

A CHILD'S LIFE



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Bakersfield Memorial Hospital

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Children's
MEDICAL CENTER
Bakersfield Memorial Hospital



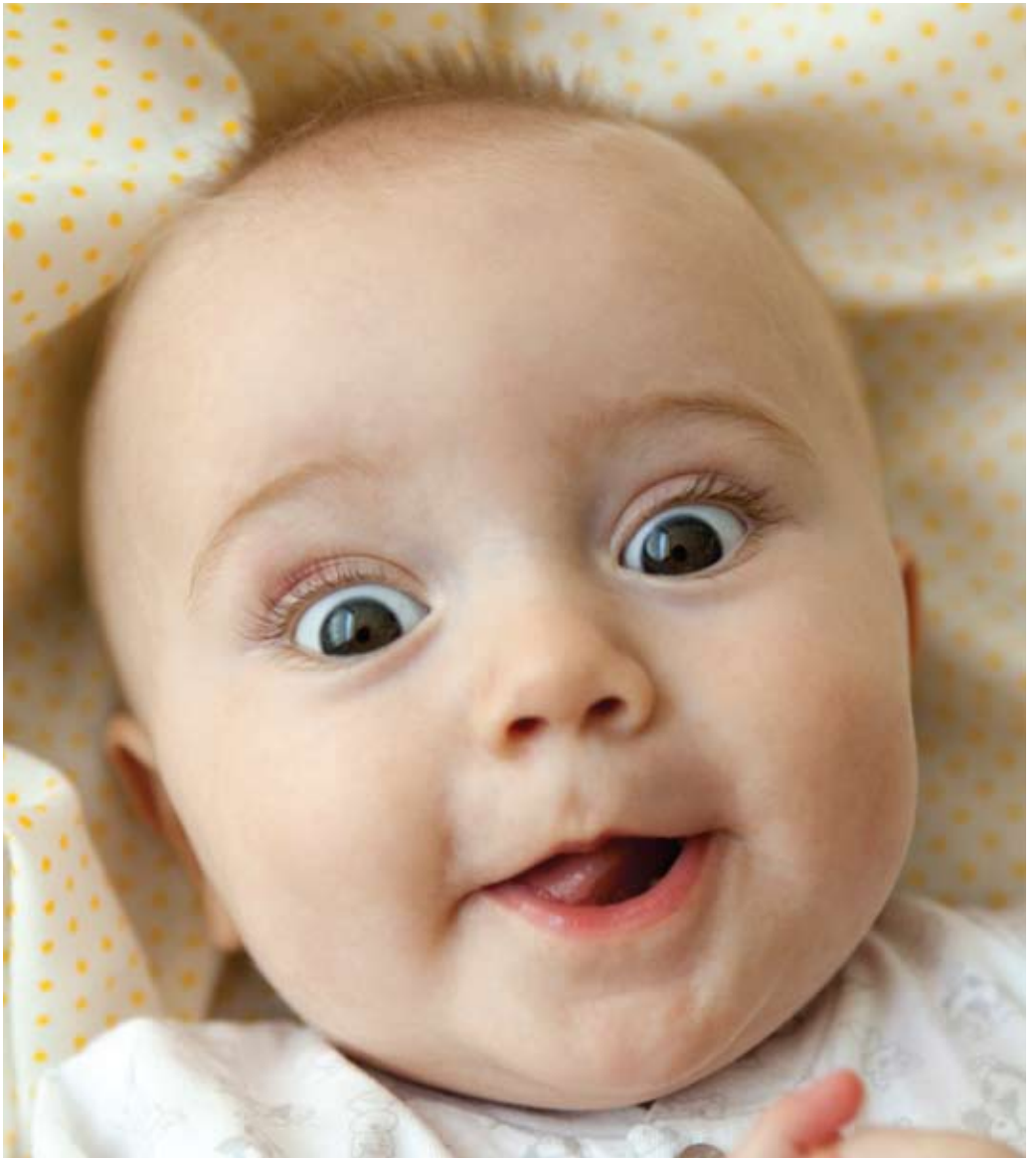


We're committed to helping kids in our area stay healthy and grow strong. That's why we created this helpful guide: to help parents understand how a child's health needs change over time. It's also why we created the new Children's Medical Center at Bakersfield Memorial Hospital—the only facility in our area with 24/7 in-hospital pediatricians and a Pediatric Intensive Care Unit.

