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Put The Brakes on Childhood Obesity

The type of obesity associated with cardiovascular disease and diabetes has increased by nearly 70 percent in boys and girls since 1988. Pediatric healthcare professionals are concerned because the life-limiting medical complications associated with both these conditions set in more rapidly in overweight children and teens.

Baby fat isn't so cute anymore. Recent research shows that overweight children, even as young as ages 2 or 3, may not necessarily outgrow it. An overweight toddler or preschooler is five times as likely to be overweight by age 12.

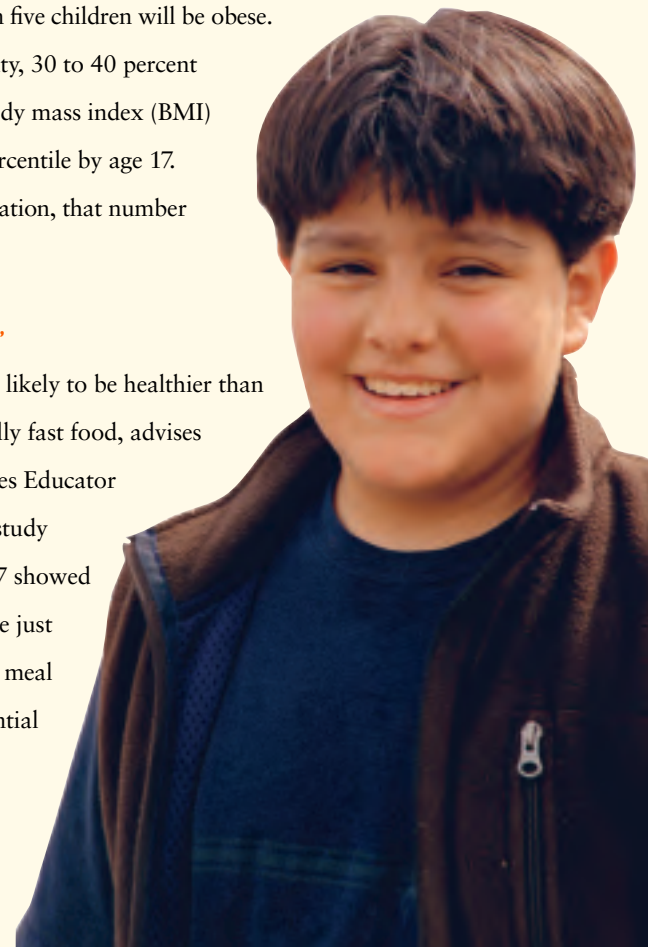
An estimated 17 percent of U.S. youngsters may be classified as obese, and millions more are overweight. By the end of this decade, it is predicted that one in five children will be obese.

Here in Orange County, 30 to 40 percent of all children have a body mass index (BMI) greater than the 85th percentile by age 17. Within the Latino population, that number jumps to 48 percent.

"EAT IN, WORK OUT"

Home-cooked food is likely to be healthier than restaurant food, especially fast food, advises CHOC Certified Diabetes Educator Patricia Hawk, M.S. A study released in January 2007 showed that participants who ate just one additional fast food meal each week had a substantial increase in body mass index (BMI).

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Beware Of "Trans Fats"

Conclusively linked with coronary heart disease, you'll find trans fatty acids, or "trans fats," in the snack and bread aisle, as well as in most fried fast food.

- Read food labels and avoid products listing "partially hydrogenated fats or oils."
- Select products advertising "no trans fats."

- Patronize restaurants offering healthy choices, including salads and fresh fruit.

“Back To Sleep” Helps Prevent Sudden Infant Death Syndrome

Back is best when putting your baby down for a nap or bedtime. Avoid suffocation hazards by clearing everything out of the bassinet or crib except a fitted sheet:

- **No pillows or stuffed toys**
- **No fluffy sheepskin**
- **No blankets, comforters or quilts.**

On chilly nights, try footed-sleepers, sleep sacks or wearable blankets. They provide warmth and easy access for diaper changes.

Using An Older Crib?

Whether it is a garage sale find or a treasured family heirloom, be sure your baby’s crib meets current safety codes. The two biggest concerns are lead paint and the spacing between bars. **Hint:** If a soft drink can fits through the bars, the spacing is too wide.

For more details, download our Home Safety Tipsheet at www.choc.org/community/community_safetyhome.cfm or our “Home Safety” at www.choc.org/safetyhouse/index.cfm.

Sleeping With A Newborn Is Dangerous

Having an infant in the house gives a whole new meaning to the term “sleep deprivation.” The idea of bringing your baby into bed to sleep with you might seem very tempting.

