MIRROR, MIRROR
Encourage body positivity

SWADDLING
AND SIDS
Keep your baby safe

take it to heart
BOOST YOUR CHILD’S CARDIOVASCULAR HEALTH
SEE PAGE 7.

YOUR GUIDE TO KIDS’ HEALTH FROM LOMA LINDA UNIVERSITY CHILDREN’S HOSPITAL
holiday hazards

The holidays are full of joy and excitement, especially for children. But they also send thousands of kids to the emergency department. Here are some ways to keep your holidays safe:

- If you have young children, don’t use any ornaments that are sharp or breakable, have small removable parts or look like candy or food.
- After you open gifts, remove wrapping paper, ribbons and other choking hazards.
- Keep toys with button batteries away from small children. They can be deadly if swallowed.
- When you visit friends or family, keep an eye out for danger spots, such as staircases without child gates, in homes that have not been childproofed.

clean here to cut back on germs

Sneezes and coughs aren’t the only way to spread disease-causing germs. Viruses and bacteria can linger around your home. Target these spots to keep your family healthy this winter:

**PILLOWCASES AND SHEETS:**
Bedding can conceal germs such as those that cause pink eye. Wash pillowcases and sheets frequently in hot water and detergent.

**TOYS:** Bugs linger on hard plastic toys for up to 24 hours. Wipe or dunk the toy in a homemade bleach solution or an EPA-registered disinfectant, then let it stand for three to five minutes before rinsing with clean water.

**SINKS:** Wash them frequently with hot, soapy water.

**DOORKNOBS:** Given how frequently they’re touched, it’s no wonder handles and knobs pose a risk. Wipe them with disinfectant or a bleach solution.

**AFTER-HOURS CARE FOR KIDS**
Pediatric Express Care is available 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.

paper mittens

Whether or not there’s a chill in the air, making these colorful mittens will give you something fun to do this winter!

1. Draw two large mittens on a piece of construction paper — one with the thumb on the left and one with the thumb on the right.
2. On a second piece of construction paper, draw two rectangles the same length as the bottom of your mittens. These will be the cuffs.
3. Cut out your drawings.
4. Cut a piece of yarn to connect your mittens. Take one end of the yarn and tape it to the bottom of one mitten, where your hand would go inside. Tape the other end at the bottom of the other mitten.
5. Put glue on the back of a rectangle and press it onto one of the gloves at the bottom. It should cover the end of the yarn taped to your mitten. Do this again with the second rectangle and mitten.
6. To complete your cuffs, pull on cotton balls to thin them out, then glue them onto the cuff of each mitten.
7. To decorate your mittens, draw a pattern, write your name or apply stickers or glitter glue — it's up to you!
Teenagers may think they’re invincible, but it’s still important for them to see a health care provider for a well-child checkup. These visits can help catch health problems early, and they also help encourage teens to take control of their own health.

Here are some important aspects of teen checkups:

- Depression and mental health
- Hearing and vision checks
- Dental check
- Acne and skin care discussion
- Vaccines, including human papillomavirus (HPV) vaccine
- Body mass index check
- Nutrition and exercise counseling
- Body safety discussions (safe driving, gun safety, abuse awareness, etc.)

Looking for a primary care doctor for your teen? Visit medical-center.lomalindahealth.org/search/provider to find one.
What New Parents Should Know
About Swaddling and SIDS

You may have heard the report that said swaddling babies may be linked with sudden infant death syndrome (SIDS). If you have a little one at home or on the way, these headlines may make you feel worried, alarmed and confused. After all, experts often tout swaddling as a way to help your baby sleep more soundly. So what’s a new parent to think?

WHAT THE STUDY SAYS
First, it’s important to better understand the study’s findings. Researchers found that swaddling was associated with an increased risk for SIDS, but the risk was highest among infants sleeping on their stomachs and sides and lowest among those sleeping on their backs, according to the study in the journal Pediatrics. This further supports the American Academy of Pediatrics’ recommendation to always place babies to sleep on their backs, whether they’re swaddled or not. Placing babies on their sides is too risky because they can roll onto their tummies.

The other crucial thing to consider is your baby’s age. The Pediatrics study found that the risk for SIDS among swaddled infants increased as they got older. That’s probably due to the fact that older babies are able to roll from their backs to their stomachs. A good rule of thumb is to stop swaddling as soon as your baby shows that he or she is trying to roll over. Most babies are able to roll from tummy to back by about 4 months of age and in both directions by 6 months.

WHAT ELSE YOU CAN DO
As a new parent, helping your child sleep well is a major priority. Of course, making sure your baby is safe is just as important. These tips can help you and your little one catch some precious z’s while putting some of your worries to rest:
• Make sure your baby’s crib meets all current safety standards and has a firm sleep surface.
• Keep all soft or loose items out of your baby’s crib, including blankets, bumpers, toys, pillows, stuffed animals, sheets and more.

STAY SAFE
For more tips on keeping your child safe, visit lluch.org/about-us/safe-kids/safety.
Simply put, body image is how you feel about your body. A positive body image means that you have a realistic perception of how your body looks and you accept and appreciate your natural body shape.

