

leaps & bounds



contact sports and kids

TIPS TO PREVENT INJURIES.
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SPOT COMPLICATIONS

Recognize these pregnancy signs

STRONGER TOGETHER

Grow closer as a family

SPRING
2025



LOMA LINDA
UNIVERSITY

CHILDREN'S
HEALTH

how much caffeine is too much for teens?

Nearly 25% of parents say that caffeine is a major part of their teenager's life. And because too much caffeine can affect sleep, mood and school performance, it's created quite a buzz.

Experts recommend that teens cap daily caffeine consumption at 100 milligrams. But one can of Red Bull clocks in at 80 milligrams of caffeine, and a 16-ounce Starbucks coffee contains 360 milligrams.

To help teens cut back, stock caffeine-free drinks at home and talk to them about how to reduce caffeine, like choosing a smaller portion size. Don't be shy to involve their healthcare provider in the discussion.



is it a cough or childhood asthma?

Unlike short-term bugs, asthma is a chronic, inflammatory condition. You can tell the difference between asthma and other illnesses by tracking your child's symptoms over time.

When symptoms such as coughing, wheezing and shortness of breath are linked to asthma, they usually follow a pattern. They tend to flare up:

- At night.
- Early in the morning.
- During exercise.
- After exertion, laughing or crying.
- In cold air.

With medication and planning, asthma can be managed. Doing so can help your child breathe easier today and prevent permanent lung damage in the future.

KIDS' CORNER

IT'S SLIME TIME

INGREDIENTS

- 4-oz. bottle of school glue
- 2-3 tbsp. contact lens solution (with boric acid)
- 1-2 c. unscented shaving cream; use more as needed
- Food coloring or glitter (optional)

DIRECTIONS

1. Place glue in a plastic bowl. Add a few drops of food coloring or glitter for extra pizzazz!
2. Mix in contact lens solution until combined.
3. Stir in 1 c. shaving cream. Add $\frac{1}{2}$ c. more as needed for thickness.
4. Knead the slime with your hands until it reaches the perfect consistency.
5. Store in an airtight container when not in use.



PREP TALK

5 WAYS TO HELP YOUR CHILD FEEL READY FOR THERAPY

Starting therapy can be a big step for your child — and for you! If they are nervous, confused or even reluctant, your support and preparation can make all the difference.

1 Choose the Right Time to Chat

Have the conversation about starting therapy during a calm time, like during dinner or on a car ride. Keep things low-pressure and positive. Avoid moments like bedtime or during an argument.

2 Normalize Therapy

Talk about therapy like you would a trip to the doctor or dentist: It's just another way to feel better! For younger kids, you might say, "We're going to a feelings doctor." For teens, frame it as a chance to work through challenges they're facing.

3 Break It Down for Their Age

Use language they understand. For little ones, emphasize that it won't involve shots, and they may even get to play games. For teens, focus on how therapy can help them communicate better or feel less anxious. Stress that it's not a punishment.

4 Bring Comfort Items

Let your child bring a favorite toy, fidget toy, picture or other soothing object. Having something familiar can make a new space feel safe.

5 Show Them Who's Who

If the therapist has a website, show your child their photo or office pictures. This can make walking into that first appointment feel a little less daunting.

HEALING IS ...

restoring harmony to your child's life. Our youth behavioral health programs provide children with a safe and encouraging environment. Learn more about our services at lubmc.org/youth.

KNOW HOW TO SPOT PREGNANCY COMPLICATIONS

As a mom-to-be, you probably hear a lot about morning sickness. But how much have you heard about hyperemesis gravidarum, preeclampsia and gestational diabetes?

These less discussed pregnancy issues are more common than you might think. It's important to know what to watch for. If they happen to you, prompt care is the key to a healthier pregnancy and safer delivery for you and your baby.

Here's how to be prepared to recognize these pregnancy complications.

HYPEREMESIS GRAVIDARUM (HG)

HG is severe nausea and vomiting during pregnancy — worse than ordinary morning sickness. Contact your healthcare provider if you experience:

- Nausea that doesn't go away.
- Vomiting several times each day.
- Weight loss.
- Decreased appetite.
- Lightheadedness or fainting.
- Dehydration, which may cause dark-colored urine or an inability to urinate.

Early treatment helps keep HG from worsening. Options include a bland diet, IV fluids and anti-nausea medicine. Some women need hospitalization to stop the vomiting and restore body fluids.

PREECLAMPSIA

Preeclampsia is a sharp rise in blood pressure after midpregnancy that is accompanied by problems with the kidneys and other organs.

Often, preeclampsia is found by prenatal screenings that look for high blood pressure and protein in your urine. Contact your provider if you develop:

- Swelling of your hands and face.
- Pain in your upper belly or shoulder.
- Changes in vision or seeing spots.
- A headache that won't go away.
- Sudden weight gain.
- Difficulty breathing.

Preeclampsia can be a dangerous complication, but the right prenatal care reduces the risks. When needed, labor can be brought on by medicine.

GESTATIONAL DIABETES

This refers to diabetes that starts during pregnancy in a woman who didn't have it before. Gestational diabetes is typically found by prenatal screening tests for high blood sugar. You might not have any symptoms, but tell your provider if you develop extreme thirst, hunger or fatigue.

Work with your provider to control your blood sugar. That may involve following a healthy meal plan, getting appropriate exercise and monitoring your blood sugar. If needed, your provider can prescribe insulin.

HEALTHY IS ...

recognizing when your body needs extra care and guidance. Call our maternal-fetal medicine specialists at **909-558-4771** to make an appointment and find support.



HAPPY IS ...
growing closer together every day. Our outpatient therapy services can help families work through stress and other emotional difficulties. Read more about what we offer at lubmc.org/youth.

