family may have strong beliefs about how long you should breastfeed. But the choice to wean your child is a very personal decision.
Right Time to Child from Breastfeeding?

Following clinical recommendations for breastfeeding can provide benefits to you and your newborn. The American Academy of Pediatrics (AAP) recommends that mothers feed their babies only breast milk for six months and continue breastfeeding for at least one year while introducing solid foods. Similarly, the World Health Organization suggests breastfeeding exclusively for the first six months, but with continued nursing for up to two years or longer while adding solid foods. After that, it depends on how long mother and child want to continue. Remember that breastfeeding even for a few weeks has positive effects for both baby and mother.

Weaning Your Baby

When to stop breastfeeding your child is a very personal choice for a mother. Several factors may influence your decision. For instance, after nine to 12 months your child may decide on his or her own that he or she no longer wants to nurse. The AAP says this can be a natural time to begin the weaning process. Of course, if you and your child don’t wish to wean, you should continue nursing for as long as you are both comfortable.

For some, a return to work—especially if you need to travel frequently—may also impact your decision. But work responsibilities don’t mean you need to stop breastfeeding. If you and your baby aren’t ready to stop, there are options to consider, including:

- **Asking your doctor** or a lactation consultant how to pump and store your milk
- **Talking with your employer** about a more flexible schedule or a private space to pump milk. Remember, it is a federal law that most employers provide a clean and private place and time for their breastfeeding employees to express and store breast milk.

- **Fertility.** If you’re feeding your baby only breast milk (with no supplemental formula feedings and no pacifier use), your chances of getting pregnant again are reduced for six months after your baby is born or until you start getting your period again. However, your chance of getting pregnant increases when you stop breastfeeding or when ovulation resumes. Reducing frequent suckling at the breast by giving your baby a pacifier or giving supplemental bottle feeds can also increase your chances of getting pregnant before six months after your baby’s birth.

Don’t Ignore Your Feelings

Weaning your child is an emotional experience. Some mothers long to regain the independence they had before they began breastfeeding. Other moms feel guilty, sad or lonely when their children no longer want to nurse. They miss the bonding they experienced with their children while breastfeeding.

To sort through your emotions, talk with a friend who has weaned a child. Or write your thoughts in a journal. You can share it with your child when he or she is older.

Remember that your child will still need you even after he or she is done breastfeeding. Weaning is the beginning of a new stage in your special relationship.

Changes Your Body May Face

As you begin weaning, and once it’s complete, you can expect to experience some physical changes as a result. These may include:

- **Breast size and shape.** Your breasts will probably get smaller again, although it may take several months. They might end up a slightly different size or density than they were before you got pregnant. If they feel engorged, or too full during the early stages of weaning, try using your hand or a pump to release a little bit of milk—just enough to relieve the pressure while your breasts are slowing down their milk-making process. If your breasts become painfully full, talk to a lactation consultant about ways to safely ease your discomfort until milk production stops.

Need Help with Breastfeeding?

The Mommy and Me outpatient clinic is staffed by certified lactation consultants and is available to all moms who need support with feeding their newborns. Call our message line at 909-558-MAMA (6262) to make an appointment. Or visit www.lomalindababies.org for upcoming breastfeeding classes and other resources.
Her first pair of shoes. His favorite stuffed animal. Most parents keep mementos from their baby’s early days—and government officials usually don’t have much to say about it.

However, the U.S. Food and Drug Administration (FDA) has issued a warning on one keepsake: nonmedical ultrasounds. Doctors safely use these imaging tests during prenatal visits. But the FDA advises families to steer clear of retail outlets offering photos and even videos of their impending arrivals.

A VALUABLE MEDICAL TOOL
When you go for an ultrasound, a doctor or technician rubs a thin layer of gel on your abdomen. He or she then uses a device called a transducer to transmit sound waves through your insides.

As the sound waves bounce off your uterus and baby, they form a black-and-white image you and your doctor can see. Three- or four-dimensional versions provide added detail and even motion.

Unlike X-rays, ultrasounds use no ionizing radiation. That’s one reason they’re used during pregnancy. Routine ultrasounds can help your doctor check that your baby is developing properly. As a side perk, they help you bond with your baby and capture images you can share with family and friends.

SAFE—BUT USE SPARINGLY
Ultrasounds have few risks. No evidence links them to any health problems for mothers or babies. But they do slightly heat some tissues.

FDA experts say the long-term effects of these processes aren’t known. So it’s best to get ultrasounds only when medically necessary. Your doctor can tell you how often he or she recommends the test.

