

leaps & bounds



HOW SPANKING HURTS

learn what to do when kids act up

FOCUS ON FRIENDSHIP

help a child with ADHD make friends

give it a rest

DO YOUR KIDS GET ENOUGH SLEEP?
SEE PAGE 3.

WINTER
2017

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



LOMA LINDA
UNIVERSITY
CHILDREN'S
HOSPITAL



young kids can suffer from these disorders, too

About 15 percent of parents surveyed nationwide reported that their 2- to 8-year-olds had been diagnosed with at least one mental, behavioral or developmental disorder. Some had attention-deficit/hyperactivity disorder (ADHD), anxiety, depression or autism. Others were diagnosed with delays in language, speech or learning.

These children faced further challenges when they lacked stable medical care or if their parents struggled financially or had mental health problems. Doctors, schools and health departments may need to do more to address these kids' financial and social struggles.

Parents play a key role, too. Stay alert for early warning signs in your child, such as:

- Sudden, drastic changes in behavior or personality
- Feeling very sad for more than two weeks
- Intense worries or overwhelming fear for no apparent reason

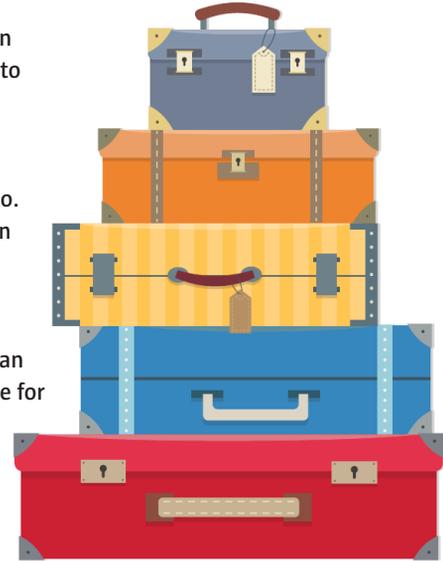
Talk with your child's doctor, school nurse or another health professional about your concerns.

Loma Linda Behavioral Medicine Center offers youth services. Call 909-558-9275 to learn more.

7 ways to de-stress your family vacation

Vacations are supposed to be fun, but the combination of children, close quarters and a change in routine can be a recipe for stress. Try these tips to keep everyone smiling:

- Involve older children in decisions about where to go and what to do.
- Plan at least one child-oriented activity a day, such as a visit to the zoo.
- Make sure your children get enough sleep and relaxation time to avoid crankiness.
- Plan fewer activities than you think you have time for so you won't need to rush to reach a destination.
- Schedule time for stress-busting naps and exercise along the way.
- Bring a "fun bag" stuffed with favorite snacks, books, games and other items your kids enjoy.
- Try sticking to a predictable, reassuring daily routine.



Safe Kids Inland Empire hosts programs to keep kids of all ages safe in and around cars. For information, contact Michelle Parker at 909-558-8118, ext. 83303, or mparker@llu.edu.



luke's corner

special spirals

Tired of eating the same old sandwich for lunch? Roll up the ingredients in a tortilla to make a brand-new lunch box treat that's fun and easy to eat!

INSTRUCTIONS:

1. Spread low-fat cream cheese all around a whole-wheat tortilla.
2. On top, place thin slices of low-fat turkey breast and some fresh baby spinach leaves.
3. Roll up the tortilla tightly.
4. Let a grown-up help you cut the tortilla roll into 1-inch slices.
5. Lay the pieces flat to see the swirly spiral and enjoy!



tuckered out

IS YOUR CHILD SLEEP DEPRIVED?

Sleep plays a key role in your child's mental, physical and emotional health, from infancy through the teen years. Make sure your child is getting enough and take steps to ensure sweet dreams.

Try these 3 tips for successful slumber:

1 FOLLOW A ROUTINE.

Keep the times for sleeping and waking the same each day.

2

BAN DEVICES FROM THE BEDROOM.

Make sure phones, TVs and tablets are turned off at least 30 minutes before bedtime.

3

SET AN EXAMPLE.

Be a model for good sleep habits.

How much sleep do kids need?

