

leaps&bounds

come out and play

WHY PLAYTIME IS IMPORTANT
SEE PAGE 5.

FIGHT PHUBBING

Help kids
connect IRL

EYES AND EARS

Watch for vision
and hearing
problems

SPRING
2019

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



LOMA LINDA
UNIVERSITY

CHILDREN'S
HEALTH



many kids use supplements, but is this safe?

According to a recent report published in *JAMA Pediatrics*, about one-third of U.S. children and adolescents ages 0 through 19 years uses

vitamins or other supplements. Although vitamins and other supplements may seem like a healthy choice, many can lead to harmful interactions, side effects or serious complications.

The study found that the number of children and teens taking dietary supplements, such as multivitamins, remained steady between 2003 and 2014 at 33 percent. However, the number of kids taking what researchers called “alternative medicines,” such as omega-3 fatty acids and melatonin, rose from about 4 to 7 percent during that decade.

If you’re thinking about giving your child vitamins or supplements, or think they might be taking them on their own, discuss it with your child’s pediatrician. Keep in mind that supplements may not be tested in kids for safety and effectiveness and can have negative effects.

Tdap vaccine in pregnancy not linked to autism

A study published in *Pediatrics* found that the children of pregnant women who received the tetanus, diphtheria, acellular pertussis (Tdap) vaccine were no more likely to be diagnosed with autism than those whose mothers didn’t receive it.

The children of moms who did not get the Tdap vaccine had a rate of autism that ranged from 1.5 to 2 percent. Of those mothers who got the vaccine, between 1.2 and 1.8 percent of their children were later diagnosed with autism. The CDC recommends pregnant women get the Tdap vaccine between 27 and 36 weeks of pregnancy to protect their babies against pertussis, or whooping cough.

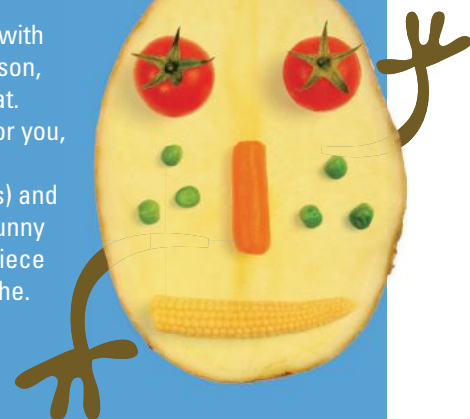


potato person

This activity proves that sometimes it’s OK to play with your food! You’ll have fun building your potato person, and when you’re done, you’ll have a nutritious treat.

1. Ask a grown-up to slice a baked potato in half for you, and to slice up a few cherry tomatoes.
2. Use the cherry tomatoes, peas (or other veggies) and low-fat cheese to decorate your potato with a funny face. Make eyes, a nose and a mouth. A small piece of cheese could become eyebrows or a mustache. Get creative!

HAPPY IS ... sharing accomplishments.
Did your child complete the Luke’s Corner activity? Share a photo of the finished product on Instagram and tag us @LLUChildrens.



eyes & ears

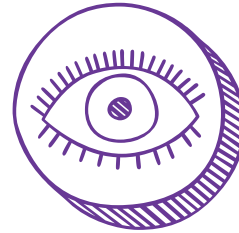
CAN YOUR CHILD SEE AND HEAR CLEARLY?

Your child's eyes and ears are windows to the world. Be on the lookout for these signs of hearing and vision problems.



HEARING AND EAR PROBLEMS

- Babies and toddlers with hearing loss may not respond to sounds. They may be late to talk and understand language.
- Older kids may have trouble making friends and doing their best in school.



VISION AND EYE PROBLEMS

- After 3 months old, babies should be able to follow an object with their eyes.
- After 4 months old, their eyes should usually line up properly.
- At any age, painful, itchy, red or watery eyes can also be signs of a problem. So can droopy or crusty eyelids.

HEALTHY IS ...

spotting vision and hearing problems early so your child can get the right treatment to thrive. If you see any signs of a problem, tell your child's healthcare provider promptly. For a referral, call **800-872-1212**.



HOW TO HANDLE PHUBBING

You may not have heard of phubbing, but you surely know what it is. In essence, it's the act of ignoring someone or something in a social situation by looking at your smartphone instead (phone + snub = phub).

Tweens and teens are particularly susceptible to phubbing. Their phones' games, apps, texts and dings scream "pay attention to me!" and add up to an irresistible distraction.

