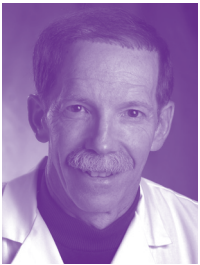


School's Back, Time to Get Kids in the Routine

ASK THE EXPERTS: Gary Trock, M.D., and Debbie Adsit, OTR, Beaumont Hospital



Gary Trock, M.D.

Q: My family had a fun, busy summer. Now that school has arrived, how can I best prepare my children for their school routine?

A: "You are smart to realize that after a long summer, most students

need to reset their biological clocks. A lack of sleep can adversely affect performance, attention span and physical health," says Gary Trock, M.D., director of pediatric neurology and co-director of Sleep Evaluation Services at Beaumont Hospital, Royal Oak. "Parents need to make sure their children go to bed earlier each night."

It's important that students have a period of 10-14 days to readjust. To be effective, it must be a gradual process. Trock also cautions parents not to let their children sleep in on the weekend. This will undo their best attempts to reset their internal clocks for the coming school year. Sunlight exposure each morning is important too.

The American Academy of Sleep Medicine offers the following tips to ensure children and teens get a restful night's sleep:

- Follow a consistent bedtime routine.
- Establish a relaxing setting at bedtime.
- Make the bedroom quiet, dark and a little bit cool. Do not have computers or televisions in a bedroom.
- Get up the same time every morning.
- Avoid foods or drinks that contain caffeine, as well as any medication that has a stimulant, before bedtime.

- Don't go to bed hungry, but don't eat a big meal before bedtime.
- Avoid any rigorous exercise within six hours of bedtime.

Q: There is so much talk about school backpacks causing long-term health problems. How can I ensure my children are not jeopardizing their health just by carrying their school books and supplies?

A: "Heavy backpacks can cause many problems for school children, including back pain, neck pain, tingling arms and poor posture," says Debbie Adsit, O.T.R., pediatric rehabilitation services supervisor at the Beaumont Health Center in Royal Oak. "It's time to remind students, parents and educators of the importance of packing it light and wearing it right."

Parents can take steps to help children load and wear backpacks the right way to avoid health problems. The American Occupational Therapy Association offers the following backpack tips:

- Never let a child carry more than 15 percent of his or her body weight. This means a child who weighs more than 100 pounds shouldn't wear a loaded backpack heavier than 15 pounds.
- Load heaviest items closest to the child's back.
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary to the day's activities.
- On days the backpack is too loaded, your child can hand carry a book or other item.

- If the backpack is too heavy, consider using a book bag on wheels.
- Both shoulder straps should always be worn. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly to the child's back.
- A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child's back as well as one with enough room for necessary school items.

If the load is too heavy or the child is unable to carry books, Adsit suggests that parents ask teachers for two sets of books- one for school and one for home.

For more information contact: Gary Trock, M.D., director of pediatric neurology and co-director of Sleep Evaluation Services at Beaumont, Royal Oak, at 888.717.5337 or Debbie Adsit, O.T.R., Beaumont Rehabilitation Services at 248.855.4480.

A Thank-You Note from ChariTea Bear

On a sunny Sunday in Grosse Pointe Farms I met my friends by the lakeshore for a lovely tea party. They came dressed in their very best clothes, using their very best manners and brought no less than 100 beary fine friends to share with other little girls and boys in our local hospitals. I hope you can imagine what a lovely sight I saw.

As they filed in for tea, each little girl and boy was accompanied by a parent or grandparent, and my how their eyes sparkled! The children each delivered a new teddy bear they had brought to a table that was quickly overflowing with what I call my comfort bear friends. Then they picked up an animal to dress and stuff for themselves as part of the day's activities.

I had a chance to circle the room, moving from table to table where all these fine guests samples scones and cupcakes,



cookies, tea and lemonade. Together, we learned about tea time manners and wrote thank you notes. Miss Kathleen from the

library read several stories to us while we sampled our treats.

When our legs needed stretching, we played games outside by the Pier with the volunteers from the local high schools and our community in general. So many people and organizations helped create this event. I must say how thankful I am to each sponsor and to all our delightful guests. I do hope you'll join us next year. Watch for details about our 2010 tea party in upcoming newsletters.