What’s more, when keepsake ultrasounds are offered outside a medical office, there’s no guarantee the machines are used safely. The staff may not have received proper training in operating the equipment and might not know what to do if they detect a complication with your baby. Plus, some videos require exposure to ultrasound waves for up to an hour. That’s far longer than the procedure takes in a medical facility—usually about 20 minutes.

Should You Get a Keepsake Ultrasound?

ATTENTION EXPECTING AND NEW PARENTS!
Loma Linda University Children’s Hospital offers a range of classes to bring you up to speed on caring for your little one. To learn more, visit www.lluch.org and click the link for “Classes and Tours” under “Having a Baby,” or call 909-558-3500.
SPORTBALL Helps Kids Up Their Game

We know that kids learn best when they’re having fun, and kids have fun when they’re at the top of their own game. In fact, research published in the journal *Pediatrics* showed that kids who took part in a physically active after-school program for an hour each day improved more than their fitness. They also did better on tests of thinking, learning and memory.

That’s why we’re passionate about keeping the play in ball! Loma Linda University is proud to host Sportball – Inland Empire at the Drayson Center—our 100,000-square-foot, state-of-the-art facility that serves as a central location for health and wellness in the community.

Sportball has been encouraging kids to “play with passion, play for fun” since 1995. The program runs at various locations in cities across the U.S., Canada and Singapore. Sportball offers noncompetitive, skills-focused sports instruction and fitness for kids from ages 16 months to 13 years.

Sportball classes available at the Drayson Center include:
- Soccer
- T-Ball/Baseball
- Volleyball
- Multi-Sport (includes basketball, soccer, baseball, tennis, volleyball, hockey, flag football and golf)
- Sportball Junior (for toddlers)
- FitKids (a program to improve agility, flexibility, endurance and core strength in a supportive and developmentally appropriate environment)

**EXERCISE HAS BIG BENEFITS**

Exercise is critical to fighting childhood obesity. But did you know that staying active has other perks, such as boosting confidence and classroom success? Turn the page for tips on how to get your whole family moving more.

**Play Ball!**

The Drayson Center offers Sportball programs to members and nonmembers on Tuesdays and Thursdays after school as well as Sunday mornings. Visit [www.llu.edu/drayson-center](http://www.llu.edu/drayson-center) to view the class schedule. Ready to give Sportball a try? Stop by the Drayson Center membership office at 25040 Stewart Street in Loma Linda or call 909-558-4975. You can also call 909-794-1761 or email sbvalley@sportball.us to find out about free trial classes.
Make Family Playtime a Priority 🌟🌟

Children naturally mimic their parents, and that includes their attitudes toward exercise. If you want your child to be more active, you can’t just talk the talk. You need to walk the walk—literally. Studies show that children are more likely to exercise if their family and friends do, too.

Children ages 6 to 17 should get at least an hour of physical activity every day, according to the Centers for Disease Control and Prevention.

Besides the physical benefits, active children are generally more confident and more likely to be successful both in their daily school work and on standardized tests.

Here are some activities for the whole family to try:
- Walk the dog together.
- Bike or walk to a neighborhood park.
- Take an exercise class designed for the entire family, such as yoga or aerobics.
- Split up into teams for a game of basketball, soccer or kickball.
- Teach your kids the jump rope games from your youth. Play catch with a football, baseball, softball or Frisbee.
- Compete at an exercise-based video game such as Wii Fit or Dance Dance Revolution.
- Go on an outdoor scavenger hunt for natural objects such as leaves of different colors or stones of various shapes.

Make physical activity as much a part of your family’s daily habit as eating dinner together. That way, exercise will be just another part—maybe even the most enjoyable part—of your family routine.

SAVE THESE DATES!

**MARCH 29**
**CELEBRATE LUKE’S PRIDE SPRING COMMUNITY DAY**
Join us at Stater Bros. Activity Center on Tuesday, March 29, from 2 to 4 p.m. for Luke’s Pride Community Day. This fun “community fair” style event lets local businesses and organizations brighten the day of the kids in our hospital by providing an activity, game or craft. For more information, contact kphipps@llu.edu. To learn more about ways to get involved, contact the Children’s Hospital Foundation at 909-558-5370.

**MAY 22**
**HELP BUILD YOUR CHILD’S FUTURE**
Join us at 11370 Anderson Street on Sunday, May 22, from 2 to 5 p.m. Help us celebrate the groundbreaking of our new adult and children’s hospital towers and experience the future of health care.