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## The Power of Music

Music therapists help kids develop a variety of skills

Music therapy is an established health profession similar to occupational therapy and physical therapy. Often working as part of an interdisciplinary team, music therapists use the power and appeal of music to address physical, psychological, cognitive, behavioral and social functioning.

Music therapy is especially valuable in working with young children, because it is non-threatening and enjoyable. Yet it can bring about changes in a child's behavior, facilitate development of communication, and enhance social, emotional, sensory-motor, and cognitive skills.

An advantage of music in therapy is that it stimulates all the senses and involves the child at many levels. Music is highly motivating, yet it also can have a calming effect; it can encourage both socialization and self-expression. Enjoyable music activities are designed to be success-oriented and make children feel better about themselves. Because the brain processes music in both hemispheres, music can stimulate cognitive

functioning and may be used for remediation of some speech and language skills.

Music therapists develop a rapport with children and their families. They observe the child's behavior, and assess communication, cognitive, academic, motor, social/emotional and musical skills. After developing realistic goals and objectives, music therapists plan and implement systematic music therapy treatment programs. They often make recommendations to other team members, who may include early interventionists, occupational and physical therapists, speech and language pathologists and child life specialists.

Jeanette Leggett, a graduate of Charleston Southern University, is the music therapist at Huntsville Hospital for Women and Children. She conducts group music therapy sessions on alternating Mondays. Most of the children who attend her sessions are already seeing one of the other physical, occupational or speech therapists. For more information on music therapy, contact the Pediatric Therapy Department at 256-265-7952.



Jeanette Leggett, board certified music therapist, entertains pediatric therapy patients.

# Angels for Women & Children at Huntsville Hospital Present **Chair-ity for Children** Fund-Raising Event

The Angels for Women & Children, a long-time volunteer group for Huntsville Hospital, is sponsoring a new fund-raising event this spring. And they want you to have the “best seat in the house” — or at least bid on it!

Celebrities, local artists and children from our community are busy designing one-of-a-kind chairs to be auctioned at the first annual “Chair-ity for Children” benefiting the Pediatric Emergency Room at Huntsville Hospital for Women & Children. Upholstered and wooden chairs, benches and barstools, both adult and child-sized, will be transformed into distinctive art pieces that will surely become focal points in your home.

This unique event will feature two opportunities to participate. On Thursday evening, March 31, join us in downtown Huntsville as the Angels auction the celebrity and artist creations. Admission to this “Chair-ity” evening event is only \$45 per person, and includes entertainment, wine and hors d’oeuvres. The following Saturday, April 2, Parkway Place Mall will host a live public auction featuring chairs and other special pieces designed by community children and local artists.

For more information about “Chair-ity for Children,” or to receive an invitation, please call Huntsville Hospital Foundation at 256-265-8077.

Carolyn and Christian admire one of the colorful hand-painted chairs to be auctioned off at “Chair-ity for Children” on Thursday, March 31.



**Chair-ity**  
FOR CHILDREN

SPONSORED BY ANGELS FOR WOMEN & CHILDREN  
AT HUNTSVILLE HOSPITAL



# Help Your Child Live With Asthma

Learn everything you can about this common chronic condition

Parents often make two mistakes when a child has asthma.

First, they don't recognize the symptoms. Who would think that a persistent cough or a string of respiratory infections could be a sign of asthma?

Second, after diagnosis, they avoid giving medications as prescribed. Many assume that the cure could be worse than the condition.

About 6.3 million U.S. children have asthma. Charles Judy, M.D., pediatric pulmonologist at Huntsville Hospital for Women & Children, offers this advice to their parents:

- ◆ Seek an asthma evaluation for any child who has frequent coughing or respiratory infections, such as pneumonia or bronchitis. Other common symptoms include episodes of wheezing, chest tightness and shortness of breath.
- ◆ Learn everything you can about asthma.
- ◆ Work closely with your doctor to develop an action plan for your child. "Make sure your child's asthma is under control, because if it

is, he or she can do anything any other child can do."

- ◆ Stick with the prescribed medication plan while avoiding or controlling asthma triggers. Common triggers include exercise, respiratory infections, allergies and irritants such as tobacco smoke or cold air.
- ◆ Review your child's treatment needs at school with teachers, coaches, administrators and the nurse. They may not know much about asthma.
- ◆ Teach your child to help manage asthma. Depending on age and maturity, kids can learn to avoid triggers, care for medications and take them. Older children should be as responsible as possible for their own treatment.
- ◆ Support your child through difficult times by being relaxed and open about asthma, its symptoms and its treatments.  
"Asthma is an insidious disease, and symptoms can arise when you least expect it. It's important to not let your guard down," Dr. Judy says.



