



Mercy Children's Hospital

ST. VINCENT • MUO

Helping us grow stronger

Good health begins  
with H.U.G.S.

A publication of Mercy Children's Hospital, Spring 2006

## Life's Most Fragile Moments Call for Special Comfort and Care

Mercy Children's Hospital Neonatal Intensive Care Unit is now the most advanced in the region

The Neonatal Intensive Care Unit at Mercy Children's Hospital has long held a Level III designation — the highest awarded by the Ohio Department of Health for the care of critically ill newborns. But according to Richard Fulroth, M.D., director of Neonatal Care Services, the expanded NICU has taken our best and made it even better.

"Mercy Children's newly expanded NICU is the most advanced unit of its kind in our region," says Dr. Fulroth, who notes that it's also the first component of St. Vincent's five-year Legacy Project to be completed. "This remarkable new unit combines state-of-the-art technology and a family-centered approach, enabling us to better care for our fragile young patients. This new unit gives them a better chance to reach their full developmental potential." Thanks to the latest in technology, babies are cared for in an environment that focuses on reducing external stimulation, therefore reducing the risk of



Mercy Children's expanded NICU combines state-of-the-art technology and a family-centered approach, enabling specialists to better care for our fragile young patients.

interventricular hemorrhage, a medical event that can cause serious problems.

The expanded NICU's features include:

### State-of-the-art technology

■ **All incubators** are now "giraffe" models that accommodate most procedures, pivot 360 degrees and can be moved up and down. These sophisticated beds also include built-in scales, radiant warming systems and an integrated X-ray component. That means that typically the babies don't need to be removed from the protection and safety of their beds to receive medical care.

- **The NICU's ceilings and floors** are constructed of sound-absorbing materials, and ceilings house decibel sensors that alert staff when noise exceeds acceptable levels.
- **A new lighting system** features multiple sources of illumination, all controlled by dimmers.
- **Our computerized Daily Baby Program** records details of a baby's stay in the NICU. It organizes the information and tracks tests and procedures. Upon discharge, a comprehensive, detailed report is provided to the family's pediatrician.

continued on page 3



# Pinwheels for Prevention Returns

**A**pril is National Child Abuse Prevention Month. For the second year, Mercy Children's Hospital is sponsoring Pinwheels for Prevention to create awareness and promote prevention programs. On April 2, in front of Government Center in downtown Toledo, area children will plant one pinwheel for each reported case of child abuse or neglect in Lucas County in 2004.

"Last year, we planted 6,369 pinwheels," says Mercy Children's Julie Majo, coordinator of Child Advocacy. "Pinwheels represent childhood and innocence, as well as our hope of preventing abuse by telling people how they can strengthen families and make a difference in the lives of our community's children."

Currently, Mercy Children's is expanding child advocacy efforts, among them a program to prevent shaken baby syndrome, a "train-the-trainers" child abuse prevention initiative for professionals

who work with families. And, in conjunction with Advocates for Basic Legal Equality (ABLE) — Mercy Children's Hospital will be supporting an on-site legal clinic to reduce the stress of underprivileged families in crisis.

The pinwheels will stay on display downtown until April 9. From there, they will be moved to Mercy Children's Hospital on Cherry Street. ♦



Last year's field of pinwheels represented 6,369 children reported to be abused or neglected in Lucas County.



On April 2, youth service groups will "plant" pinwheels along Jackson Boulevard.

## Keep Your Kids From Lighting Up

Be supportive, and lead by example



The statistics are frightening. Each day, 4,400 young people start smoking — and nearly half will become daily smokers. Nine out of 10 smokers started before the age of 21.

What can you do to keep your kids from starting?

First, understand why kids do it. According to Kimberly Horn, Ed.D., director of the Office of Drug Abuse Intervention Studies at West Virginia University, adolescents say they start to be cool, to fit in, to follow what they see in the media and at home, and to reduce stress.

Why do they continue? To relax, to ease stress or depression, or to deal with boredom, says Ms. Horn, whose office developed a program called Not on Tobacco (NOT). The American Lung Association sponsors NOT for teen smokers.