Remember, when you need a hospital, it's OK! Bakersfield Memorial Hospital is here for you, your kids and your family.



"They just grow so fast!"



To raise healthy children, it's best to start with a healthy mom. Here are some nutrition guidelines for you.

TOP 10 FOODS FOR NEW MOMS

A healthy diet will help you after your pregnancy—and if you're breast-feeding, good nutrition helps the baby too. Here are 10 great foods for new moms.

SALMON

Loaded with **good fats**. If nursing, limit to 12 ounces per week.



LOW-FAT DAIRY

Yogurt, milk, cheese have **protein, vitamins B and D, and calcium**. If nursing, have three servings a day.

LEAN BEEF

Iron-rich foods can help you stay energetic. Nursing moms also need extra **protein and vitamin B-12**, both found in beef.

BEANS

Beans, especially dark ones (black beans, kidney beans), are rich in **iron**. Vegetarians especially need this source of high-quality protein.

DON'T Feed Baby These:



Choking hazards: hard and sticky foods like popcorn, carrots, marshmallows, grapes, whole pieces of canned fruit, any kind of nuts.

Cow's milk and egg whites can cause **digestive problems and eczema** in babies under 12 months.

Honey can contain **botulism** bacteria that's dangerous to young babies (honey is OK after baby reaches 1 year).

Caffeinated drinks such as **soda or iced tea**.

Unpasteurized cheese, which has a slight risk of **food poisoning** for young babies. (Most U.S.-made cheeses are pasteurized.)

Fish can trigger an **allergic reaction** in babies under 12 months—especially shrimp, lobster, crab, scallops and other shellfish. Swordfish, shark, tilefish and king mackerel are high in mercury and should be avoided (even adults should limit intake).

Fruit juice: more than 4 ounces a day can give baby **diarrhea**.

GO Organic?

Some parents prefer to buy (or prepare their own) organic baby foods because they're made without conventional pesticides, chemical fertilizers, antibiotics or growth hormones.

The USDA does not claim that organic foods are safer or more nutritious. Still, if organic fits your budget and lifestyle, it can be a fine food choice. Most important: feeding your child a balanced diet.

Ear Infections OUCH!

Infants often get an ear infection after a cold or sinus infection, because their eustachian tubes don't drain easily. Babies with ear infections may cry, won't eat and tug at

their ears. A foul odor coming from the ear is a telltale sign. Most ear infections clear up naturally, but if it lasts longer than a week, call the doctor. Whitish or yellow leakage can indicate a hole in the ear drum; tell your pediatrician, as this may require antibiotics.



Poison Control Emergency Call 1-800-222-1222

California's Poison Action Line is open 24/7/365. Interpreters are always on call. If you think your child might have ingested something harmful, call them immediately.



3 THINGS That Help Keep a Baby Healthy

Wash hands before handling the baby

Disinfect toys (see Years 2-5)

Reduce exposure to older children

BERRIES

Nursing moms need at least two servings of fruit or juice each day. Dark berries are rich in **antioxidants, vitamins, minerals, and energy-boosting carbs**.

WHOLE GRAINS

Brown rice, whole-grain breads and cereals have **fiber, minerals and energy-boosting carbs**; enriched breads and pastas have added **folic acid**, which nourishes breast milk.

ORANGES & ORANGE JUICE

New moms need plenty of **vitamin C**, especially when nursing. And for extra **calcium**, choose a fortified orange juice.

EGGS

Egg yolk is high in **vitamin D**, which keeps bones strong and helps baby bones grow. They're rich in **protein**: DHA-fortified eggs add an **essential fatty acid** to your milk.

LEAFY GREENS

Spinach, Swiss chard, collards and broccoli are high in **vitamin A**, which baby needs from your breast milk, as well as **calcium, vitamin C, iron** and **antioxidants**.

WATER

Drink at least eight cups of liquid daily—juice and milk can be part of that (if nursing, avoid caffeinated drinks, since caffeine enters breast milk).