## To Learn More

Asthma and Allergy  
Foundation of America  
[www.aafa.org](http://www.aafa.org)  
800-7-ASTHMA



# Doctors Advised to Wait and See on Ear Infections

Your child may not need antibiotics to get better

Middle ear infections are the main childhood problem that leads doctors to prescribe antibiotics. But until now, there has been little to guide doctors in treating what they call acute otitis media with effusion, or fluid in the middle ear.

"What we now know is 70 to 80 percent of these infections will get better without using antibiotics, if we just watch the child and let the illness run its natural course," says pediatric otolaryngologist Jasper Castillo, M.D.

The American Academy of Pediatrics and American Academy of Family Physicians set up

**"What we now know is 70 to 80 percent of these infections will get better without using antibiotics, if we just watch the child and let the illness run its natural course."**

**Jasper Castillo, M.D., pediatric otolaryngologist at Huntsville Hospital for Women & Children**

a panel to study ear infections in kids 2 months old to 12 years old. Here's what those doctors and other experts had to say:

- ◆ "The doctor should decide to use antibiotics with input from the parents. But both should think about watching the child for a few days first," says Dr. Castillo. That holds true as long as the child does not have a very high fever or other severe problem.
- ◆ The doctor should ask about pain and prescribe acetaminophen or ibuprofen when needed. "Treating the child's pain is the key step the doctor can take," Dr. Castillo says.
- ◆ The doctor should be frank with parents about the certainty of the diagnosis. That may help parents weigh their treatment options.
- ◆ If the child fails to improve after two or three days without antibiotics, it's time to use them.
- ◆ Parents should be taught about prevention. Bottle-feeding, pacifiers and cigarette smoke can raise the odds of these infections.
- ◆ Parents should be told that enough isn't known yet about alternative medicine and ear infections for doctors to back such treatments.



**Jasper Castillo, M.D.**



The Child Life program provides preparation and support for pediatric medical procedures and surgery. Child Life specialists work to minimize fears and stress experienced by children and families when a child is hospitalized.





## **The Child Life Program at Huntsville Hospital for Women & Children:**

- ★ Has four certified child life specialists
- ★ Provides services in the Pediatric Inpatient Unit, Pediatric Emergency Room, Pediatric Intensive Care Unit, Pediatric Surgery Unit and Special Procedures Unit
- ★ Minimizes fears and stress experienced by children
- ★ Offers a wide range of recreational events and activities
- ★ Helps patients understand procedures and diagnoses
- ★ Provides age-appropriate, safe play opportunities
- ★ Hosts pre-surgical tours
- ★ Participates in community outreach programs
- ★ Facilitates pet therapy visits





# Let's Pretend Hospital Reduces Fear

Kids learn what to expect during a real hospital visit

Huntsville Hospital and the UAH College of Nursing will team up once again to present the 19th Annual **Let's Pretend Hospital** this spring for thousands of area first-graders. The purpose of the make-believe "pretend hospital" experience is to teach the children what they can expect during a real hospital visit, which in turn can lessen their fears and anxieties associated with hospitalization. The event also

affords more than 200 UAH nursing students an opportunity to apply developmental theory in teaching the youngsters about nursing and health care. The event, designed to be as realistic as possible, is based on the philosophy that we all respond better to things we understand. Each year, more than 100 volunteers

from the Angels for Women & Children provide support for this special event.

In the operating room (below), the kids learn about anesthesia and surgery. The patient room has a hospital bed, TV, rollaway table and even a phone.

Below, a child acts as the patient while volunteers, faculty and nursing students perform skits as doctors, nurses and technicians.



The last room (above) is the Playroom in which the children are given paper and crayons to draw a picture of something they learned.

University of Alabama in Huntsville leadership accepts Huntsville Hospital's investment for the training of more nurses. Pictured at left are Frank Franz, Ph.D., president of UAH; Joe Austin, Huntsville Hospital CEO; Chuck Stokes, Huntsville Hospital COO; Fay Raines, dean of UAH School of Nursing and Phil Bentley, hospital board chairman.



# The Millennium Society

## New philanthropic organization enhances care at Huntsville Hospital for Women & Children

Margaret Mead once said, “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Inspired by these spirited words, a group of thoughtful and committed women have united in just three short months to form the latest philanthropic organization in support of Huntsville Hospital — the Millennium Society. Continuing the legacy set by the women who established Huntsville Hospital 109 years ago, the members are women from all segments of the community who have each made a generous \$1,000 contribution to the Huntsville Hospital Foundation.