Ms. Horn and Peter Rogers, M.D., a member of the American Academy of Pediatrics' Committee on Substance Abuse, suggest that parents:

- **Be good role models.** "What you do is more important than what you say," says Dr. Rogers. Don't smoke. If you do, try to stop. There's a high correlation between parents who smoke and children who pick up the habit. If you do smoke, don't do it in confined spaces with children present — or let others do so.
- **Share your struggle to quit.** "Talk to your children about why you're still smoking and how you feel about it," Ms. Horn advises. "Say, 'I'm hooked and because I love you, I don't want you to go through this too.'"
- **Talk early and often.** "You don't let kids play in traffic because it's unhealthy,





**Special Care**, continued from page 1

### Family-centered care

- **Our innovative "pod" design** groups a small number of beds together so families have more room and privacy.
- **Thanks to new "co-bedding" spaces**, twins and triplets can stay in the same bed or in side-by-side units.
- **A private family room** where parents and family facing impending loss can remain by their baby's bedside.
- **A transition-to-home room** allows parents to spend the night with their child and learn to work with monitors and medical equipment before their child is discharged.
- **A family lounge**, located within the NICU, provides space for siblings to play and is a great place for parents to share experiences with other families.

In addition to the advanced technology and family-centered environment, families can be comforted by knowing that Mercy Children's Hospital has more than 20 specialist and subspecialist physicians on staff who care for NICU



**Our "pod" design provides families with ample room and privacy.**

patients. They are assisted by registered nurses, nutritionists and physical and respiratory therapists with extensive training and experience in pediatric care. ❖

### To Learn More

For more information or to tour our new NICU online, visit [mercyweb.org/childrens](http://mercyweb.org/childrens).

## [ health bits ]

and you don't wait until they're 12 to tell them that," says Dr. Rogers. "It's the same with smoking."

- **Reject myths.** Most kids don't smoke, and most who do want to quit, says Ms. Horn.
- **Use teachable moments.** Stories about smoking's health impacts or the smoking-related death of a relative offer opportunities to talk.
- **Acknowledge peer pressure.** Tell kids, "Look, I understand you're getting a lot of peer pressure. Let's talk about it."
- **Be direct** if you suspect your child is smoking. "Don't pretend you don't see it," says Ms. Horn.
- **Be supportive** if your child is smoking. Grounding doesn't work, says Ms. Horn. "Supportive would be, 'okay, I know this is a problem and we want you to quit. Let's find a way to help you do it.'" ❖

### Make the Food Pyramid a Blast for Kids

Do you and your kids need help sorting out the government's new food pyramid? Check out "MyPyramid for Kids" at [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) for a kid-friendly version. "This is a fun approach to addressing the very serious problem of childhood obesity," says U.S. Agriculture Secretary Mike Johanns. The site offers tips for parents, lesson plans for teachers and an interactive game for kids. In the game, called MyPyramid Blast-Off, a rocket needs fuel to take off. Students have to pick a healthy set of foods and physical activities to fuel their rockets.



### Passengers Worsen Teens' Driving

Teens are more likely to tailgate and speed with other teens in the car, a study shows. "The findings indicate that teen risky driving increases in the presence of teen passengers, particularly male teen passengers," says Duane Alexander, M.D., director of the National Institute of Child Health and Human Development, which did the study. Researchers watched teens leave 10 high schools in suburban Washington, D.C., and pass observation points. On average, the 471 teens drove 1.3 mph faster and, at 40 mph, followed about 10 feet more closely than other drivers. Both boys and girls drove faster and followed more closely if they had a male teen passenger when compared to teens who had no passengers or had a girl in the car.

# Concussions: Caution Is a No-Brainer

Know the signs and bench kids until the danger passes

**I**t's better to miss a game than a whole season. That's the key message of a campaign by the Centers for Disease Control and Prevention (CDC) aimed at an underrated health threat: sports-related concussions.

Concussions are traumatic brain injuries (TBIs) caused by a blow or jolt to the head. While they range from mild to severe, they're all serious injuries that can harm the way the brain works. More than 300,000 TBIs occur in U.S. sports and recreation each year, the CDC says. Many athletes never lose consciousness.