Don’t, advises CHOC pediatrician Daniel Mackey, M.D. The risk of rolling over and accidentally suffocating your baby is quite real.

“A couple of years ago, I had a mother in my practice who rolled over onto her baby and suffocated her,” Dr. Mackey says. “As a parent, I understand how sleep-sharing or co-sleeping sounds like a nice, warm, fuzzy thing to do, but it is dangerous.”

Most U.S. hospitals prohibit parents from sharing beds with newborns for this very reason. The American Academy of Pediatrics also warns against it. In addition to rollover hazards, soft bedding, pillows or other objects could cause suffocation by blocking an infant’s nose or mouth.

BASSINETS, CO-SLEEPERS ARE SAFER ALTERNATIVES

Dr. Mackey recommends putting a bassinet by the side of your bed, instead of bringing your baby into bed with you. Another option is a “co-sleeper,” a small, free-standing crib that is designed

to be pulled up next to the bedside. Co-sleepers have a dropped side allowing easy access to your baby without the possibility of a rollover. A “Moses basket,” essentially a bassinet without the legs and wheels, may be placed on top of your bed.

When your baby becomes too big for a bassinet, it’s time for a crib. You could put it inside your bedroom, but you might want to think twice about that. After all, you need some quiet time with your partner.

“Parents need time alone together to talk, reflect and bond. It is hard to do that with an 8-month-old lying in bed between them,” Dr. Mackey advises. “It can be very stressful and straining on a relationship if those boundaries are not established early.”

For more information, please contact Daniel Mackey, M.D., at (714) 565-7960.





CHOC Foundation Receives 4-Star Rating



The CHOC Foundation for Children recently was awarded a 4-star rating — the highest rating possible — for sound fiscal management by Charity Navigator, America’s premier charity evaluator. The Foundation received this exemplary rating for its ability to efficiently manage and grow its finances. Less than a quarter of the charities Charity Navigator evaluates have achieved its highest rating, indicating that CHOC outperforms the majority of nonprofits in America with respect to fiscal responsibility. This exceptional designation differentiates CHOC from its peers and demonstrates to the public that the Foundation is worthy of their trust.

PUT THE BREAKS ON CHILDHOOD OBESITY

(CONTINUED FROM PAGE 1)

Who has time to cook on a weeknight? Try these simple tips:

- Plan the week’s menu and shop on the weekend.
- Cook large meals on Sunday afternoons for re-heating later in the week.
- Make a double batch of your favorite soup, chili, casserole or stew and freeze part of it.
- Cook a roast, or turkey, and freeze it in dinner-sized portions.
- Try a slow cooker recipe.

Just add a fresh salad and some vegetables — and dinner is served.

And speaking of vegetables, don’t give up. Hawk says it takes about six tries before a child will develop a taste for a new food.

A healthier diet is only part of the solution. Are your children getting enough exercise? When working with diabetic patients and their families, Hawk advises:

- Send children out to play right after school. Limit TV viewing until after 5 p.m., or when it gets dark.
- Limit screen time to no more than one or two hours per day.
- Choose an exercise the entire family can do together.

Changing habits may be difficult, but it can be done.

“I challenge people to problem solve when it comes to healthy eating and exercise,” she says. “You can make plans – or you can make excuses.”

Resources: For helpful recipes and tips, visit eatright.org and diabetes.org. Try online children’s games about nutrition and exercise at www.niehs.nih.gov/kids/.



Be Stressed Out?

Wouldn't it be easy if all you had to do were go to school, make friends and finish a little homework every day? Childhood certainly seems much simpler than coping with careers, relationships, finances, health and other adult-sized concerns.

Not so, says CHOC Pediatric Psychologist Julie Reeker, Ph.D. Depending on a child's temperament, seemingly mundane concerns related to school and peers may actually be very stressful.

"Children are still learning how to roll with life's punches," Dr. Reeker says. "Going to school and making friends is a developmental skill they must learn to master. School work, projects, peers and new teachers may be extremely stressful, especially for mellow or 'laid back' kids."

Dr. Reeker's prescription: more family "down time."

"Kids do seem to be more stressed out and frantic these days," she says. "Our world is so fast-paced, and there are so many opportunities and things to do. I often see parents struggling to set limits because they feel pressure to involve their children in school and community activities. Many children actually need more family 'down time.'"