YEARS 2-5

TERRIBLE TWOS

Your sweet baby has grown into a “**NO!**” machine. The “terrible twos” have begun. Realize that every child needs to feel independent but can lack the language skills to express his or her needs. This can mean hitting, biting, crying and having tantrums.

“She’s having a tantrum!”

MINIMIZE MELT-DOWNS

Have a regular routine for meals, naps and bedtime.
Try to stick to them every day.

Give choices, but limit them:
Ask, “Do you want some banana or some apple?”
Don’t ask an open-ended question like,
“What do you want for a snack?”
Choice gives toddlers a sense of control.

Encourage your child to use words.
A child’s ability to communicate can reduce frustration.

Set limits, but don’t be surprised
if your toddler tries to test those limits.

Provide a safe play environment.
It’s not fair to get upset when a child plays with
something that was left within his/her reach.



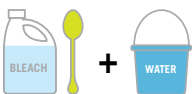
KEEP TOYS CLEAN

Sanitize toys regularly, especially when a child or other kids have been sick.

Hard, non-electronic, plastic toys:

Run through dishwasher, on the top shelf. Use sanitize mode. Put small plastic toys in a lingerie bag first.

Or, make a mild bleach solution with 1 tablespoon bleach to 1 gallon of clean cool water. Wash toys or wipe surfaces with solution. Rinse with water or let the toy air dry; chlorine evaporates safely.



Vinegar and water also can be used in a 1:1 ratio for a sanitizing solution.



Plush toys:

Machine wash, unless toy instructions say to surface clean only. Air dry or tumble dry.



Large stuffed toys:

Place in an airtight bag and let sit for several days to kill mites or bugs. Throw bigger stuffed toys in dryer on hot before putting them in the bag.



Wooden toys:

Make a solution of 10 parts water to one part bleach. Wipe down with a damp rag soaked in the solution. Dry with a clean cloth.



Hard surfaces:

Clean high chairs and play surfaces with a child-safe sanitizing spray.



Accidental injuries are the #1 cause of death of children in the U.S. Preventing injury is your first line of defense!

Kid-Proof Your Home

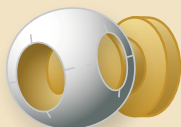
Safer House

Put safety gates at the top and bottom of stairs and across doorways of rooms with potential hazards.

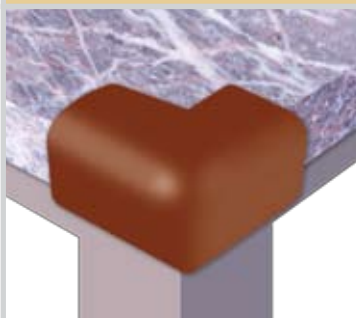
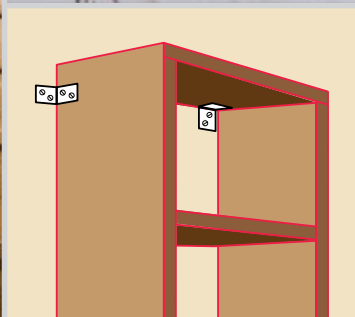
Keep furniture away from windows to keep kids from climbing onto the sills.

No looped cords on window blinds—they are a strangulation hazard. Always lock blinds into position, whether they are pulled all the way up or down.

Use doorknob covers to keep kids out of rooms and hazardous areas like swimming pools.



Use bumpers on furniture and other items to prevent injury from corners and edges.

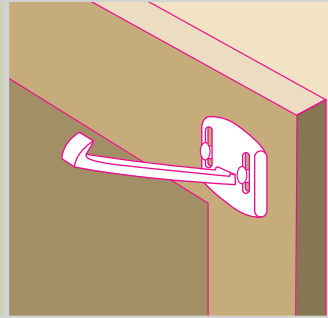


Toy chests with free-falling lids should have lids removed, unless they are very light. The best lids are the kind that stay open.

Keep furniture and TVs from tipping over; secure to walls with brackets and anchors. Put heavy items in bottom drawers/on bottom shelves.

Safer Bathroom

Safety latches on cabinets and drawers help keep kids away from toilet cleansers, tile cleaners and other household hazards.