Parents, athletes and coaches can find a free concussion tool kit at [www.cdc.gov/ncipc/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm).



Concussions can happen to any boy or girl in any sport, says CDC epidemiologist Julie Gilchrist, M.D. Their short-term effects, such as memory problems, can cause trouble for life. When young athletes have a flawed memory, she says, "they can have difficulty concentrating in school, relating to kids or sleeping

well, and these things can have long-term, devastating consequences."

One grave danger occurs when athletes go back to the game before they fully recover from a concussion. In such a case, even a mild blow can cause second-impact syndrome. That can lead to brain swelling, brain damage and even death.

Teammates have to keep an eye on each other, Dr. Gilchrist says. Athletes must also let everyone know if they hurt their heads. "You're not helping yourself or your team by hiding it," she says.

She says parents should make sure that children wear the right safety gear during all practices and games and that schools have a concussion plan. If you think your athlete has a concussion, the CDC says:

1. Seek medical help at once.
2. Bench your child until a healthcare professional who knows the return-to-play guidelines says it's okay to play.
3. Tell all your child's coaches about any recent concussion. ♦

## Signs and Symptoms

### Signs seen in athlete by others:

- Appears dazed or stunned
- Seems confused about an assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

### Symptoms cited by athlete:

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion



## "Spring" for a Good Cause: Children's Miracle Network

Spring has sprung! And that means it's time to support the Children's Miracle Network (CMN) by purchasing a "Miracle Balloon" from area businesses raising funds for this worthwhile effort.

All money raised for CMN in our region will support initiatives at Mercy Children's Hospital, including our Office of Child Advocacy and its parent advocacy programs. CMN also funds support services for youngsters with mental health problems and special-needs children with spina bifida. In addition, CMN funds will help Mercy Children's enhance our pediatric palliative care program, provide therapeutic enrichment programs for pediatric and adolescent patients, purchase equipment, support special training for staff, underwrite special events for patients, and promote health awareness throughout north-west Ohio and southeast Michigan.

You may purchase your CMN Miracle Balloon at area credit unions, Wal-Mart, Sam's Club, Carmike Cinemas, Speedway, Rite-Aid, ACE Hardware and Dairy Queen. ♦



# Wild Rides Can Be Safe Rides

Heed posted warnings at the amusement park to head off injuries

Rides at amusement parks and traveling shows are faster, higher and wilder than ever. It's great fun — if you ride safely.

But each year, injuries related to amusement attractions send more than 7,000 children ages 14 and under to emergency rooms, the Safe Kids Worldwide campaign says. To avoid that kind of ride, follow the rules.

"Reputable parks and carnivals will clearly post the age, height, weight and health restrictions for each ride, and it's the responsibility of the riders [or parents] to make sure they meet those restrictions," says Steven A. Elliott of Ride Actions Unlimited, a Wisconsin amusement park safety consultant. Height rules, for instance, ensure a child has the muscle and posture control to ride safely.

"One case that we see too often," he adds, "is parents forcing their kids to go on these rides, saying, 'If I can do this, so can you.' Scared out of his wits, the child may not follow the rules of the ride, try to get out and put himself in jeopardy."

Teach kids that risky conduct can cause accidents, says Regina Rambo, R.N., B.S.N., Mercy Children's Hospital Injury Prevention Coordinator. "Review the safety rules with them before they get on the ride, so that they know what is expected of them."



## Here are more tickets to safety:

- **Check out the rides.** Move on if the ride has torn seats, worn safety belts, rusty parts or a careless operator or doesn't have the rules posted.
- **Pick rides that suit kids' ages.** Start toddlers on a merry-go-round or slow cars. Move up in stages to faster rides.
- **Stay put on the ride.** Hands, arms, legs and long hair should stay inside at all times. Use the seat belts or other safety equipment, and hold onto the handrails.
- **Know your limits.** If you or your kids can't take high speeds, sharp turns or other wild action due to health concerns, find a calmer ride. Pregnant women and people with heart problems, epilepsy, or back or neck injuries should avoid roller coasters.
- **Tell children what's coming.** Explain the sensations they'll face.
- **Know when to quit.** Parents should call it a day before their kids get too tired to ride safely. ♦