HIDDEN HARMS

While phubbing may be understandable, it can have a negative effect on relationships. Friends and family may feel hurt knowing they're being ignored in favor of a device. And too much smartphone use doesn't help children form good relationships with others. Having a phone always at the ready might even reduce their ability to empathize with others, research has found.

Not only is phubbing harmful to the person being ignored, but the phubber misses out, too. Phubbing is associated with distress and depression, and excessive time on a phone can lead to trouble building trust. Beyond that, being disconnected from the present situation makes us unhappy in ways we might not even notice. For instance, people rate their food as less tasty when phubbing during a meal.

FIGHT THE PHUB

Resisting this phenomenon may feel like an uphill battle, but there's a lot you can do as a parent. Here's how to help your family refrain from phubbing:

Model good behavior. Phubbing isn't unique to young people, and you might even catch yourself scrolling through your phone while half-listening to your kids, spouse or co-workers. Examine your own habits and limit screen time when you're with others.

Focus on manners. Some kids might not realize that when they ignore someone in favor of their phone, it sends a message that they don't respect that person. Helping your children understand how their actions affect others is an important part of developing their thoughtfulness and consideration.

Set technology limits. Technology can be a great tool, but it doesn't need to be used 24/7. Create boundaries for your family's use of it; for example, set a rule that no tech is allowed in the evening or at

the dinner table. It's helpful for children to spend time without their devices so that they don't feel dependent on them.

Encourage face-to-face communication.

Kids may love typing and texting, but speaking is important, too. Encourage conversation with your children when they're young, and keep it up as they get older. Their language skills will be all the better for it.

HEALING IS ... having the information you need for your family's health. Find parenting tips and health information for the entire family in our online health library at healthlibrary.lomalindahealth.org.





Children's PLAY

BUILDS SKILLS FOR A LIFETIME

Allowing kids to spend time playing may be more important to their development than many people realize, according to a recent report from the American Academy of Pediatrics published in *Pediatrics*. The report looked at the most recent research regarding children, play and learning.

PLAY IS KEY TO DEVELOPMENT

According to the report, play helps kids develop a wide range of skills, including social development, language, early math skills, physical development, self-control, problem-solving skills and more. Some research also found a correlation between playing and lower levels of stress.

However, despite the benefits of play, children's playtime has decreased. According to the report, academic pressure and safety concerns have reduced the overall time available for kids to play.

FIND WAYS TO PLAY MORE

Playtime is also beneficial for parents. Not only can shared play help relieve parental stress, but it also helps parents create a deeper bond with their children.

Here are a few ways to add some play to your child's day.

- ♦ Sit on the floor with your infant or toddler as they explore blocks, stacking rings, rattles or soft books.
- ♦ Encourage your preschooler to role-play

with you. You can pretend you are at the store or at school, or play "house."

- ♦ Head outside for some outdoor playtime. Play together in a puddle after the rain, dig in the sand on the beach or build a fort.

UNPLUG AND PLAY

If screentime is taking away from your child's playtime, set a daily time limit on the use of electronics. Be sure to set a good example yourself; kids will model the behaviors they observe.

HAPPY IS ... building skills that help for a lifetime. Check out our children's programs offered at the Drayson Center at drayson.illu.edu.



Inset:
Hospitalist Ekua
Cobbina, MD

Committed to **QUALITY**, Committed to **PATIENTS**

Ekua Cobbina, MD, is a lead pediatric hospitalist and founding member of the Hospitalist Group at Loma Linda University Children's Hospital. As a pediatric hospitalist, Dr. Cobbina specializes in caring for hospitalized children in collaboration with a patient's regular pediatrician. She focuses on providing comprehensive care for children who are acutely ill, implementing the best quality of care while balancing resource utilization and hospital process improvement.

Dr. Cobbina grew up in Ghana before moving to the United States by herself at the age of 19. She was focused and resolute, knowing she wanted to be a pediatrician, or at least work with children.

After she graduated with her medical degree in 2003, she applied to the Children's Hospital pediatric residency program, hoping to move closer to her extended family in California. "After my interview, this place

just felt like home — I ranked it first and matched," Dr. Cobbina said.

She worked part time for Children's Hospital from 2006 to 2008 and was drawn back to work full time at the hospital in 2014. Since then, her roles have included assistant professor of pediatrics and pediatric hospitalist.

The collegial atmosphere and its focus on spirituality are two of the reasons Dr. Cobbina was drawn to work at Children's Hospital. "I am passionate about mentoring and teaching our learners — medical students and pediatric residents," she said. "It's so rewarding mentoring them in our profession to grow in their skill, knowing they will pay it forward to those learners who follow after them."