SIGNS TO WATCH FOR

The following physical, emotional and behavioral symptoms may actually be signs of stress:

- Headaches, stomachaches or bedwetting
- Fears, worries, anxiety or irritability
- Sleep problems or nightmares
- Fighting with parents or siblings

WHAT YOU CAN DO

- **Respond to your child's personality.** Every child has a coping style. Some like to talk, others need to get physical, and some just need "down time."
- **Spend quality time and listen.** Take time for one-on-one sharing with your child to find out what is really going on from your child's perspective.
- **Create structure and order.** A regular mealtime and bedtime routine helps children pace themselves and makes them feel secure.
- **Help your child develop effective coping skills:**
 - Walk the dog
 - Read a book
 - Watch a funny movie
 - Listen to music
 - Keep a journal
 - Do something relaxing, like build a puzzle
- **Be Encouraging.** Remind your children about all the things they do well.
- **Model Effective Stress Management Skills.** Are you able to say "no" when you must?

"Remember, your children are watching and learning from you. The early years are the best time to teach stress management skills," Dr. Reeker says.

"As children become teens, they become more influenced by sources from outside the family. So you want to build that foundation first."

If your family is coping with serious stressors, such as death, divorce, serious bullying or an illness, additional techniques may be needed. For more information, please contact please contact CHOC Pediatric Psychology at (714) 532-8481.



Teens Tempted By Diet Pills

American children and teens may be increas-

ingly overweight, but thin is still “in.” Some teens are taking drastic measures to achieve the ultra-lean, sleek physique so popular in the media, especially in teen and young adult programming.

“My practice has a high adolescent population, and there seems to be more use of diet pills in this past decade,” says CHOC pediatrician Michael Cater, M.D., who has been in practice for more than 30 years.

“I think the major driving factor is the media.

It plays an important role in establish-

ing a young person’s ideal body

images. The media tells

people to lose weight

and be thin, while at the

same time it promotes

unhealthy food and

eating habits.”

KIDS CAN EASILY GET THEM

Most pharmacies and health

food stores offer scads of pills promis-

ing appetite suppression, body shaping and

weight reduction. These pills may also be easily

obtained over the Internet. Since they are classified

as “food supplements,” these products are not

subject to the FDA safety regulations.

Virtually none of these diet pills have been

shown to be effective in weight loss or body shaping,

Dr. Cater says. However, they may cause potentially

serious side effects. As a case in point, he cites ephedra,

which was banned in 2004 because of potentially

lethal side effects. However, it may still be purchased

over the Internet from foreign suppliers.

Some teens are taking drastic measures to achieve the ultra-lean, sleek physique so popular in the media, especially in teen and young adult programming.

appetite suppression and weight loss. Teens may try to purchase these medications from classmates taking Ritalin or Adderall for ADHD. Even though it is both illegal and hazardous to take these medications without the direction and monitoring of a physician, some young people are willing to take that chance.

“Teens don’t realize that stimulant medications are not intended for weight loss in children,” Dr. Cater says. “Without careful monitoring by a physician,

stimulants may cause high blood

pressure, insomnia, irregular

heart beat, tremors, seizures

or strokes.”

WHAT YOU CAN DO

Be a good role

model. Discuss what it

means to have a healthy

body image, and teach

your children the importance

of proper nutrition and exercise.

“As teens grow into adulthood,

parents need to stay involved in their lives.” Dr. Cater

says. “Adults are still role models, and families need

to spend time together. Parents must talk with—

not at— their teens. It is important to re-establish

boundaries and develop character, while keeping

the lines of communication open.”

For more information, please contact Michael Cater, M.D., at (714) 565-7960.

Warning Signs of Diet Pill Abuse

If you observe any of these signs, contact your pediatrician:

- Exceptional mood swings
- Isolation or withdrawal from family and friends
- Decreased school performance or attendance
- Newly developed deceptive or sneaky behavior
- Unexplained weight loss

Cleanse Gently

Acne is not caused by dirt, so scrubbing only irritates the skin.

- Wash your face gently twice a day, don't scrub.
- Keep your hands off your face, and don't pick blemishes.
- Use non-comedogenic makeup.
- Use non-comedogenic sunscreen every day, especially if you're using retinoid products or oral antibiotics that increase sun sensitivity.
- Avoid the use of products that irritate skin or cause breakouts near the hairline.

Get Tough on Acne

Acne may be the bane of adolescence, but your teen doesn't have to live with it. CHOC pediatrician Angela Dangvu, M.D., says parents are often surprised to learn there are many effective treatments available.

"Many times a teen with a significant case of acne will come in for a well-child check, and the parent won't mention it. So, I will," she says. "Acne can leave physical and emotional scars."