## Mercy Children's Welcomes New Physicians



David Draper, M.D.,  
Pediatric Cardiologist

**David Draper, M.D.**, a pediatric cardiologist, has joined with William Suarez, M.D., in Northwest Ohio Congenital Heart Center, Mercy Children's pediatric cardiology clinic. Dr. Draper received his medical degree from the University of Alberta and served his pediatric residency at the Children's Hospital of Winnipeg in Manitoba, Canada. He also performed fellowships at The University of Toronto's Hospital for Sick Children, The Children's Hospital of Winnipeg and Harvard University's Children's Hospital.

**Office:** Mercy Children's Hospital  
2222 Cherry St.  
MOB#2, Suite 2800

**Clinic number: 419-251-8035**



Brenda Kitchen, M.D.,  
Pediatric Oncologist

**Brenda Kitchen, M.D.**, who is a board certified pediatric oncologist, works with Rama Jasty, M.D., in Mercy Children's pediatric hematology/oncology clinic. Dr. Kitchen earned her medical degree from Washington University in St. Louis. She spent her residency at Rainbow Babies and Children's Hospital in Cleveland, and performed her pediatric oncology fellowship in Bethesda, Md. at the National Institutes of Health, National Cancer Institute, Division of Cancer Treatment, Clinical Oncology Program — Pediatric Branch.

**Office:** Mercy Children's Hospital  
2222 Cherry St.  
MOB#2, Suite 2800

**Clinic number: 419-251-8010**

# Don't Weight: **Activ8!**

**M**ercy Children's Hospital has developed Activ8, an initiative designed to raise families' awareness of childhood obesity. In partnership with COSI and YMCA and JCC of Greater Toledo, our goal is to provide tools to help children and parents make healthy decisions.

In each issue of HUGS, we feature a special Activ8 section designed especially for you and your children. It includes fun activities, information and tips for fulfilling

the eight promises that are part of becoming an Activ8er.

If your child isn't an Activ8er, you'll be glad to know that membership is free. To join, you and your children should fill out the form on page 9, turn it over and sign the pledge to incorporate eight healthy choices in their lives, then mail it to us. Once we receive it, we'll send your child a membership gift. We'll also keep you and your child updated on new Activ8 developments and events.



**Mercy Children's Hospital**  
**ST. VINCENT • MUO**

P.S. Check out page 11 for two fun and healthy upcoming activities you and your kids can enjoy: the Dart Frog Dash at the Toledo Zoo, and Splash, a YMCA/JCC of Greater Toledo program. Look for us at both events. ❖

## Activ8 Pledge #8: *Eat by color*

## Color Your Meals Healthy!



### For parents

How can you help your children learn to eat the wide variety of fruits and vegetables essential to a healthy diet?

Teach them to "eat by color" — and not just one color, but the entire rainbow of produce that can be found at your local market. Red apples, tomatoes and cranberries. Purple plums, grapes and beets. Yellow squash, lemons and pears. Green broccoli, spinach and kiwis. *Blue*berries and orange — well — oranges.

You'll be establishing good eating habits that will benefit them both now and in the future. Here are some suggestions to get you started:

- Let your kids pick out produce at the grocery store, using the "eat by color" rule.

- Each shopping trip, ask them to choose a "rookie" vegetable or fruit they haven't tried before. Work your way from apricots through zucchini.
- When you get home, let your children help you cut up veggies to keep on hand in the fridge and arrange fruit in a bowl so it's ready for quick snacks.
- Help your kids fix the recipe for fruit dip in this issue of HUGS.

### For kids

One easy way to choose foods that are good for your body is to eat a lot of different colors. (Real colors, not fake ones like those in some cereals!)

Most fruits and vegetables are very colorful — and very healthy. And the more colorful they are, the better they are for you. They have a lot of vitamins and antioxidants, which are good for your body, and they fill you up without a lot of calories. ❖

### Invite your friends to be Activ8ers!

Tell your friends about how much fun you are having Activ8ing your life! They can visit [www.mercyweb.org](http://www.mercyweb.org) or call Mercy HealthLink at 419-251-4000 to ask for a copy of the Activ8 pledge.