Collectively, their gifts provided lifesaving ventilators for the new Neonatal Intensive Care Unit (NICU) at Huntsville Hospital for Women & Children. The NICU includes the latest in “high tech and high touch” care for

babies born throughout north Alabama and south central Tennessee, ensuring that they have the best possible start at healthy lives.

Committee member and artist **Kathy Chan** has created an exquisite sterling silver pin for Society members. The centerpiece of the pin is a stylized “M,” representing “Millennium.” When turned upside-down, it becomes a “W,” representing the women in the group, and also evoking images of angels watching over the hospital’s patients. Finally, the M is surrounded with a delicate circle to offer the eternal hope that women helping Huntsville Hospital is a forever thing.



Women have played an integral role in Huntsville Hospital’s success since its inception in 1895. Members of the Millennium Society are extending that tradition, improving the standard of care that Huntsville Hospital provides for its patients, and supporting a hospital that will always be here for you or someone you love, should you need it. For more information about the Millennium Society, call Candy Burnett, Huntsville Hospital Foundation president at 256-265-8077.

## Sharing a Bed With Your Baby Carries Both Risks and Benefits

Sharing a bed with your spouse may be a no-brainer. But when it comes to your newborn, choosing the sleeping arrangements isn’t so clear.

Some experts say sharing your bed with your baby can be safe and beneficial. Yet other research says bed-sharing may raise the risk of sudden infant death syndrome (SIDS).

“We can’t be hard and fast to say do or don’t do it,” says John Kattwinkel, M.D., who chairs the American Academy of Pediatrics’ SIDS task force. “This is a society in which people need to make their own decisions knowing the risk.”

**“This is a society in which people need to make their own decisions knowing the risk.”**

**John Kattwinkel, M.D.,  
Academy of Pediatrics’ SIDS task force**

Research shows that soft, sagging surfaces, such as pillows, waterbeds or couches, can cause breathing difficulties and raise the odds of SIDS, Dr. Kattwinkel says. He points out that the risk is much greater if infants sleep on their stomachs.

When co-sleeping with parents, infants can also suffocate if they roll into tight spaces between the bed and the wall, headboard or

footboard. And if you smoke, take sedating drugs or sleep deeply, your bed can be a dangerous place for a baby.

Even if you get rid of those risks, SIDS can still strike — because doctors don’t know just how it happens. Many now think that some infants’ brains haven’t developed enough to wake them if they aren’t getting enough oxygen.

“Recent studies show that a baby’s arousal

levels may be altered when bed-sharing even though they do not awaken,” says Tanya Zbell, M.D. a pediatrician at Huntsville Hospital for Women & Children. However, there is no evidence that co-sleeping is protective against SIDS.

To stay on the safe side, it is recommended that you place your infant on his back in either a crib or bassinette with U. S. Consumer Product Safety Commission-approved bedding.



# Children's Hospitals Provide Top Health Care to Kids

You've heard the saying countless times: Children are not small adults. Never is this more apparent than when it's your child who's sick. Children are unique, growing individuals who require special care. And nobody knows more about caring for kids than children's hospitals.

Whether your child needs to undergo a simple procedure or needs complex surgery, children's hospitals are technologically advanced, kid-friendly facilities staffed by the top pediatric specialists in the country.

The National Association of Children's Hospitals and Related Institutions (NACHRI) supports the community of children's hospitals and their efforts to ensure that all children receive the highest quality health care possible.



**NACHRI**

National Association of Children's  
Hospitals and Related Institutions

Children's hospitals devote 100 percent of their services to children. That's why they are able to provide the majority of highly specialized care for kids hospitalized with complex and rare conditions — regardless of ability to pay. In fact, children's hospitals provide 90 percent of all pediatric heart surgery and 94 percent of all pediatric transplants, and care for 84 percent of children in hospitals for advanced cancer.

While most children's hospitals are best known for serving children with these severe conditions, they also help all children grow up healthy through routine and preventive care, including vaccinations, nutritional counseling and injury prevention education.

NACHRI helps its member hospitals continuously improve in all areas of children's health care by providing data and educational and networking opportunities that lead to new breakthroughs in pediatric health care.

For more information about children's hospitals and the services they provide, visit



[www.childrenshospitals.net](http://www.childrenshospitals.net) or contact your local children's hospital.

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## Quick Phone Reference

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Angels for  
Women & Children .....256-265-8077  
Class registration .....256-265-7440  
Main number .....256-265-1000  
RN4U .....256-265-7648  
Pediatric surgery tours  
and information .....256-265-7969  
Wellness & Sports  
Center .....256-265-WELL



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