Dr. Dangvu frequently receives calls from parents who have tried expensive, celebrity-endorsed products advertised on television or the Internet. While these products may be effective for some, they don't work for every teen. A more powerful combination of benzoyl peroxide and a topical antibiotic, which may only be prescribed by a physician, may be needed.

ANATOMY OF A ZIT

At the onset of puberty, the adrenal glands secrete hormones that cause the sebaceous glands of the skin to increase the production of sebum in the pore. Extra sebum mixed with dead skin cells can plug up a pore. Add in some overgrowth of the bacteria that normally lives on the skin—and you've got a zit.

The combination of benzoyl peroxide and the antibiotic kills the bacterial infection. Retinoids, such as Retin-A cream, may be added or used alone to help prevent clogged pores.

Contrary to popular belief, neither chocolate nor greasy foods cause acne, but teens may experience flare-ups during stress. Breakouts may occur before menstruation, too.

Teens with more severe acne may need an oral antibiotic or consultation with a dermatologist. Accutane is often recommended for severe acne that has failed other treatments. However, this medication has significant side effects and requires close monthly monitoring by a physician.

Dr. Dangvu says it is not uncommon for treatment to last at least one or two years during the teen years. The important thing is to find the effective treatment, and then use it correctly and consistently.

"Many teens put the medication just on the pimple, but it needs to be applied to the entire area where the acne tends to occur," Dr. Dangvu advises. "Topical treatment is preventive. It must be used consistently, not just when a breakout occurs."

Dr. Angela Dangvu can be contacted at (714) 565-7960.



Former CHOC Patient Celebrates 10th Anniversary of Successful Transplant

In the summer of 2006, former patient Danny Simon wanted to return to CHOC. He didn't need medical attention; he just wanted to celebrate and thank CHOC's medical team for saving his life a decade earlier.

At age 10, Danny was diagnosed with Acute Myelogenous Leukemia (AML)—a cancer of the blood and bone marrow. His only hope for a cure was a bone marrow transplant. After consulting several physicians, a family friend recommended they obtain expert advice from Dr. Leonard Sender, a well-known and respected physician and medical director of The CHOC Cancer Institute. The family flew to Orange County from Atlanta, Georgia to meet him and tour the hospital. After meeting Dr. Sender and the oncology team, they immediately decided that Danny should be treated at CHOC. The family packed up and temporarily moved to Orange County three weeks later to begin Danny's journey.

At CHOC, Danny was one of the first patients in the world to receive an umbilical cord transplant. CHOC helped the family, uprooted from Atlanta, cope and find balance during such a challenging time. Danny's siblings, who are adults now, recall with fondness the meals at CHOC and fun times in the playrooms. Today, Danny is a healthy young man and thriving in college. He will always recall his life-saving experience at CHOC with positive memories and looks forward to a lifetime of celebrations thanks to CHOC.



CHOC Honored as a Top Hospital for Children

Patients, families and the community know Children's Hospital of Orange County (CHOC) is the region's leader in pediatric care. CHOC continues to make a mark by garnering two prestigious honors for hospital quality and patient safety.



CHOC was one of only five children's hospitals in California to receive the "Excellence in Patient Safety and Health Care Quality Award" from the state's leading health plans. The first-ever award was based on results of the Leapfrog Hospital Quality and Safety Survey, the only national rating system that provides a full assessment of a hospital's quality and safety. The second, a spot on the "Top Hospitals 2006 List," is based on results from the same survey administered by The Leapfrog Group. CHOC is one of only nine children's hospitals in the nation to be named to the prestigious list, based on data collected in four key categories: computerized provider order entry (CPOE); physician staffing in the intensive care units; evidence-based hospital referral; and the Leapfrog Safe Practice Score, an indicator of how well hospitals are progressing on 27 National Quality Forum Safe Practices.

Of the above-mentioned categories, CHOC clinical experts are especially transforming patient care through computerized provider order entry (CPOE). CPOE allows physicians and nurse practitioners to enter patient prescriptions and other orders directly into computers linked to error prevention software rather than by hand, reducing the risk of transcription errors and other mistakes. With the implementation of CPOE, CHOC joins an elite group of hospitals — less than five percent, which have clinicians entering patient orders into a computerized medical record. This new system is truly revolutionizing the way CHOC delivers medical care to patients.

CHOC has made tremendous investments to elevate the efficiency, quality and safety of the hospital's programs and services. The hospital's commitment to excellence will continue to leave an indelible mark on the lives of the children and families in Orange County.