### How much do they need?

According to the new United States Department of Agriculture Food Guide Pyramid, children need the following each day:

Age	Fruit	Vegetables
2-3	1 cup	1 cup
4-8	1 to 1½ cups	1 to 1½ cups
9-13	1½ cups	Girls: 2 cups Boys: 2½ cups

- A 1-cup serving of fruit = 1 cup of fresh fruit or 100-percent fruit juice, or ½ cup dried fruit
- A 1-cup serving of vegetables = 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw, leafy greens

For fun, see how many different colors of fruits and veggies you can add to one meal:

Fruits	Fruits you might think are vegetables (often called fruit-vegetables)	Vegetables
Apple	Avocado	Beets
Blueberry	Cucumber	Broccoli
Cranberry	Green pepper	Cabbage
Grape	Olive	Carrots
Grapefruit	Pumpkin	Cauliflower
Kiwi	Red pepper	Kale
Lemon	Squash	Lettuce
Lime	Tomato	Mushrooms
Orange	Yellow pepper	Onions
Strawberry		Spinach
		Swiss chard



How many more fruits, vegetables and fruit-vegetables can you name?

---

---

---

### What's the difference between a fruit and a vegetable?

- A fruit is the fleshy, seed-bearing part of a plant used as food.
- A vegetable is a type of plant eaten as food that does not contain seeds.



### Make a colorful snack

**Step 1.** Put these fruits on a pretty plate, leaving a little space in the center:

- 2 cups chunked fresh pineapple\*
- 1 firm, large banana, peeled and sliced\*
- 1 cup seedless grapes
- 1 orange, peeled and sliced\*
- 1 red apple, cored and sliced\*
- 1 cup pitted prunes or dates
- 3 kiwi fruits, peeled and sliced\*

**Step 2.** Make a yummy fruit dip by stirring these foods together:

- 1 small container (1 cup) of low-fat or fat-free vanilla yogurt
- 1 cup of chopped strawberries\*

**Step 3.** Put the dip in a small bowl, put the bowl in the center of the plate — and enjoy!

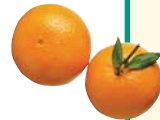
*This recipe has been adapted from the Dole Fun with Fruits & Vegetables Kids Cookbook.*

*\*Make sure your mom or dad helps with the peeling, slicing and chopping.*

### Find the fruits and vegetables

Look for the colorful fruits, fruit-vegetables and vegetables in this Word Search.

APPLE	MUSHROOM	POMEGRANATE	CARROT	OLIVE
KALE	AVOCADO	BROCCOLI	ORANGE	PEACH
PEPPER	RHUBARB	CUCUMBER	SPINACH	TURNIP



A P P L E R T K T R K I H X E  
 P O M E E F A O H C L M A K J  
 M B L P T L I U R O M P E V A  
 G U P I E A B R C R R B K T X  
 J E R S V A N C I W A P Z V J  
 P A E X R E O A S R I C X J K  
 F O B B U R A X R P D O T V B  
 R W M I B J T V A G I A T G Q  
 Y E U V P H Q D V B E N B C S  
 P P C M U S H R O O M M A R K  
 I E U W H R O A C B R X O C H  
 N A C O J E G N A R O H Y P H  
 R C O W P B G W D Q E S N B X  
 U H N D Y B Y N O D V X D E J  
 T N W K M V Z G U S C U V D S



## Activ8 Pledge #5: Sleep nine to 10 hours a night

# The ABCs of Kids and ZZZs

### For parents

A good night's sleep is as important to your child's health as a good breakfast. But according to Michael Neeb, Ph.D., director of Mercy Sleep Disorders Services, few children are getting the sleep they need.

"A 2004 poll conducted by the National Sleep Foundation (NSF) revealed that children in every age group don't even meet the minimal amount of recommended sleep during a 24-hour period," Dr. Neeb states. "As many as two-thirds of all children experience one or more sleep problems at least a few nights per week. The most common sleep disorders in children include difficulty falling asleep, nighttime awakenings, bedtime stalling and resistance, snoring and obstructive sleep apnea [difficulty breathing during sleep]. These factors reduce the restorative benefit of sleep by depriving the child of adequate amounts of dream and deep sleep." Additional NSF data shows that kids are sleeping about four hours less a week than children were just 10 years ago.