Age 4 to 12 months—12 to 16 hours

Age 1 to 2 years—11 to 14 hours

Age 3 to 5 years—10 to 13 hours

Age 6 to 12 years—9 to 12 hours

Age 13 to 18 years—8 to 10 hours

(Source: American Academy of Sleep Medicine)

HOW SPANKING HURTS and What to Do Instead

In the short term, spanking causes aggression, physical trauma and even trouble with thinking and learning. Later in life, it results in mental health problems and antisocial behavior.

That's according to a research review that combined 75 previous studies of this controversial punishment. Not only does spanking fail to improve children's behavior, it also increases the risk for 13 different negative outcomes, from low self-esteem to troubled relationships.

Fortunately, child health behavior experts have identified ways to discipline that do work. Overall, set clear rules, warn your child of what happens when they're broken and follow through. Try these specific tips to teach your child to listen and behave.

The behavior: A toddler or preschooler hits, bites or won't share

THE PUNISHMENT: TIME-OUT

This tactic serves multiple purposes. First of all, it punishes kids by removing them from the fun to go sit in a quiet corner. Time-out also puts the brakes on an escalating situation. You'll give your little one time to calm down before things heat up.

The behavior: A school-aged kid breaks rules about devices

THE PUNISHMENT: WITHHOLDING PRIVILEGES

Taking away something your kid enjoys works best when it's related to the misbehavior. Say you catch him or her watching videos you don't approve of or teasing other children online. It makes sense to take away phones, tablets and computers for a period of time as a result.

The behavior: A child throws a tantrum

THE PUNISHMENT: IGNORE IT—WITHIN REASON

Toddlers throw tantrums to seek attention or get what they want. Don't reward them—instead, wait calmly for the moment to pass. The exception, of course, is in the face of danger. If your child runs into the street during a tantrum or is otherwise at risk, grab him or her and hold tightly.

The behavior: Repeated disobedience

THE PUNISHMENT: POSITIVE REINFORCEMENT

Reacting to ongoing aggression or disrespect with violence only makes matters worse. Instead, question calmly to find underlying causes of anger and frustration. Also, compliment your child for obedient and respectful behavior. This moves the focus from the problem to the solution. If you can't regain control, talk with your child's doctor or a mental health professional.

DO DISCIPLINE RIGHT

For more tips on healthy ways to discipline your child, check out our health library. Visit <http://healthlibrary.lomalindahealth.org> and enter "discipline" in the search bar.



URGENT CARE FOR KIDS

As a parent, there's nothing worse than seeing your children sick or in pain. And when their primary care provider can't see them, an urgent care center may be the right place to go—especially when it's just for kids.

Pediatric urgent care centers are specially designed and staffed to help babies, children and teens. There's usually an age limit on who they'll treat—typically somewhere between ages 16 and 21.

From sore throat and fever to an object up the nose, these urgent care centers can help with illnesses and injuries that are not life- or limb-threatening. You should, however, go to the emergency room for

serious medical issues, such as no pulse, bleeding that won't stop or poisoning.

EXPERT CARE

These kid-focused centers typically have pediatricians on staff, as well as nurses, nurse practitioners and physician's assistants, who are specially trained to work with children. This can help ease anxiety and enable the treatment of frightened and uncooperative little ones.

KID-FRIENDLY

Pediatric urgent care centers often have waiting areas, hallways and exam rooms decorated to put young patients at ease.

Meanwhile, kid-sized equipment and supplies enable proper care. X-rays and basic lab tests can often be done on-site during your visit.

Before you leave, ask how information from your child's visit will be shared with his or her doctor. This helps make follow-up care easier and keeps your child's medical history intact. Some centers already have a process in place for this important step.