Children's Hospital was recognized by the Leapfrog Group as a Top Children's Hospital because of its nationally recognized

achievements in patient safety and quality. Like the many other people working at Children's Hospital who are responsible for the award, Dr. Cobbina is committed to those who walk through the hospital's doors. "My greatest goal: to provide the best possible care for my patients and their families," Dr. Cobbina said. "I strive daily to achieve excellence in our institution through process and quality improvement."

Dr. Cobbina is proud of the accolade — awarded to Children's Hospital for the second year in a row — and believes it is well-deserved. "It's incredible to work in an institution where excellence is at the core of everything we do," she said. "I see my co-workers adding their personal commitment to everything and everyone they touch individually and as a team each day. This makes the level of care exemplary here at Children's Hospital."

'TOP QUALITY'

HONORS FOR CHILDREN'S HOSPITAL

For the second year in a row, independent hospital watchdog the Leapfrog Group named Loma Linda University Children's Hospital a Top Children's Hospital. The award — one of the most competitive honors American hospitals can receive — highlights the hospital's nationally recognized achievements in patient safety and quality.

Among 2,600 hospitals nationwide, Children's Hospital was one of only 13 children's hospitals in the U.S. and one of just two hospitals in California to be recognized by the Leapfrog Group during a ceremony in early December.

"This designation as a Top Children's Hospital highlights our consistent commitment to patient safety and quality," said Scott Perryman, senior vice president/administrator for Children's Hospital. "The patient families we serve invest a tremendous amount of trust in the care we provide, and we feel privileged to have received this award."

To establish qualifications for the award, the Leapfrog Group considers performance across many areas of hospital care, including infection rates, maternity care and the hospital's capacity to prevent medication errors. These rigorous standards are defined in each year's Top Hospital Methodology. To qualify for the Top Hospitals distinction, a hospital must submit a Leapfrog Hospital Survey and achieve the highest performance in its category. The selection of Top Hospitals 2018 is based on surveys from nearly 1,900 hospitals.

Perryman said, "This recognition would not be possible without our committed clinical team of pediatricians, surgeons, subspecialists, nurses and child life specialists for all they do to keep the mothers and children of the Inland Empire healing, healthy and happy."

BEST OF THE BEST

Learn more about our rankings and see the full list of institutions honored as 2018 Top Hospitals at leapfroggroup.org/tophospitals.





LOMA LINDA
UNIVERSITY
HEALTH

Building a Brighter Future for Patients

Loma Linda University Health celebrated the Topping Off Ceremony for its new hospital tower on December 11 as the final steel beam was put in place. It was a milestone toward completion of the new Loma Linda University Medical Center and Loma Linda University Children's Hospital facilities, which will exceed California's upcoming seismic requirements for hospitals while allowing Loma Linda University Health to meet the growing needs of its community.

Groundbreaking for the new facilities took place in May 2016, with the first piece of steel being placed in December 2017. In early November 2018, McCarthy Building Companies, the general contractor, began the interior construction phase of the new Children's Hospital tower, which will give Children's Hospital a total of 373 licensed beds.

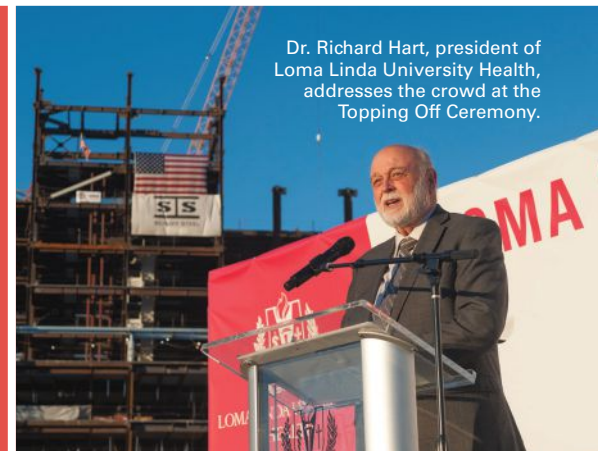
Construction of the new facilities was announced in 2014 as a part of Vision 2020 – The Campaign for a Whole Tomorrow, the organization's largest philanthropic endeavor in its 110-year history, which has raised more than \$300 million to date.



The final beam is put in place on the hospital tower.

HEALING IS ... building hope for our children and community. To support the only dedicated children's hospital in the region, visit GiveVision2020.org.

Donors, employees, patients, construction workers and community members come together to celebrate the occasion.



Dr. Richard Hart, president of Loma Linda University Health, addresses the crowd at the Topping Off Ceremony.