### The sleep-weight gain link

Lack of sleep can make it tough for your child to solve problems and memorize lessons, which can lower their grades and self-esteem. Sleep-starved kids are also more easily frustrated and fidgety, and more prone to depression.

"Kids who don't get enough sleep will crash on the couch after school and on weekends — either napping or passively watching TV," Dr. Neeb explains. "This, in turn, frequently leads to weight gain and obesity."

He says childhood sleep apnea is much more prevalent than once believed. Weight and sleep apnea are highly related, and often persist in a vicious cycle of poor sleep, daytime fatigue and sleepiness, which leads to increased weight, which then worsens the apnea, which in turn creates further sleep disturbance.

An even more direct connection between poor sleep and obesity has been



suggested by recent research that shows lower levels of a hormone known as leptin in people who have poor or limited sleep. Leptin suppresses appetite and stimulates the expenditure of energy. At the same time, these people also have higher levels of a substance called ghrelin, which stimulates appetite and the body's production of fat.

### Saying "good night" to sleep problems

"Like diet and exercise, good sleep is an essential ingredient for the physical and psychological development of a healthy child," Dr. Neeb stresses. "If their children are having problems sleeping, it's vital that parents talk to their pediatrician or family doctor. Most sleep disorders can be effectively treated with professional help."

### To Learn More

For more information visit [www.sleepfoundation.org](http://www.sleepfoundation.org) or call the **Mercy Children's Hospital Pediatric Sleep Clinic** at 419-251-6430.

### For kids

Here are some cool ideas to help you keep Activ8 Pledge #5: *Sleep nine to 10 hours a night.*

**Find the time.** Go to bed the same time every night — and yes, that means weekends, too. If you go to bed a lot later on Saturday night and "sleep in" on Sunday morning, you won't be sleepy at your normal bedtime on Sunday night, which will leave you sluggish and sleepy all day Monday at school.

**Unplug your bedroom.** Turn off TVs, computers and cell phones that can mess up your sleep.

**Have a "pre-game" routine.** Take a warm bath, read a book, listen to soft music: whatever it takes to unwind before bedtime.

**Go totally decaf.** The caffeine in cola, tea and chocolate you drink during the day can keep you wide-eyed all night long.

**Chill out.** It's fun to do lots of activities, but rushing around too much can get you so wound up you can't sleep. (Parents: The NSF recommends kids be involved in just one activity per season.) ❖



Please sign the pledge form on page 10, fill out this information form and have your parent sign them. This will allow us to send you your Activ8 gift and keep you informed about upcoming Activ8 events and information. Send the forms to: Mercy HealthLink, 2200 Jefferson Ave., Toledo, Ohio, 43624.

# Information about me!

\_\_\_\_\_  
First and last name

\_\_\_\_\_  
Street address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
ZIP code

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
School

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Age

\_\_\_\_\_  
E-mail address

\_\_\_\_\_  
Favorite activity

\_\_\_\_\_  
Favorite healthy snack

\_\_\_\_\_  
*Grown-up's signature*



Mercy Children's Hospital  
**ST. VINCENT • MUO**

See the story on page 6 to learn more about Activ8.

# I pledge to **ACTIV8!** my life!

## I PLEDGE TO:

- 1** Eat healthy snacks
- 2** Play outside four times a week
- 3** Learn about taking care of my body
- 4** Laugh with my friends
- 5** Sleep nine to 10 hours a night
- 6** Always eat a healthy breakfast
- 7** Dance during television commercials
- 8** Eat by color

My first name \_\_\_\_\_

Grown-up \_\_\_\_\_



Mercy Children's Hospital  
ST. VINCENT • MUO





# A Hopping Good Time for the Whole Family

Join Mercy Children's Hospital for loads of activities on Saturday, April 22, 2006 at the Toledo Zoo

## Dart Frog Dash

5K Race — 5K Walk — 1K Kids Run  
Course winds you through the Zoo.

Race registration: 7 a.m.

