HOME
SAFE HOME
Avoid furniture falls
and TV tumbles

IS IT AN
EMERGENCY?
Know when to call 911

calm
and
focused

MINDFULNESS MATTERS:
BEING ‘IN THE MOMENT’
HAS BENEFITS
SEE PAGE 4.

FALL
2017

YOUR GUIDE TO KIDS’ HEALTH FROM LOMA LINDA UNIVERSITY CHILDREN’S HOSPITAL
help stop bullying

Teaching your children about bullying can help them curb or defend themselves against such behavior, advises the American Psychological Association. Practice scenarios at home so that they can learn how to ignore bullies. Teach them assertive strategies they can use to cope with and fend off bullying. Also help them identify teachers and friends who can help them solve bullying problems.

protecing against measles, mumps and rubella

Measles, mumps and rubella (MMR) are dangerous, but preventable, diseases. So it is crucial to get the MMR vaccine. Even if you’ve had one vaccination, you’re still not as well protected as those who have received two. The Centers for Disease Control and Prevention (CDC) advises two shots for children and those at high risk.

A youngster should get a first dose of the MMR vaccine between 12 and 15 months of age. However, the CDC recommends that children receive the first dose between 6 and 11 months of age if they will be traveling or living abroad. Another dose is advised at 4 to 6 years of age. But this second shot can be given anytime at least four weeks after the first.

Other people who should get a second shot include:

- Grammar or elementary school, high school and college students
- Health care workers and world travelers

play with your food

Do you like to play with your food? Then you’ll love this box lunch that looks like a game of tic-tac-toe!

First, place nine muffin cups or other small containers in your lunchbox in three rows of three. Have a grown-up help you fill each cup with a different food. Try mixed veggies, mashed potatoes, fruit slices, mac and cheese, meatballs or anything else you like. Next, ask the adult to cut cucumber slices in O shapes and carrots into X shapes. Place these letters on your tic-tac-toe board.
During the big game, your kid takes a hit to the head. Keep an eye on your child. If he or she has a headache that won’t go away, vomits frequently, slurs his or her speech, has one pupil that is larger than the other or behaves oddly, go to the ER.

Your child is making a picture and decides to taste the paint. Call poison control at 800-222-1222 or use the online tool at www.poison.org. But if your child is having trouble breathing, call 911.

Your child grabs a nearby cup of coffee and scalds herself. Run cold tap water over the burn, then cover it with a clean gauze pad. Visit the emergency room if the burn is on your child’s face, genitals, hand, foot or over a joint; is larger than the size of your child’s hand; or causes blistering.

Remember: Always call 911 when your child loses consciousness, can’t breathe, has a seizure or has been injured in a traumatic event, such as a car accident.

EXPERT CARE WHEN YOU NEED IT! Need medical help after hours? The Pediatric Express Care clinic is open Monday through Friday, 4 to 8 p.m., and 8:30 a.m. to 3 p.m. on Saturdays. Call 909-558-2828 to learn more.
How to Practice Mindfulness

Children start off life focused on the details of the world around them. But as they grow up and start to “go through the motions” of daily life, it can be helpful to teach them mindfulness.

Mindfulness means paying attention to what’s happening in the present moment. It’s noticing small details—what something sounds like or how you feel—with no judgment about whether the experience is good or bad.

A REWARDING PRACTICE
Mindfulness has many benefits. It can bring calmness and refocus energy. It can also help with issues such as:

• Stress
• Anxiety
• Depression
• Memory
• Concentration
• Emotional reactivity

Additionally, research has shown that mindfulness can boost immunity, lessen the stress from conflicts in relationships and speed up how long it takes the brain to process information. Cultivating these benefits from a young age can give your child extra coping tools that may come in handy through all stages of life.

MINDFUL ACTIVITIES FOR KIDS
Mindfulness is a state of being, and there are many ways to get there. Here are a few ideas for children:

1. **Count your breath.** This is a great exercise for when kids are nervous about a test or anxious before a big sports game. Have them sit down and focus on each breath. What does it feel like as the air comes in through the nose and out again? Encourage them to count their breaths but not to change them from their natural state by forcing air in or out. Let them know if their minds wander, it’s OK—but once they notice this, they should return to thinking about their breath.

2. **Walk on eggshells.** With soft music in the background, gather a group of children and tell them to pretend they’re walking on a bed of eggshells, so they must tread softly and slowly. Ask them to pay attention to how every movement feels. How does the foot come off the floor? What are the arms doing? Is there anything different between the right leg and the left?

3. **Take a bite.** Give your child something to eat, such as an apple. Have him or her focus on and describe all the sensations involved—what the apple looks like, how it tastes and how the stomach changes and feels different once it’s been eaten.
For the 8 percent of children who suffer from asthma, the lung condition can impact life in many ways. Kids with asthma may avoid physical activity. They may have a hard time catching their breath and have lower stamina than other children.

Recent smoking laws have made life a little easier for these vulnerable children. According to a study published in *Annals of Allergy, Asthma & Immunology*, asthma-related emergency department visits drop significantly when cities ban smoking indoors.

**POSITIVE RESULTS**

The study looked at emergency department data for 20 U.S. cities that had passed indoor smoking bans. Researchers compared childhood asthma-related visits in the three years before and after the bans. On average, asthma emergencies decreased by 17 percent after nonsmoking laws went into effect.