Fondly,
ChariTea Bear

The Family Center wishes to thank everyone who attended and helped to make the first annual ChariTea Bear's Tea Party a "beary" successful event. (See photos on our Web site, www.familycenterweb.org.)

Must-Have Items for Every Parent's Medicine Cabinet

ASK THE EXPERTS: *Marcus DeGraw, M.D.*



Marcus DeGraw, M.D.

Many parents know the frustration of having a sick or injured child and not knowing what treatment to give to alleviate the child's symptoms. Adding to their frustration is a frightening array of choices filling the shelves at any drug-store or grocery store.

According to Marcus DeGraw, M.D., a board certified pediatrician at St. John Children's Center, each family should have a well-stocked first-aid supply kit. He suggests the following:

Q. What medications should I have on hand?

A. You should always have the following readily available in your medicine cabinet:

- Pain relievers: acetaminophen (Tylenol) and ibuprofen (Motrin or Advil). Ibuprofen should only be used if child is more than 6 months old.

- Skin creams: 1 percent hydrocortisone for itchy rashes and antibiotic ointments for cuts and scrapes.
- Rehydration fluids for illnesses with vomiting or diarrhea (Pedialyte).
- Extra prescription medicines (especially if your child has a chronic disease like asthma).
- Cold medicines: most children need only a decongestant and a cough suppressant.
- Benadryl: use for allergic reactions or nasal allergies, but only for children one year and older, unless directed by a doctor.
- Teething gel for infants can be used in small amounts.

Q. What about supplies like gauze or plastic gloves? Do I need to have those?

A. I recommend having sterile gauze, medical tape and bandages of all sizes on hand for common cuts and scrapes. You should also have alcohol wipes, hydrogen peroxide and basic soap for basic cleaning of cuts and wounds — as well as plastic gloves for attending to wounds with blood.

Other items that come in handy include:

- Thermometer for fevers (preferably one that can be used orally and is digital).
- Sharp scissors to cut dressings for wounds.
- Tweezers to remove slivers or foreign objects from skin.
- Instant cold packs for bumps and bruises and sprained ankles.
- Emergency contact numbers and the number for poison control 800.222.1222.
- Physician's phone number and directions to nearest emergency room.

Dr. DeGraw is one of the pediatricians at St. John Children's Center and medical director of Pediatric Subspecialty Services at St. John Hospital and Medical Center. More information is available at www.stjohn.org/StJohnHospital/Specialties/Pediatrics.

In addition to general pediatrics, the St. John Children's Center has specialists in the areas of infectious disease, endocrinology, cardiology, pediatric surgery, gastroenterology, neurology, nephrology, behavioral medicine and pediatric hematology/oncology.

From the Director



Fall is upon us with families wrapping up their summer vacations and preparing their children for the "back to school" routine. As The Family Center prepares for its fall schedule, we are excited to share news and information about our upcoming presentations and events. A warm welcome is also extended to our newly appointed 2009-10 Board of Directors and Advisory Council members.

On Sept. 29 we will offer a special substance use awareness presentation. On Nov. 3 we will offer our annual transition into college presentation. On Nov. 19 we will repeat our annual kindergarten preparation presentation. All of these presentations will feature professionals who are experts in each of the topic areas listed.

Our Circle of Friends has been busy working on two events for the fall: a hayride on Oct. 16 in recognition of our CELEBRATE 9!! birthday and our seventh annual HOLLY FEST benefit on Dec. 3.

We are pleased to be a part of the Kroger Community Rewards Program, which will contribute \$5 million to charities this year. Show your support to The Family Center by becoming a member by using your Kroger Plus Card each time you shop at Kroger. Look for more details in this issue or on our Web site, www.familycenterweb.org.

The Family Center's newly formed Association of Professionals has been developing into an extensive online resource directory utilized by both families and professionals. Please share this newsletter and professional resources insert with others to spread the word about The Family Center. This fall

we plan to offer our second Meet & Greet for School & Mental Health Professionals. Our first in May was very successful!

Having a centralized hub for information, resources and referral like The Family Center is more important now than ever before. Stress from uncertainty and increased demands challenge families in so many ways. The Family Center provides solutions by serving as a conduit to services, professionals and resources that families need.

You can help The Family Center. Make our upcoming programs better than ever by making a contribution today. Thank you!