1K Kids Run: 8:15 a.m. Come see HUGS start the race.

5K Race and Walk: 9 a.m.

Pre-registration is encouraged. Visit [www.toledozoo.org](http://www.toledozoo.org), or call **419-385-5721** for entrance fee and additional information.



## Earth Day Activities

From 10 a.m.–4 p.m., the Zoo will be filled with area activities and displays promoting conservation.

And to help the environment and St. Vincent's Burn Center, Aluminum Cans for Burned Children will be accepting aluminum beverage cans in the parking lot area off the Anthony Wayne Trail entrance. Collected cans will be recycled; proceeds will be donated to the burn unit at St. Vincent Mercy Medical Center.

Come out and enjoy a fun-filled day for the family. Visit [www.toledozoo.org](http://www.toledozoo.org), or call **419-385-5721** for admission fees and additional information.



## YMCA/JCC Celebrates 10th Anniversary of Splash Swimming Program

With summer vacation just around the corner, it won't be long before children will be diving into swimming pools, lakes and quarries. But fun in the water can quickly turn to tragedy. That's why it's important for children to learn water safety and swimming skills before taking the plunge.

From June 12 to 16, the YMCA and JCC of Greater Toledo will celebrate the 10th anniversary of Splash, **its free, week-long water safety and basic swimming skills program**. Splash is open to all beginner swimmers ages 3 to 12 and will be held at 11 area locations. To celebrate the completion of the program, all participants and their families are invited to the 10th Anniversary Picnic and Swim Party on June 17.

Registration for Splash begins May 8 at local YMCA and JCC branches. ❖

### To Learn More

For more information, call **419-729-8135**.

## Mercy Children's Hospital Online

Visit the best address for children's health information, services and care:

[www.mercyweb.org/childrens](http://www.mercyweb.org/childrens)



### Mercy Children's Hospital

On the campus of St. Vincent Mercy Medical Center  
2213 Cherry St.  
Toledo, OH 43608

Non-Profit Org.  
U.S. Postage  
PAID  
Toledo, Ohio  
Permit No. 538



Mercy Children's Hospital Online has received a Gold Award for Best Site Design from *eHealthcare Strategy & Trends*.

If you would like to receive *H.U.G.S.* at home, call Mercy HealthLink at **419-251-4000**.

## Children's Hospitals Lead Abuse Treatment and Prevention Efforts

Most parents don't want to hurt their child intentionally. But the stress of an infant who won't stop crying or the daily trials of caring for a child with special needs can overwhelm even the most loving mother or father. Whether you're struggling to build positive discipline skills or have

seen another parent or caretaker abuse a child but don't know what to do, your local children's hospital can help.

Nearly 3 million cases of suspected abuse and neglect are reported in the U.S. each year. Children's hospitals are the undisputed leaders in providing medical care to abused and neglected children. They also teach how to cope with the frustration and anger every parent feels at times. Children's hospitals provide classes, fact sheets and more to guide parents through child rearing, as well as support groups for parents struggling with the same frustration.

Worried that a child you know or see in a public place is being maltreated? Children's hospitals can help connect you to a community resource where you can anonymously report your concerns.

Some parents worry that if their child is injured by accident, not through



abuse, they will be suspected of abuse at a hospital. Children's hospitals are working on a seamless, timely and effective system of abuse response that helps protect innocent parents and provides medical care and emotional healing to the most vulnerable children.

Working with children's hospital leaders, pediatricians and allied groups, NACHRI developed *Defining the Children's Hospital Role in Child Maltreatment*, a guide to establishing, developing and enhancing child abuse services in children's hospitals. These guidelines help offer the highest level of quality care possible to abused and neglected children. ♦

### To Learn More

For more on children's hospital efforts to prevent and treat abuse and neglect, visit [www.childrenshospitals.net](http://www.childrenshospitals.net) and select "Child Advocacy."

For more on positive parenting and local child abuse prevention and treatment programs, contact Mercy Children's Hospital Office of Child Advocacy at **419-251-8014**.



### NACHRI

National Association of Children's Hospitals and Related Institutions  
[www.childrenshospitals.net](http://www.childrenshospitals.net)