STRENGTHENING THE TIES THAT BIND: MEANINGFUL WAYS TO BOND WITH YOUR CHILD

How important is a strong parent-child bond? According to a recent study of more than 10,000 children, those who had loving bonds with their parents at age 3 had fewer mental health problems as adolescents. They also tended to engage in “prosocial” behaviors, like treating others with empathy, kindness and generosity.

The study findings may seem like common sense to many parents. But what’s less obvious is how to build a strong relationship — and maintain it — as your child grows. These strategies can help.

START YOUNG

There’s no such thing as being too attentive to your baby’s needs. Hold your baby close and respond to sounds they make with eye contact, words or a hug. By reacting and interacting, you help create neural connections in their brain that assist in developing social and communication skills.

PLAY, PLAY AND PLAY SOME MORE

As your child starts to grow, engaging in play is a great way to show you enjoy spending time with them. Plus, having fun together triggers the release of endorphins for everyone involved. (Endorphins = the feel-good hormones that promote a sense of well-being.)

TALK, BUT ALSO REALLY LISTEN

As your young one turns into a conversationalist, take a genuine interest in what they have to say and acknowledge their feelings. Talking with them and being a good listener shows you care about how they see the world.

DON'T JUST BE THERE — BE PRESENT

Kids need to know they can get your undivided attention. This might mean putting your cellphone aside when spending time together. Or taking an after-dinner walk as a family to step away from at-home distractions.

Make sure your child knows they can come to you for advice and support, especially as they enter their teens. Remind them that your love is unconditional, even if they do something you don’t like. Make it a habit to tell them you love them every day.

Being a parent is a tough job. But if you keep working hard on your bond, you can give your child a strong foundation to help them navigate future relationships.



HEALING IS ...
working with a provider who understands your family's needs. Make an appointment today through MyChart or call 909-558-9113.



Caleb Ho-A-Shoo, MD

GUIDING YOUNG MINDS: DR. CALEB HO-A-SHOO'S JOURNEY IN CHILD PSYCHIATRY

At Loma Linda University Health, Caleb Ho-A-Shoo, MD, stands out as a dedicated psychiatrist committed to improving the mental health of children and adolescents. Ho-A-Shoo's journey into psychiatry began during his third year of medical school at Loma Linda University, when a rotation on an adolescent psychiatric unit sparked a passion for working with young people.

"Seeing their growth during hospitalization and the potential for change inspired me to pursue this field," he said.

From Student to Leader

Ho-A-Shoo spent his entire medical career at Loma Linda, progressing from medical school to residency, fellowship and now a faculty position. Over the years, he has

witnessed the department's significant growth in comprehensive psychiatric care for children, including tailored programs like partial hospitalization and intensive outpatient care that cater to specific diagnoses. These initiatives provide children with customized support, promoting long-term healing and stability.

He says treating children involves a holistic approach that extends beyond individual care. "It's about working with their families, schools and communities," Ho-A-Shoo said. This focus on systemic support helps children navigate challenges such as anxiety, depression, trauma, ADHD and school-related stress. Dr. Ho-A-Shoo emphasizes the importance of building trust with young patients. While they may arrive at his program feeling nervous or guarded,

they often leave engaged, hopeful and grateful for their progress.

Earning Trust, Building Hope

One of the most rewarding aspects of his work is bridging the gap between a child's perspective and their parents' expectations. "Helping families build stronger communication and understanding can create lasting change," he said.

Ho-A-Shoo's approach involves fostering a safe space for children to express themselves, equipping parents with tools for open and nonjudgmental dialogue and advocating for mental health awareness.

Reflecting on his role, Ho-A-Shoo likens his work to steering a ship: "Even a slight adjustment in direction can have a profound impact on a child's trajectory."

CONTACT SPORTS AND KIDS

HOW TO KEEP YOUR CHILDREN SAFE

Each year, more than 2.6 million children ages 19 and younger visit the emergency room (ER) for both recreation and sports-related injuries. Kids are at greater risk than adults for sports injuries because they're still growing and developing.

The risk for injury is even greater if the child plays a contact sport, such as basketball, football or soccer.

To help kids and teens prevent injury, follow these rules:

- **Wear protective gear.** Make sure your children always have on the correct equipment for their sport before going onto the field or court. This may include pads, a helmet and a mouthguard. If your child wears eyeglasses while playing, they should be made of nonshattering glass.
- **Create a safe playing field.** Before the game begins, make sure that the field or court is free of debris, holes and other potential hazards. If the game is at night, the venue should be well-lit.
- **Don't overplay.** Kids should take breaks during strenuous sports to prevent overuse injuries, like small muscle tears and fractures. The American Academy of Pediatrics also recommends taking a one-month break from a specific sport every year to prevent injury.
- **Warm up and tone up.** Young athletes should stretch before and after every game. This will help keep their muscles and tendons flexible. Kids should also practice often and follow a conditioning program to strengthen their muscles.
- **Group kids by size.** Kids are more likely to be injured in a contact sport if they're playing with opponents who are twice their size. Encourage your child's coach to group players by size and skill level instead of by age.
- **Recognize the signs of an injury.** Quick treatment of a contact sports injury can prevent it from becoming more severe. Seek quick medical treatment if your child experiences any swelling, has severe pain, is unable to put weight on a lower limb or has a visibly broken bone.
- **Don't rush back after injury.** If your child has an acute or overuse injury from contact sports, be sure that they're completely free of symptoms before resuming play.

HEALTHY IS ...

making time for a well-child visit and sports physical. These checkups are the best way to help your child participate safely in physical activities. To find a provider, go to [lluch.org/search/provider](https://www.lluch.org/search/provider).

leaps&bounds

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To learn more about our services, visit [LLUBMC.org/youth](https://llubmc.org/youth).

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