Community Education Classes

SCHOOL PROGRAMS

Programs can be brought to your school or group. To schedule a visit, please call (714) 532-8887. Programs are provided at no cost.

BUCKLE BEAR/ BOOSTER BEAR (Grades Pre-K–2)

Children will learn the safest way to ride in the vehicle through interaction with Buckle Bear. The importance of sitting in a booster seat on every trip will be discussed and shown through a video.

GERMBUSTERS

(Grades Pre-K–6)
Kids will become “GERMBUSTERS” when they learn how to protect themselves against germs when someone coughs or sneezes. Learn the importance of proper hand washing and figure out how easily germs are spread through a fun glitter experiment, book and video.

HEALTHY HABITS

(Grades K–6)
Through this program children will be encouraged to adopt healthy habits. The five basic food groups and the importance of eating balanced meals will be taught using an interactive activity.

HEADS UP FOR HELMET SAFETY

(Grades K–6)
Assembly format for students teaching the importance of wearing a helmet for all wheel-based sporting activities. Through a demonstration, students learn what can happen when they don't wear a helmet.

BODY IMAGE

(Girls, Grades 6–12)
This presentation focuses on media's impact on the body image of adolescents. Throughout the presentation students get the opportunity to discuss the consequences associated with having a negative body image and develop strategies that will help them understand the truth behind the images media portrays. This class builds a foundation on self-appreciation and promotes positive self-esteem.

MEDIA VIOLENCE

(Grades 6–12)
This presentation focuses on the amount of violence children are exposed to through media. The untold story surrounding media violence is revealed and the impact of this exposure is discussed. Students are encouraged to identify violent acts and behaviors and recognize the consequences associated with violence. This class helps students understand that they always have choices in life and encourages them to make non-violent decisions. Alternatives to violence are discussed and demonstrated.

MEDIA LITERACY: ALCOHOL, TOBACCO AND OTHER DRUGS

(Grades 6–12)
In this interactive class, teens will understand how alcohol and tobacco companies target their specific age group and the hidden messages behind their ads. It will help teens become critical thinkers, and encourage independent decision-making.

SAFE SITTER PROGRAM

Held at both CHOC in Orange and CHOC at Mission. To register please call (714) 532-8887.

SAFE SITTER

A six-and-a-half-hour, nationally accredited child-care course for children ages 11–13. Students will learn how to care for infants through school-age children. Includes injury prevention and management, personal safety, babysitting as a business and basic lifesaving techniques.

PARENTING PROGRAMS

Programs are held at various CHOC locations. To register for a class or series please call (714) 532-8887. Some classes are also offered in Spanish. Call for current availability.

ACTIVE COMMUNICATION: HOW TO WIN COOPERATION WITH YOUR CHILD

Do you want to teach your child how to solve problems cooperatively? Well first we need to develop our communication skills! Learn how to send clear and powerful messages to children, engage them in problem solving and strengthen the parent-child relationship.

EFFECTIVE DISCIPLINE: HOW TO RAISE A RESPONSIBLE CHILD

When children use negative behavior to achieve their goals it is often very frustrating as a parent. Our goal as parents is to teach our children not hurt them. Learn proven non-violent discipline techniques that will teach our children responsibility and acceptable behavior while still showing them that we care about them.

BUILDING CHARACTER, COURAGE, AND SELF-ESTEEM IN YOUR CHILD

Where does courage come from? It comes from the belief in ourselves that we are lovable, capable human beings who will eventually succeed. And even when we fail, we are still loveable and capable. This belief in ourselves is commonly called self-esteem. Learn how to strengthen your child's self-esteem that will produce more positive behaviors and give them the perseverance to keep trying even when things get tough.

THE MAGIC OF FAMILY MEETINGS: TEACHING PROBLEM SOLVING AND POSITIVE VALUES

As parents we are often reluctant to “get in the way” of our children. We want them to be free to explore and learn from their mistakes. But we also have an obligation to be a positive influence in their lives. Join us, as we will learn how to instill qualities of character in our children that will enable them to make good decisions when events start getting out of hand.

PARENTING IN THE 21ST CENTURY: WHAT'S YOUR PARENTING STYLE AND HOW DOES IT INFLUENCE YOUR CHILD?

Our goal as parents is to instill in our children the skills and character that will enable them to survive and thrive in society. As parents we are the authority in our families, but to be effective we must have the cooperation of our children. We will explore three types of leadership styles and how to apply the new techniques at home.