Toilet locks keep toilet lids safely closed. Young kids are top-heavy, and can drown in just one inch of water.



Anti-scalding devices on faucets and shower heads help prevent burns. Set the water heater temperature to 120 degrees.

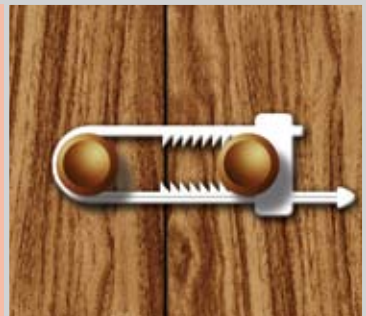
Always unplug hair dryers and electric rollers to avoid shock. Keep away from curious kids to prevent burns.



Cover electrical outlets with outlet protectors or safety caps, when not in use. All outlets in the bathroom and kitchen (and near any water source) need ground fault circuit interrupters. Safety devices can be obtained for plugs that are in use, and that are low to the ground.

Safer Kitchen

Safety latches on all cabinets and drawers help keep kids away from dangerous household items.



Keep knives, forks and appliances out of reach and far from edges of counters and tables.



Use back burners on the stove; position pot handles toward rear of stove.

Put "Mr. Yuk" stickers (available from poison prevention centers) on poisonous or hazardous items.



SAFETY FOR GROWING KIDS

Safer Skateboarding

More and more kids are skateboarding. Sure it's fun—but it's a special risk for young kids because they have a high center of gravity, poor balance and slower reactions.

Use a quality skateboard with good wheels, and keep it in shape. Have defects repaired.

Wear the Gear

Before starting, empty pockets of all hard/sharp objects and put on safety gear: A proper-

When losing balance, crouch down so the fall isn't so far. Try to land on the fleshy parts of the body rather than hands and arms. Relax and roll.

Hit the Park

Skateboard parks have special features like ramps and

Not Before 5

Safety experts agree, kids under 5 should never skateboard. Kids 6 to 10 years old should be supervised by an adult or trustworthy adolescent whenever they ride.

The Right Board

Shorter "decks" (the board itself) are better for beginners.

fitting helmet, wrist guards, knee and elbow pads and closed, slip-resistant shoes. Always use a quality bicycle or multi-sport helmet—it's essential for preventing serious head injuries.

Learn the Basics

Make sure your child understands the basics of skateboarding: how to slow, turn, stop, and how to fall safely.

bowls—and they are away from traffic. Some have special soft landing pads.

Respect Limits

Most accidents happen to inexperienced boarders, those who don't wear safety equipment, those who skate near traffic or on homemade ramps, and those who try risky stunts. At highest risk: kids under 15, especially boys.

“OK, but wear





Safer Biking

Kids like the freedom that comes with their own wheels. A few basic points can help your child have a safer bicycling experience.

Obey the Rules

Make sure your child knows the rules: Always stop at stop signs and red lights. Never swerve or turn left into traffic coming from behind. Yield wherever necessary. Ride with the flow of traffic.

Wear a Helmet

Your child should always, always, wear a proper-fitting helmet. Replace it with a larger size as he/she grows.

Fit to Ride

Make sure the bicycle is adjusted to fit your child. Bring it in to a bike shop to learn how to adjust the seat and handlebars yourself. Correct heights will change as your child grows. Always check the bike before the child starts riding it; make sure tires are inflated and brakes are in working order.



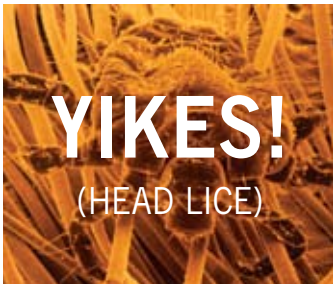
See & Be Seen

Make sure the bike has fluorescent strips, reflectors and other high-visibility accessories. Children should wear bright/ fluorescent clothing when riding, preferably with reflective markings. Avoid riding at night if possible, and be sure to have working front and rear lights.

Stay in Control

Never ride without at least one hand on the handlebars. Put books and other items in a carrier bag, basket or backpack. Watch for glass, potholes, puddles and gravel. Make sure your child knows to yell out to friends following him/her if there are road hazards, and point to them.

your helmet!"