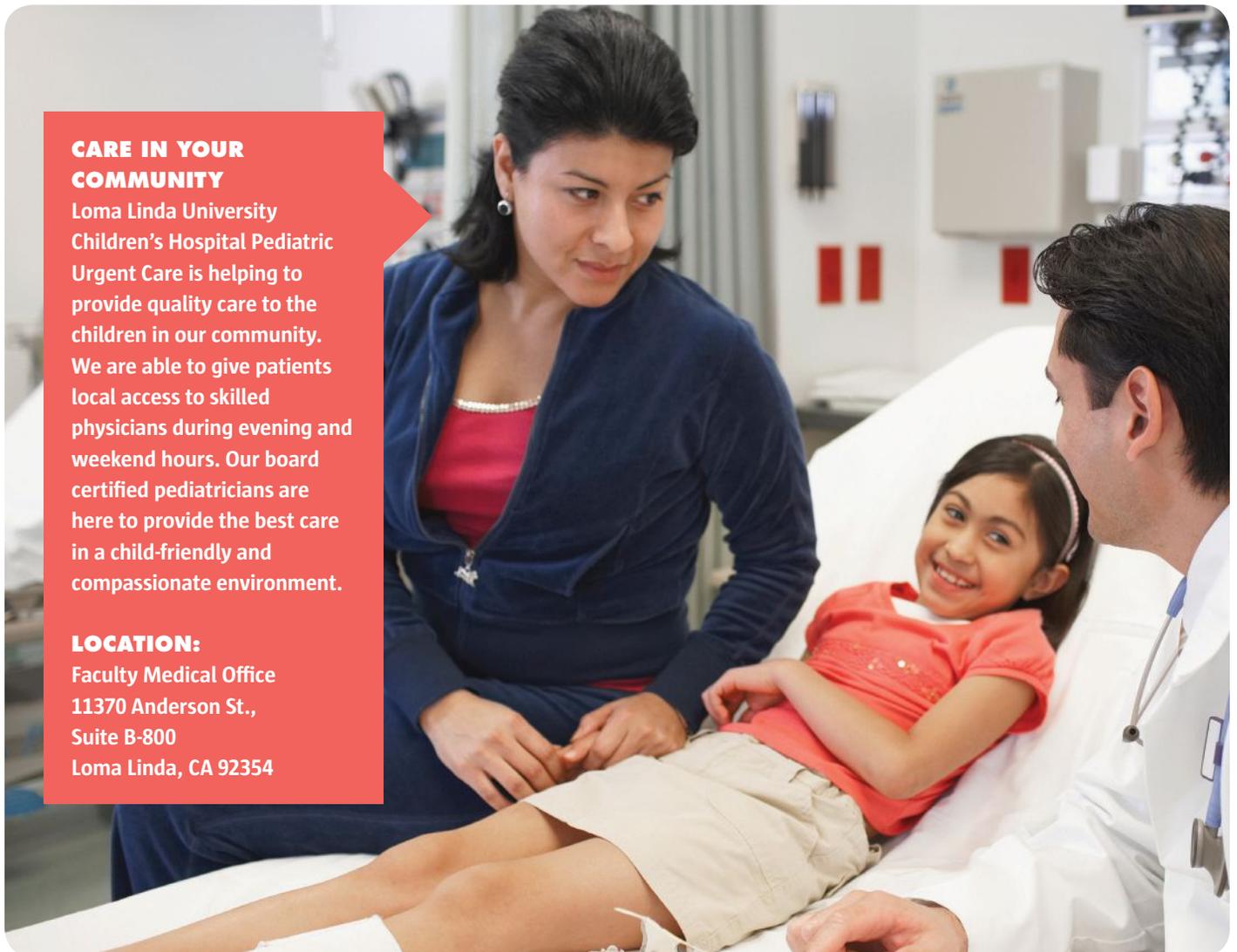
And just in case, these urgent care teams are trained and ready to triage and transfer children who end up needing emergency care.

CARE IN YOUR COMMUNITY

Loma Linda University Children's Hospital Pediatric Urgent Care is helping to provide quality care to the children in our community. We are able to give patients local access to skilled physicians during evening and weekend hours. Our board certified pediatricians are here to provide the best care in a child-friendly and compassionate environment.

LOCATION:

Faculty Medical Office
11370 Anderson St.,
Suite B-800
Loma Linda, CA 92354



Lifesaving Care for a Dangerous Birth Defect

by James Ponder

Gastroschisis, a medical condition in which the intestines remain outside a baby's body at birth, is on the rise nationally. According to Arti Desai, M.P.H., a doctoral student at Loma Linda University School of Medicine, its incidence rose nationally by nearly 30 percent from 2006 to 2012.

Gastroschisis occurs more frequently in the Inland Empire and other regional clusters. While experts suspect that environmental factors like agricultural chemicals may be involved, they don't know the exact cause.

Shareece Davis-Nelson, M.D., a perinatologist and researcher at Loma Linda University Children's Hospital (LLUCH), is working to understand what causes gastroschisis and what can be done to reduce its impact on the babies in her community. "I've been doing a chart-based research study on why some patients are born with it and others are not," she reveals. "Thirteen percent are stillborn."