SIDESTEPPING THE POWER STRUGGLE: REDIRECTING YOUR CHILD'S MISBEHAVIOR

It is sometimes difficult, and often frustrating, to try and understand your child's behavior. We will develop an understanding of how and why children behave as they do, learn how to apply methods to redirect them towards positive behavior and avoid power struggles without fighting or giving in.

WHAT YOU NEED TO KNOW ABOUT YOUR 1- TO 4-YEAR OLD

Parents will learn the ages and stages of child development and how to enhance your child's learning at each stage. We will learn about parenting styles and how to begin to build a lifelong bond with your child with activities you can use at home.

DISCIPLINE AND BEYOND

Learn non-violent discipline skills that really work, and how you can set rules that your toddler can understand and follow.

BUILDING BETTER BEHAVIOR

Discover how the power of encouragement helps children learn positive behavior at an early age. Understand the importance of taking care of yourself as well as your child.

CPR FOR FAMILY AND FRIENDS CLASS

Do you know what to do in an emergency? What if a child suddenly started to choke? Are you confident you know what to do? This 2-hour training is designed for those who wish

to learn when to act and what to do in an emergency when dealing with family members or friends. It is not a replacement for workplace or credential programs, and as such does not teach the use of barrier devices. Those who successfully complete the course will be given a participation card, not a CPR credential.

ACTIVE PARENTING NOW!

6-Week Series
(For parents of children 5–12 years of age)
Parenting requires a lot of energy—it is a tremendously “active” undertaking, which requires communication, discipline and support. It is tough work—but you are not alone! The Active Parenting Program will teach you a consistent model of parenting, enabling you to act with confidence and clarity as you encounter the many challenges parents face.

- Communicate effectively with children,
- Discipline while teaching responsibility,
- Encourage the development of self-esteem and character,
- Redirect misbehavior and side step power struggles, and
- Explore and encourage non-violent conflict resolution inside the home and out

COOPERATIVE CO-PARENTING

6-Week Series
For parents who share parenting responsibility but do not live together and want to learn to:

- Eliminate parental alienation
- Strengthen effective communication
- Create cooperation between both parents

Parents will learn how divorce affects children and how to move beyond the anger and put the needs of their children first.

1, 2, 3, 4 PARENTS!

3-Week Series
(For parents of children 1–4 years of page)
The first years of a child's life are critical to their development. Many things will influence your child's attitudes and personality, but none as much as you the parent or caregiver! Through this series parents will learn:

- The value of the child and the job of parenting
- The basic developmental stages from ages one through four
- Methods of bonding
- Non-violent discipline skills



ADULT PROGRAMS

Programs can be brought to your community group. To schedule a visit please call (714) 532-8887. Programs are provided at no cost.

HOME SAFETY PRESENTATION

This program educates parents and caregivers about the dangers present in the home and how to prevent unintentional injuries. Through this presentation, environmental changes and supervision will be addressed. Groups having large events may also request the CHOC Mobile Safety House to attend — please call for specifications and more details.

CHILD PASSENGER SAFETY CLASSES

During this class, a Certified Child Passenger Safety Technician will cover current California laws regarding restraining children and adults in the car. Each type of seat will be reviewed (from infant seats to booster seats) to help parents/caregivers choose the appropriate seat for their child. How to use and correctly install different types of seats will be explained.

WELL-FED

This program will discuss how to make feeding time a positive stress-free experience. Parents and caregivers of young children will learn to understand what children are communicating so they can help them become healthier eaters.

T.V. (TELEVISION VIOLENCE)

Children are watching more and more television each year. What are they watching? How is it affecting their development? Learn what the violence portrayed in media is teaching young children and how to help your child distinguish between fantasy and reality.

THREE TRAGIC SECONDS: DROWNING PREVENTION & SUN SAFETY

In this class, parents learn about the problem of drowning: why it happens, where it happens, and how it happens. It presents four action steps to prevent drowning including: using layers of barrier protection, designating water watchers, learning CPR, and clearly communicating child supervision. We will also cover the importance of being sun smart by using sunscreen and wearing protective clothing.



CHOC Joins Children's Miracle Network

Children's Hospital of Orange County is proud to announce it has become a member of Children's Miracle Network, an alliance of premier hospitals for children. Every dollar raised in Orange County through Children's Miracle Network will now be given to CHOC to fund programs, research and equipment.

Children's Miracle Network is dedicated to saving and improving the lives of children by raising funds for children's hospitals across North America and Canada. Each year, the 170 Children's Miracle Network hospitals provide the finest medical care, life-saving research and preventative education to help millions of kids overcome diseases and injuries. These hospitals help children of all races, ages, religions, and financial backgrounds and impact the lives of more children than any other children's organization in the world.