YIKES!
(HEAD LICE)

Getting head lice is not a sign of poor hygiene or a dirty house. It comes from head-to-head contact from someone who already has lice, from activities such as sharing a hat, comb, brush or hair barrette. These tiny wingless parasites live on the scalp and feed on blood.

Signs of Lice

Intense itching, possibly including red bumps on scalp, neck and shoulders, are all signs of lice. You may see these insects in the child's hair, about the size of a strawberry seed or larger. White nits (lice eggs) can be found attached to hair shafts.

Getting RID of Lice

You can start with a nonprescription lice-killing shampoo, and if that doesn't work, ask your doctor for a stronger treatment. Use a nit comb to physically remove the lice from wet hair. Repeat every few days for at least two weeks. Clean all potentially infested household items.

- Wash bedding, stuffed animals, clothing and hats in hot, soapy water. Dry on high heat.
- Soak brushes and combs in very hot water for 10 minutes.
- Seal bedding, clothing and unwashable items in an airtight bag for three to four days.
- Vacuum floors and furniture thoroughly.





“Do you want to talk?”

DRUGS. ALCOHOL. TOBACCO.

Besides being absolutely illegal for kids, using drugs and alcohol can have serious effects on a child’s physical and mental health. Early use can lead to lifelong dependencies and chronic illnesses. Cigarettes and chewing tobacco not only cause cancer and other major diseases, an addiction to nicotine is easy to develop at a young age.

Talk about it.

Let your kids know how you feel, so they can have some guidelines.

Start early.

Even though it’s tough, begin sharing your feelings long before the teenage years.

Be cool.

Don’t make it a personal attack. Don’t lecture, sermonize or call a family meeting.

Make it natural.

Look for an opportunity in everyday conversation to ask questions and share your thoughts.

Walk the walk.

Be the example. Live your own values about drugs, smoking and alcohol.



PEER PRESSURE: “EVERYBODY’S DOING IT!”

Here are some ideas to share with your kids:

If you think it’s wrong, it probably is.

Even if your friends are OK with doing something, if you think it’s a bad idea, go with your gut feeling.

Plan ahead.

Think about how you will act at a party or other situation where drugs, alcohol or cigarettes are available. Decide in advance what you’ll say.

Learn to say “no.”

If it’s easier, you can figure out a “good excuse” in advance—say you’re training in a sport, you’ve made a pact with your parents, or whatever seems true for you.

Choose your friends wisely.

Real friends don’t force friends to do things they don’t want to do.

Have a “safety net.”

Try setting up a code phrase you use with your parents without looking like a wimp—so you can call them and say, “I’ve got a migraine, can you pick me up?”

Blame your parents.

“My mom will take away my privileges if she smells cigarettes on my breath—I’m not going to chance it!”



GET FIT: MOVE IT!

Sitting in front of the computer, playing video games or texting all day, plus overeating can lead to childhood obesity. That sets up kids for health problems including high blood pressure, diabetes and cardiovascular disease. Encourage your child to be physically active, every day, for at least 30 minutes or more. Find out what he or she might enjoy, and provide whatever equipment is needed, such as a bicycle and a helmet.



Sports programs
Dance
Pep squads
Hiking
Bicycling
Skateboarding
Swimming
Martial arts
Tennis
Walking/Jogging
Electronic fitness games (Wii)

BULLYING: **A Serious Problem**

Most kids get teased at some point. Sometimes it's playful and mutual, but when it's hurtful, cruel and relentless, it needs to stop. Threatening, hitting, shoving, name-calling, mocking, or extorting money or possessions are wrong and possibly illegal. So are shunning, spreading rumors

and lies, and taunting via text, email, IM, chat and social networking sites.

Bullying should be taken seriously by parents—whether their child is the victim or the aggressor. Signs of being bullied include moodiness, fears and anxieties, depression, changes in behavior, eating and sleeping.

Get your child to talk to you about it, or enlist the help of an

older sibling or friend. Remind your child that he or she is not alone, that bullying is wrong, that the fault is the bully's, not theirs, and that you'll work together to figure out a solution.

You may need to talk with the bully's parents, or speak with your child's teachers or counselors. If you are concerned about your child's safety, contact legal authorities.