Believe it or not, problems with body image can begin as early as the preschool years. The good news is that you can do a lot to help your child develop a positive body image from a very young age.

1. **Be a role model.** Consider the message your child receives if you’re always talking negatively about your own features, constantly dieting or putting yourself through grueling workouts to change your appearance. Talk about and treat your own body exactly how you’d like your child to treat his or her own.

2. **Emphasize health.** Rather than focusing on weight, emphasize health, physical fitness and good nutrition. Talk about these things in terms of the benefits they provide for your child. For example, encourage your child to eat a tasty, nutritious meal so that he or she will have plenty of energy to play.

3. **Foster a love for physical activity.** Help your child discover that being active is about having fun. Support your child’s interests in any physical activity that he or she enjoys, even if it’s different from what you’d choose. Allow your child to try different activities until he or she finds those that feel like a fun and natural fit.

4. **Talk about it.** Since you can’t completely shield your child from “perfect-looking” bodies in the media, use these images as a conversation starter. Let your child know that these images are often retouched or otherwise altered to appear that way and they don’t represent the wide range of shapes and sizes that bodies come in. If you hear your child talking negatively about his or her own body, discuss why your child feels that way and share what you see that makes your child special.

Ultimately, body image is about more than how your child feels about his or her looks. Kids who have a good body image feel comfortable and confident in their own skin. So taking these positive steps can have a lasting positive impact.
Heart transplants, valve replacements, coronary artery disease and congestive heart failure: These are just a few of the things that cardiothoracic surgeons will deal with during their careers. It is a career that only 300 or fewer practicing pediatric cardiothoracic surgeons in the nation have, with only three to five job openings per year in the field.

Needless to say, it’s very competitive when trying to get a job. Timothy Martens, M.D., Ph.D., was invited to serve in one of those positions at Loma Linda University Children’s Hospital in August 2016.

So why did he venture into one of the most ambitious specialties in health care? Dr. Martens says it was during his third year of medical school at New York University that he observed a coronary artery bypass grafting — a type of surgery that improves blood flow to the heart. “The physiology of it all had me hooked,” he says.

However, while attending Brown University for his undergraduate degree, Dr. Martens admits, “I had no clue what I wanted to do.” He liked math and quantum physics, so he majored in neuroscience, which, he says, wasn’t much fun for him.

Dr. Martens did a lot of searching and by the end of medical school he knew that he wanted to become a cardiothoracic surgeon. After more than 20 years of schooling, that’s exactly what he did.

In addition to treating his tiny patients, Dr. Martens is heavily involved in research. But he says the clinical side of his profession ties directly to his work in the lab.

Dr. Martens is currently researching ways to reconstruct the heart with materials that can grow with a patient. “Now when we perform surgery on a tiny baby, we are using materials that we will need to replace as they get older and grow,” he explains. “By the time a patient with a heart defect is 2 years old, they’ve undergone multiple surgeries to reflect their growth. And these can be invasive operations.”

Dr. Martens’ goal is to be able to create biological tissues that can be used when repairing the heart so that they grow with the patient. “If we’re able to solve some of these problems, then we can give kids a better quality of life,” he says. “If we can save a dying newborn and give him or her a full life expectancy with a single operation, that’s rewarding.”
Heart Health Matters at Every Age

Eating well and staying physically active are crucial to keeping a healthy heart. And it’s never too early to begin.

In the past 25 years, the percentage of overweight children ages 2 to 5 has more than doubled. It has more than tripled among kids ages 6 to 19. Being overweight boosts a child’s risk of developing hypertension and type 2 diabetes, conditions that contribute to heart disease. Nearly half of kids ages 12 to 21 are also inactive, further increasing their heart disease risk.

Your children probably don’t care as much about heart health as they do about growing strong, looking good and improving at sports. So stress the benefits that they can relate to. To keep your kids’ hearts humming, try the following:

HEARTY EATING TIPS

- Kids get lots of their daily calories from snacks, and many children eat too little fruit. Offer a banana, a cup of grapes or unsweetened applesauce, or sliced apples or berries on top of low-fat or fat-free yogurt. Other good snack choices include a cup of cherry or grape tomatoes, a glass of low-salt vegetable juice or low-fat popcorn.
- Put limits on sweetened drinks, even natural fruit juices. That means no more than 4 ounces a day for toddlers ages 1 to 3, 4 to 6 ounces a day for kids ages 4 to 6 and no more than 8 ounces a day for kids ages 7 to 18.
- If your kids supersize at fast-food restaurants, have them share meals. Encourage them to choose salad and milk instead of fries and soda.

HEART-RACING ACTIVITIES

- Encourage kids to go for a bike ride, toss a softball, play tag or jump rope.
- Let your children help with the yard work: raking, weeding and planting.
- Older kids can also walk the dog and mow the lawn.
- Sign up your children for community sports teams or lessons.

Also, set limits on the amount of time your kids spend in front of computer or TV screens. The American Academy of Pediatrics says there is a link between the amount of time spent watching TV and a child’s body mass index.

HEALTHY RESOURCES

For more on health tips, visit our online health library at healthlibrary.lomalindahealth.org.
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.