Deborah A. Liedel
Debbie.Liedel@familycenterweb.org
313.432.3832

Programs & Resources

ALL-DAY PRESCHOOL

The Grosse Pointe Public School System is offering a full-day preschool program for children ages 2 ½ to 5. Commences with school year, 7:15 a.m. to 6 p.m.
Barnes Early Childhood Center
20090 Morningside, Grosse Pointe Woods
Fee/WEEK: \$250 (5 days), \$150 (3 set days)
Info 313.432.3007.

ARE YOUR KIDS AT RISK?

Police, psychologists and a life coach will present a substance use awareness and prevention discussion.
Tuesday, Sept. 29, 6:30 to 8:30 p.m.
Yeoman Hall, St. Michael's Episcopal Church
20475 Sunningdale Park, Grosse Pointe Woods
No fee. Register by Sept. 25 @ 313.432.3832

ELIMINATE STRESS AT HOME AND IN YOUR LIFE

An Evening of Information & Inspiration featuring: Sadie Bolos, The Bolos Academy, Christina Pitts, Pitts-Aldrich & Associates and Anna Russo, Success Strategies.
Thursday, Oct. 8, 7 to 9 p.m.
Barnes Early Childhood Center
20090 Morningside, Grosse Pointe Woods
No Fee. Register by Oct. 1 @ 313.432.3832

To register or more information on all programs, call The Family Center at 313.432.3832, e-mail info@familycenterweb.org or visit www.familycenterweb.org for updated details on all presentations.

COLLEGE BOUND: DEMYSTIFYING THE COLLEGE PROCESS

A Family Center panel of experts – Carla Palffy, LPC and David Votruba, PhD, PLC – will address questions from the audience.
Tuesday, Nov. 3, 6:30 to 9 p.m.
Grosse Pointe South High School Auditorium
11 Grosse Pointe Blvd, GP Farms
No fee. Register by Oct. 29 @ 313.432.3832

KINDERGARTEN: GET READY!!

An annual presentation by professionals on preparing young children for kindergarten today. (A second presentation regarding making a successful transition into kindergarten is being planned for Feb. 2010.)
Thursday, Nov. 19, 6:30 to 8:30 p.m.
Barnes Early Childhood Center
20070 Morningside Drive, Grosse Pointe Woods
\$5/person. Register by Nov. 13 @ 313.432.3832

DINING FOR DOLLARS

A Family Center fundraiser, 15% of proceeds from lunch and dinner will be donated by The Hill Seafood & Chop House.
Tuesday, Sept. 15, Lunch & Dinner
123 Kercheval, Grosse Pointe Farms
Info: 313.432.3832

CELEBRATE 9!! HAYRIDE

Enjoy a horse-drawn hay ride, entertainment and light food, beer and wine at this first-of-a-kind fundraiser hosted by Wilson & Cain P.A. to benefit The Family Center.
Friday, Oct. 16, 7 to 11 p.m.
Tompkins Center, Windmill Pointe Drive, Grosse Pointe Park
\$NINeteen (\$19) per person, event for adults 21+ only.
Reserve a spot: 313.432.3832

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KROGER REWARDS

Kroger's Community Rewards Program makes fundraising automatic every time you use your Kroger Plus Card. Just shop, swipe your Kroger Plus Card and earn money for The Family Center! If you do not have a Kroger Plus Card, obtain one at the customer service desk at any Kroger.

Getting started is easy. To register at your favorite Kroger store, simply have the cashier scan the bar code below when you hand her your Kroger Plus Card or when you enter your registered phone number on the checkout keypad. The cashier will link your card to our account number **83811**.

To enroll online, have your Kroger Plus card handy then go to www.krogercommunityrewards.com. If you need registration assistance, Kroger is available at 800.837.4483.

Within 10 business days of successfully registering your Kroger Plus Card, you will see at the bottom of your Kroger receipt: "At your request, Kroger is donating to The Family Center."

Participants will need to re-enroll on an annual basis. Please let us know after you have signed up and we will send you a future reminder.

Your participation in the Kroger Community Rewards program will not affect your Kroger Fuel Plus Program or Kroger Plus Savings.

Please feel free to share this with your family, friends and colleagues. The more "Friends of The Family Center" who participate, the more funds we will earn!

CELEBRATE 8!!

Thank you to our donors for their gifts to support The Family Center.

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