*“My baby’s grown up
... way up!”*

MY TEEN EATS...AND EATS!

Growing adolescents need more calories than when they were younger, and more than they will as adults. But what they eat is important, too. Teens often go for junk food, which can mean empty calories, excess sugar and salt, and too much saturated fat.



The best diet includes a variety of nutritious foods including lean proteins, low-fat dairy, whole grains, fresh vegetables and fruits. Teens also need fiber and plenty of water (not just iced tea, coffee drinks, juices and sodas).

Protein for Muscle

Building muscle takes protein. Teen girls need about 46 grams/day; boys need about 52 grams/day. Beef, pork, chicken, eggs and dairy are all good sources, as are tofu, other soy foods, beans and nuts.

Calcium for Bones

Teens need to grow strong, dense bones, or risk osteoporosis later. Calcium is essential: about 1,200 milligrams daily. They need three to four servings a day of milk, cheese or yogurt. Calcium-enriched juices and cereals are good sources, too.

Iron for Energy

Dietary iron helps muscle cells get oxygen for energy; inadequate iron can cause anemia. Teen boys need 12 milligrams of iron daily;

girls need 15 milligrams. They can get it from meat, legumes such as beans and peanuts, leafy greens like spinach and kale, enriched grains and whole grains.

How Many Calories A Day?

Teenager	Daily Calories Needed
Boy	2,500 to 2,800
Girl	2,200



ARRGH! ACNE!

Just when dating becomes a huge deal, a teen can be plagued by painful and embarrassing pimples.

Tell your teen he or she is not alone; nearly 8 out of 10 kids get acne.

Even adults do. Hormonal changes during puberty can make oil glands in the skin overactive, which clog pores and trap bacteria.



Keep Acne at Bay

- Wash face twice daily—gently—with mild soap and water. Don't scrub too hard, which can irritate the skin more.
- Keep hair sprays and gels away from the face.
- Any makeup or sunscreen should be labeled “oil free,” “noncomedogenic” or “nonacnegenic.”
- Use an over-the-counter treatment containing salicylic acid or benzoyl peroxide.
- If acne persists, ask your pediatrician if a referral to a dermatologist is warranted, or if your child needs a prescription acne treatment.

THE CHILDREN'S MEDICAL CENTER at Bakersfield Memorial Hospital.

When it comes to kids and teens, anything can happen. That's why we've enhanced our pediatric services just for them: the new Children's Medical Center at Bakersfield Memorial Hospital.

Now, when a serious illness or injury strikes, your child can get the best medical care where they live, around the clock. The Children's Medical Center has the facilities and equipment to treat even the littlest patients—starting with newborns in our Neonatal Intensive Care Unit. Our Pediatric Unit is staffed by specially trained doctors and nurses around the clock, and our Pediatric Intensive Care Unit, opening Summer 2011, will accommodate all ages, from toddlers to teens.

So, whether it's a severe infection, breathing problems or broken bones, we've got it covered. Our pediatric doctors and nurses are on the job 24 hours a day. They'll make sure your child receives coordinated medical treatment while in Memorial's care.



We're All About Kids

Staff at the Children's Medical Center are specially trained in children's care. Our hospitalists—all board-certified pediatricians—are members of the Childrens Hospital

Los Angeles Medical Group (CHLAMG), one of the largest pediatric multi-specialty groups in the United States.

And our dedicated nurses are highly experienced in caring for hospitalized kids and teens. Every pediatric nurse must earn a diploma, associate or bachelor's degree in nursing, and become licensed by passing the California State certification exam. They all must also go through the Pediatric Advanced Life Support (PALS) courses offered through the American Heart Association, as well as STABLE, advanced life support training for neonatal infants.



PARTNERS FOR LIFE: We regularly team up with community organizations to provide the support that kids and families need.



Ronald McDonald House

The Bakersfield Ronald McDonald House® is a resource for families with children who are inpatients at Memorial and other Kern County hospitals. Amenities include sleeping rooms, shower facilities, a full kitchen, laundry and TV. Any family member of a pediatric or neonatal patient has day use privileges. Overnight stays are available for families who have traveled more than 25 miles from their residence.