She notes that small birth size may be a factor. "Three-fourths of all babies born with gastroschisis are perceived to be small in utero," Davis-Nelson observes. "I'm trying to model their growth trajectory and investigate why some of these patients have problems and others don't."

IN THE HANDS OF EXPERTS

Janett Anguiano and Gian Ledesma were glad to have Davis-Nelson as their physician when they learned that their unborn child, Theodore, had the disorder. Davis-Nelson assured them that the LLUCH staff had successfully treated many gastroschisis babies.

But during the 38th week of pregnancy, Janett suddenly realized the baby wasn't moving. Gian hurried her to LLUCH, where physicians sprang into action, inducing labor to save Theodore's life.

After birth, the baby remained in danger: Doctors discovered that fluid from his first bowel movement had entered his airway.

Children like T. Rex are the reason Davis-Nelson is determined to learn more about gastroschisis.

Hospital staff cleaned the baby quickly enough to avoid complications. They placed a bag over his intestines while pediatric surgeons Erin Perrone, M.D., and Edward Tagge, M.D., installed a conical silo to allow Theodore's bowels to gradually sink into his abdomen.

"T. REX" GOES HOME

That wasn't the last of Theodore's challenges. An infection at an IV site required that the operation to close the skin over his stomach be postponed. Then, when he was about to be discharged, doctors found he had gallstones. Finally, the baby recovered and was able to go home with his parents.

Fast-forward 17 months and Theodore—nicknamed T. Rex—is thriving and has no digestive issues whatsoever. "You would think something this hard would tear people apart," Janett reflects. "But our family has gotten closer."

Children like T. Rex are the reason Davis-Nelson is determined to learn more about gastroschisis. When her research project is completed, she hopes to improve the accuracy of diagnosis and eliminate the incidence of stillbirth.



In addition to treating patients, perinatologist Shareece Davis-Nelson, M.D., conducts research on gastroschisis so she can understand the disease and try to reduce its impact on our community.



**FOR YOUR
CHILD'S
EVERY NEED**

At Loma Linda University

Children's Hospital, you'll find experts in a wide variety of specialties. To locate a physician, call 800-872-1212 or visit www.lluch.org.



3 STEPS TO HELP YOUR CHILD WITH ADHD MAKE FRIENDS

Children with attention-deficit/hyperactivity disorder (ADHD) often have difficulty focusing, paying attention and being patient. As a result, ADHD can make it challenging for them to do well in school and can affect their behavior at home. It can also make it difficult for them to make friends. As a parent, this can be hard to experience. You want your child to socialize and have fun with his or her peers. Here are three steps you can take to help your child build friendships:

STEP 1 REWARD GOOD BEHAVIOR WHEN YOU SEE IT.

If you see your child sharing, being patient or getting along with other children, let your child know that he or she is doing well. You could offer positive words, hugs or even small prizes to help encourage the same behavior again.

STEP 2 AVOID BUSY SETTINGS.

If your child has a playdate or will be around other kids, try to avoid loud, distracting places that can be too stimulating. For instance, instead of getting together at a noisy playground, you could suggest having the playdate at your home. It's also a good idea to allow just one playmate at a time.

STEP 3 SUPERVISE YOUR CHILD WHILE PLAYING.

You don't have to hover, but make sure you're nearby and can keep an eye on your child. If your child is doing anything that could upset another child or vice versa, you can quickly intervene. And if your child is playing well, you'll be there to notice, too.

If your child isn't already being treated for ADHD, talk with his or her pediatrician about available options. Treatment often involves a combination of medication and behavior therapy that can have a positive impact on many different aspects of your child's life, including his or her social skills.

WHAT DO YOU KNOW?

Test your knowledge of ADHD with an online quiz at <http://healthlibrary.lomalindahealth.org/40,ADHDQuiz>.

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Give Now. Build Hope.

When JJ's mom found out that her son had a heart problem, had no legs and was in need of many surgeries, she realized that JJ needed a dedicated children's hospital to help him see tomorrow.

Through our Vision 2020 campaign, we are embarking on a journey to give hope, provide cures and save the lives of our youngest patients by building a new children's hospital tower.

Give today to help us build hope for kids like JJ.

Visit us on the web at GiveVision2020.org and make your pledge today.

Give to your local
Children's Hospital



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