**AVOID SECONDHAND SMOKE**

Smoke is a common trigger for asthma attacks among children. Indoor smoking bans protect children from secondhand smoke while they’re out in public. The benefits were apparent within the first year or two of a ban going into effect.

Even brief exposure to secondhand smoke is harmful for children and adults. To protect your family:

- Don’t allow smoking in your car or home.
- If you smoke, quit.
- Eat at restaurants that are smoke-free.

For more ways to avoid secondhand smoke, visit [www.smokefree.gov/secondhand-smoke](http://www.smokefree.gov/secondhand-smoke).

**KICK THE HABIT**

Do you need help quitting smoking? Call 909-558-4496 to learn about the Loma Linda University Center for Health Promotion’s smoking-cessation program.

**Back-to-School Asthma Checklist**

If your child has asthma, take time now to complete the following to-do list:

- **Talk with your child’s teachers and coaches and the school nurse.** The subject: your child’s school asthma management plan. School personnel need to know such things as his or her triggers and medication plan and when and where to seek emergency help.
- **Encourage your child to be active during and after school.** Regular exercise has been shown to reduce asthma symptoms.
- **Watch your child use an inhaler.** Make sure he or she is using it correctly. Research shows that many children don’t use the inhaler correctly.
- **Rehearse important asthma-related scenarios with your child.** For instance, discuss what he or she should do upon encountering a furry classroom pet or something else that triggers asthma. This will help your child get comfortable with speaking up.

Remember to start small. Children don’t always have the longest attention spans, so begin with a short activity, around five minutes. In the same way that modeling healthy eating and exercise has a big effect on kids, modeling mindfulness is likely to have the greatest impact. If you’re not authentic, that will shine through and make it difficult for your kids to get their Zen on.
A select few possess the passion and integrity to work in a career that gives true meaning to life’s greatest purpose—helping others. For Stephen Ashwal, M.D., a pediatric neurologist at Loma Linda University Children’s Hospital (LLUCH), his commitment to improving the lives of children is a testament to a lifelong passion that grows stronger with each new day.

A POSITIVE INFLUENCE
Dr. Ashwal’s service to the care and treatment of every child who comes through our hospital doors is second to none. His unrelenting desire for change and nurturing spirit have not only touched the lives of those he cares for but also influenced a new generation of pediatricians.

Dr. Ashwal has been a valued member of the Division of Child Neurology in the Department of Pediatrics at LLUCH since 1976 and is a distinguished professor in the Department of Pediatrics at LLU School of Medicine. Dr. Ashwal and a renowned team of physicians treat an array of conditions, such as seizures, epilepsy, movement disorders, attention deficit disorder, autism and much more.

He was appointed to his current role as chief of pediatric neurology in 1995. He has written and edited numerous books in the field of child neurology, such as *Swaiman’s Pediatric Neurology*, and has authored and co-authored more than 200 peer-reviewed manuscripts.

Over the years, Dr. Ashwal has held a special place in his heart for the Inland Empire’s children, serving as an advocate in pediatric neurology.

UNSURPASSED DEDICATION
At the 24th annual Foundation Storybook Gala held on February 16, 2017, Dr. Ashwal received the Outstanding Clinician Award in recognition of his service and dedication to the healing care of so many children.

A Passion to Serve the Inland Empire’s Children
Furniture Falls Hurt Kids

Even the most safety-conscious parents may miss this danger to children—a piece of furniture, a television or an appliance tipping over when a child is climbing on it or another child pushes it over.

But the chance of injury is real whether you have a 1-year-old or an 8-year-old.

Between 2013 and 2015, according to the U.S. Consumer Product Safety Commission, falling furniture, TVs and appliances sent an average of 17,300 children a year to emergency rooms. Injuries ranged from cuts and scrapes to fractured bones and organ injuries.

Even worse, 411 children were killed by falling furniture, TVs or appliances between 2000 and 2015.

The following steps can help you protect your children or someone else’s from being hurt in your home.

**TELEVISIONS**
- Set TVs on low, wide tables and push them back as far as they’ll go.
- Don’t put TVs on top of dressers or on open shelves.
- Use a strap to attach a TV to a stand or wall.
- Follow the manufacturer’s instructions for attaching flat screens to the wall.

**FURNITURE**
- Fasten dressers, bookshelves and entertainment centers to walls with safety straps, brackets or other devices.
- Store heavy items on the bottom and lower shelves of entertainment centers and shelving units.
- Mount drawer stops on all drawers.
- Place electrical cords from TVs and other appliances well behind furniture. That will help keep children from pulling these items down on themselves.
- Discourage climbing by not placing toys, TV remote controls and other items that attract children on top of entertainment centers or other heavy furniture.

**APPLIANCES**
- Verify that your stove, oven or range has an anti-tip bracket that attaches it firmly to the wall or floor.
- If an appliance has no bracket or the bracket is not secure, order one from the manufacturer and install it properly.
- Don’t set heavy items on the oven door.
- Never stand or step on an oven door.
- Move cookies and other tempting foods away from the oven to discourage children from using the door as a step stool to reach them.

Young children can’t foresee the danger of climbing or pulling on furniture. It’s up to you to keep them safe.

**WATCH IT!** For more information on keeping kids safe, watch our Facebook Live video on baby safety at www.facebook.com/lluchildrens/videos.
Help Me Build Hope for My Birthday!

Find out more about getting involved with Birthday Club and help Build Hope!

GiveVision2020.org