"This partnership will greatly benefit CHOC in terms of community awareness and much-needed funds for various programs and services at the hospital. It's gratifying to know that every dollar now raised by Children's Miracle Network sponsors in Orange County will go directly to CHOC," said Renae Furlow, Business Partnership Manager at CHOC.

Children's Miracle Network sponsors raise funds in a variety of ways, including the sale of "Miracle Balloons" for \$1 each. Retailers such as Wal-Mart, Costco and RiteAid hold balloon campaigns throughout the year; and other partners such as participating credit unions sell gift cards to their members and make a donation through Children's Miracle Network to CHOC for each card sold.

Soon, residents will see "Miracle Homes" by RE/MAX, in which participating realtors in Orange County will make a donation to CHOC for each transaction.

Community support of Children's Miracle Network helps ensure that children receive the specialized care they need and deserve. We ask for your support of Children's Miracle Network in Orange County and thank you for helping to make a difference in lives of children.

Community support of Children's Miracle Network helps ensure that children receive the specialized care they need...

In just one year, Children's Miracle Network hospitals:

- Provided \$2.5 billion in charity care
- Treated 17 million children
- Helped 98% of children needing heart or lung transplants
- Treated 6 million children for accident trauma
- Treated 88% of children with cancer
- Cared for 72% of children with pediatric AIDS
- Trained 60% of pediatricians and 80% of pediatric specialists
- Helped 76% of children with cystic fibrosis
- Treated 98% of children with sickle cell anemia

Events To Benefit Children Spring 2007

The following events are scheduled for 2007. Details are subject to change. For more information, visit our website at www.choc.org or call the CHOC Foundation for Children office at (714) 532-8690. Save these dates!

MARCH

SMALL WORLD GUILD TROPICAL DINNER & DANCE

Dinner and dancing with live band, silent auction and opportunity drawing.

Date: **March 24, 2007**
Where: **Atrium Hotel, Irvine**
Cost: **\$85 per person**
Info: **(949) 857-1471 or skr555@aol.com**

JACK & JILL GUILD ANNUAL SPRING FUNDRAISER

Mardi Gras-themed party with dinner, dancing, casino tables and silent auction.

Date: **March 31, 2007**
Where: **The Garage, Santa Ana**
Cost: **\$75 per person**
Info: **(714) 633-4319**

APRIL

LOS NIÑOS GUILD STEPPING INTO SPRING FASHION SHOW

Date: **April 16, 2007**
Where: **Ritz Carlton Laguna Niguel**
Cost: **TBD**
Info: **(949) 487-1801 or daswan@cox.net**

TINKERBELL GUILD TWILIGHT IN THE TROPICS GALA

Dinner, dancing, casino gaming and live and silent auctions.

Date: **April 21, 2007**
Where: **Coto de Caza Golf & Racquet Club**
Cost: **\$100 per person**
Info: **(949) 798-7865**

LITTLEST ANGEL GUILD PURSEFULLY YOURS LUNCHEON

Garden-themed luncheon and silent auction of handbags.

Date: **April 28, 2007**
Where: **Fullerton Arboretum**
Cost: **\$60 per person**
Info: **(714) 345-1794**

MAY

GLASS SLIPPER GUILD HAVANA HEAT GALA

"South Beach" cocktail attire with dinner, dancing, silent and live auctions.

Date: **May 12, 2007**
Where: **Balboa Bay Club, Newport Beach**
Cost: **\$175 per person**
Info: **(949) 887-5853 or kkshevard@aol.com**



New Board Chairman Shares Enthusiasm, Vision for CHOC

Taking a tour of Children's Hospital of Orange County and meeting Kim Cripe, President and CEO of CHOC, was all it took to convince Jay Kear that he should join the CHOC Foundation for Children Board of Directors.

"Seeing a 6-month-old baby coming out of surgery really pulls at your heart. They're so helpless; you want to do anything you can to help," Jay says.

True to his word, the father of three daughters and grandfather of six joined the CHOC Foundation's Board of Directors and became the new chair in January.

Professionally, Jay is an engineer and a high technology venture capitalist in Orange County. "Over the past 30 years I have served on over 25 boards. While I have thoroughly enjoyed serving these organizations, nothing is as rewarding as being able to serve on the CHOC Board of Directors," Jay explains.

"I truly believe that if you set your mind to something, you can achieve it. When I initially joined the Board of Counselors of the USC School of Engineering, the school was ranked 17th in the nation. After I was elected Chairman of the Board, working closely with the dean we created a program to lift our ranking, and today USC is ranked 6th in the nation, second only to Stanford in California. It goes to show what you can accomplish if everyone pulls together in the same direction," Jay continued.