Children's Miracle Network Hospitals®

Children's Miracle Network Hospitals® raises funds for 170 children's hospitals across North America, which, in turn, use the money where it's needed the most. When a donation is given it stays in the community, ensuring that every dollar is helping local kids. Since 1983, Children's Miracle Network Hospitals® has raised more than \$4 billion, most of it \$1 at a time. These donations have gone to support research and training, purchase equipment and pay for uncompensated care, all in support of its mission to save and improve the lives of as many children as possible. Bakersfield Memorial Hospital is proud to be celebrating 20 years as a partner hospital where every dollar raised locally, stays in our community to make miracles happen for sick children in Kern County. Learn more at www.CMNHospitals.org.

Kohl's Cares® for Kids

National retailer Kohl's supports health and education initiatives that give kids a brighter, healthier future. Through the Kohl's Cares® cause merchandise program, more than \$150 million has been raised to support programs such as nutrition, immunization and scholarships.



About Bakersfield Memorial Hospital

Founded in 1956, Bakersfield Memorial Hospital was created to meet the needs of our community, and has grown from a small local facility to a large regional hospital serving all of Kern County.

Today, we have more than 400 general acute beds, nearly 50 intensive care and cardiovascular recovery units, 13 state-of-the-art surgical suites, a full-service Emergency Department with a nationally certified Stroke Center and the Central California Heart Institute. In addition, we offer newly expanded birthing suites, a family care center, a 31-bed Neonatal Intensive Care Unit, a 20-bed Pediatric Unit, a full complement of diagnostic laboratory and imaging services and an outpatient surgery center.

Bakersfield Memorial Hospital is a member of Catholic Healthcare West (CHW), the eighth largest hospital system in the nation and the largest not-for-profit hospital provider in California.

Put us on your Facebook page!

Become a fan of Bakersfield Memorial Hospital and keep in touch with news and health resources that can benefit you and your family. See you on Facebook!

The Children's Medical Center Bakersfield Memorial Hospital

420 34th Street · Bakersfield, CA 93301
Phone: 661.327.4647

www.ItsOkBakersfield.org
www.BakersfieldMemorial.org

Pre-Registration Available

The Pre-Registration Program is a complimentary service allowing former and prospective patients to complete their admitting process online—all from the comfort of home. Whether it's a prescheduled surgery, an impending delivery, or an unexpected trip to the emergency room—you'll save time, be more prepared, and help you or your children's doctors deliver better care. How?

When you pre-register, your health information is automatically added to your electronic medical record (EMR). It will include your medical history, any past procedures performed at Memorial, and pertinent data that you have provided in previous visits to us.

The information in your EMR assists your attending physician in diagnosing your current medical issue, should you come in through the ER or as a regular patient to the hospital. And it helps your treatment team understand your personal medical history when providing your care. This new program is particularly helpful for our frequent visitors who suffer from chronic conditions, or have to undergo diagnostic tests or treatments.

To pre-register visit:

www.ItsOkBakersfield.org

or www.BakersfieldMemorial.org

and click the Admitting/Registration link on the left, or call **661.327.4647 ext 4866** to have one of our pre-registration experts walk you through the process.

INFORMATION, PLEASE

Health Information Library & Wellness Center

Questions about your family's health?

Access Memorial's free Health Information Library & Wellness Center to access hundreds of health topics, read valuable health articles and take free health assessment tests.

www.ItsOkBakersfield.org

www.BakersfieldMemorial.org

If you need a doctor or more information...

Call the Memorial Physician Referral & Resource Line:

1.877.854.4BMH (4264)

Web Resources

American Academy of Pediatrics

www.aap.org

KidsHealth

www.kidshealth.org

Healthfinder (all medical resources)

www.healthfinder.gov

The information on area resources and Web sites other than www.ItsOkBakersfield.org or www.BakersfieldMemorial.org is provided solely as a convenience, and does not necessarily imply endorsement by Bakersfield Memorial Hospital. The information contained in this guide is not a substitute for information provided by your child's pediatrician.

All physicians, including but not limited to emergency physicians, pathologists, radiologists, and anesthesiologists providing care to patients are independent practitioners and not employees of the Hospital.



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