Jay is very clear on his commitment to CHOC. "One of the reasons that my wife Lauren and I have chosen to live in Southern California is the availability of world-class adult and pediatric health care for us and our family. With CHOC located in Orange County, we have one of the top children's hospitals right in our back yard."

"Serving on the CHOC board has given me an opportunity to give back to the community. Through the experience that I have gained in the corporate world, I am confident that the same leadership skills will apply in helping CHOC ascend to the next level. Also, my wife and I want to do our part in financially supporting CHOC's mission," Jay says.

Jay explains that over the next several years the board intends to work with CHOC's executive management team to elevate CHOC to the level of a nationally recognized, premier children's hospital. According to Jay, "Orange County deserves nothing less!"

*"I truly
believe that
if you set
your mind
to something,
you can
achieve it."*

Ask Our Experts

Michael Weiss, D.O.
Southern Orange County Pediatrics



Q: HOW DO YOU DISCIPLINE A TODDLER?

A: Great question. With toddlers, keep in mind:

Pick your battles — decide what really matters. If your child is doing something that bugs you but is not

destructive or harmful, the best thing

you can do is turn your back and

walk away. Remember, your

child is using everything to

get your attention. Ignore

it. After a long day of bat-

tles, you may find yourself

hugging and kissing your

child out of guilt. Your child

will likely interpret that as, “Oh,

that worked. Let’s do it again!”

Be consistent — children thrive on consistency.

Be sure grandparents or daycare providers are using

the same discipline techniques to avoid sending mixed,

confusing messages to your child.

Avoid recurrent battles — If you know certain situations, such as grocery shopping or dining out, are going to cause problems, avoid them. Wait until your child is older and developmentally capable of participating such activities.



Take every opportunity to reinforce

good behavior — Catch your

toddler doing something right.

Stop, put your hand on your

child’s shoulder, and say,

“Hey, I really love you.”

Your child will think,

“Hmmm, maybe I should

do more of this.” Plus, it will

make you feel better as a parent.

Discipline is all about teaching,

not punishment. The American Academy of

Pediatrics discourages spanking because it sends

a mixed message and inadvertently reinforces

misbehavior.

For emergency medical care call: 911

Cardiac Parent
I (714) 532-8521

Cystic Fibrosis Parent
I (714) 532-8521

Diabetes Parent and Children
I (714) 532-8330

Healing Hearts Bereavement Group
For parents who have lost a newborn or chronically ill child.
I (714) 532-8521

HIV Parent
I (714) 532-8521

Living Options
A family cancer support group.
I (949) 364-1770

Lupus
I (714) 532-8521

Oncology Parent
Hosted by OCFOCF.
Spanish speaking also.
I (949) 472-2051

Orofacial Guild of Orange County
For parents of children with cleft/craniofacial disorders.
I (714) 532-8521

Parent to Parent
For parents of children receiving care in the NICU.
I (714) 532-8521


Pediatric Advice Line (PAL)
I (714) 289-4500

South County Postpartum Adjustment
For families having difficulty adjusting after the birth of their baby.
I (949) 364-1770

Rheumatology Parent
For parents of children with rheumatic disorders.
I (714) 532-8521

Sickle Cell
For individuals affected by Sickle Cell Anemia.
I (714) 532-8521

Spina Bifida Parent
For information call Diane Cohen.
I (714) 532-8521



Want to receive your subscription to *Kids Health* Newsletter?

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WINTER 2007 ISSUE
VOLUME 13 NUMBER 3

kids health

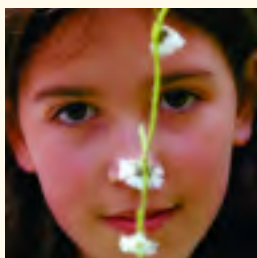
HEALTHFUL
INFORMATION
FOR YOUR
GROWING CHILD
FROM THE
EXPERTS AT
CHILDREN'S
HOSPITAL OF
ORANGE COUNTY
& CHOC AT
MISSION

inside This Issue

Sleeping With A Newborn Is Dangerous



Could Your Child Be Stressed Out?



Get Tough On Acne



Ask Our Experts:
How Do You Discipline
A Toddler?

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PUBLISHED BY THE



CHILDREN'S HOSPITAL OF ORANGE COUNTY
455 Main Street
Orange, CA 92868-3874

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 416
ORANGE, CA