

Familiesfirst

FALL/WINTER 2021

PREVENT SNACK ATTACKS

MOVE MORE,
TOGETHER

GLOBAL
CONNECTION
FOR NICU FAMILIES

TOY SAFETY



The Big Picture for Little Patients

When it comes to caring for the tiniest patients at WakeMed, the Neonatal Intensive Care Unit (NICU) team is constantly thinking of innovative ways to enhance the overall experience for parents and infants. That's why WakeMed recently added a NicView™ streaming camera system at the Level IV NICU in Raleigh and the Level III Special Care Nurseries in North Raleigh and Cary.

"These cameras have been a dream of our ours for a while," said Mallory Magelli McKeown, manager of family navigation, WakeMed Children's. "Now, parents can peek in and see their babies while away; that can really lower the anxiety for some parents until they can get back to the bedside."

New parents are juggling a lot of responsibilities while dealing with a number of emotions, and they are often torn between staying bedside or tending to other needs such as work, other children, and their own rest.

"If these cameras make stepping away for a while easier on parents, then that's a big win for everyone!" said Sharon Hershkowitz, RN, NICU program coordinator, who helped submit a grant request for funding the camera system from the WakeMed Foundation. Thanks to that funding, there are now 60 cameras available across the WakeMed system.

NicView

WakeMed Connects Families via Bedside Cameras in Neonatal Intensive Care Units

How it Works

NicView™ is an innovative Streaming Camera System placed at designated bed spaces in the NICU that allows parents, family and friends to view their infant in real-time, 24/7, through a secure on-line portal.

Family members can securely access NicView from anywhere there is an internet connection via a laptop, smartphone or tablet.

Access to this service is optional and made available at the discretion of the care team, based on clinical care plans and the overall benefit to families.

When the team is caring for a baby, the camera is placed in privacy mode.

Virtual Visits for Loved Ones

An added bonus for parents is that they have the ability to give access to extended family and friends if they wish. Since visitation is more restricted in intensive care units, this is a great way for parents to connect loved ones so they can see the babies without the risks that come along with in-person visits.

With a focus on easing fears and encouraging healthy interaction, the goal is to create as many opportunities as possible for family bonding in those first days, weeks and months of life.



PARENTS GRATEFUL FOR PEACE OF MIND

Erin Dorshorst and Chris Wills welcomed their identical twin sons into the world in August 2021, and they are grateful for the ability to use NicView in several different ways.

"It makes going home a little easier; definitely reduces anxiety when I'm away," said Dorshorst. "It adds a ton of peace of mind because you can watch them sleeping or see them babbling and know that they're okay."

Wills has been back at work, and he uses NicView to check on their babies while at the office. He has a browser up for each one, and they're live streaming all the time unless they're receiving medical care. The ability for both parents to see their babies in real-time keeps them more connected as a parent team, too. "He is more connected to their journey because he can see what's going on and ask questions or make a suggestion such as asking me to pull a blanket up for one of the boys," said Dorshorst. "He

visits after work, but this lets both of us see how they're doing at the same time from different places."

Nurses and parents can also leave fun little updates on screen. Dorshorst placed bedside birthday messages on screen with her twins for their Dad and Grandma. "When they logged on that day, they had an

extra special message from the boys," said Dorshorst.

Some parents find that the extra connection helps strengthen their support circle because family and friends can tune in and see the babies when it works for them. "That live camera view also helps me have different types of conversations because others can log in and see for themselves that all is okay; that seems to reduce worrisome questions and help us enjoy more bonding moments," said Dorshorst. "Some are tuning in enough that they are already trying to figure out the little differences between the two boys – it's really cute!"



Global Connection

The ability to see a grandchild or a loved one's new baby from almost anywhere has been extra helpful and appreciated during the COVID pandemic with ongoing travel concerns and necessary hospital visitation restrictions. "We saw a need for it well before COVID, but we are glad it has been available during this challenging time for so many families and care providers," said Magelli McKeown.

The NicView system at WakeMed already has an average of over 7,000 views per month. The system was piloted in early 2021, and Magelli McKeown excitedly reported that by August they'd already reached nearly 44,000 log-ins from 10 different countries and nearly all 50 States! Families from all over the world are tuning in to enjoy those sweet, early moments and see those adorable tiny fingers and toes!

Make a Difference for Families at WakeMed Children's

For more than 30 years, members of our community have supported the programs and services at WakeMed with a Love Light Tree gift. These gifts are a great way to give back to your community to honor, celebrate or thank a nurse, physician, colleague, friend, child, or special relative. A Love Light gift is also a very special way to remember a loved one.

A gift to WakeMed Foundation helps our team create a better patient experience and bring extra smiles and comfort to children and parents.

www.wakemedfoundation.org



Love
LIGHT

GIVE A STAR, A WISH, A LIGHT

WakeMed
Foundation



Milk Bank Launches Public-Facing Distribution Site



In October 2021, WakeMed Mothers' Milk Bank opened their first public-facing donor milk distribution site, in partnership with Triangle Compounding Pharmacy. Historically, the Milk Bank has only dispensed donor milk to NICUs and families admitted to a hospital. Milk Bank donations have grown in recent years

and it is now able to support families outside the hospital. Triangle Compounding Pharmacy is the first pharmacy in the state to dispense donor milk to families (prescription required).

Let's face it, parents juggle a lot from day to day! And yet that feeling of going nonstop might not involve much of the healthy movement that our bodies and minds actually need to stay strong. So it's important for families to make time to be active together. A little added movement throughout the day can really boost your energy, and the benefits of consistent, daily exercise can be life-changing.

Get

At the end of the day or even first thing in the morning, many parents and kids feel completely worn out or sluggish, but many times that low energy is the result of a lack of movement. "Kids and families as a whole typically feel better when they get moving and have fun together," said Hailee Rich, supervisor of WakeMed Healthworks Fitness and Wellness Center. "Daily movement mixed with some laughter can really lift spirits and reinvigorate family time."

Finding time to fit in an exercise routine might seem more challenging than it needs to be. Rich advises parents to think differently about exercise and start by making small changes that they can easily implement at home or on-the-go. Over time, an intentional increase in movement can become a natural part of a family's existing schedule.



Exercising Together

- Builds good habits
- Creates bonding opportunities
- Increases communication
- Teaches teamwork
- Makes it more fun!

Depression and anxiety is skyrocketing right now for kids so it's more important than ever to make healthy doses of movement a priority. A little can go a long way, and moving together is a great way to bond and work through big feelings that we all struggle with.

Simplify

Erase any assumptions that you need a specific environment or special equipment to make exercise a priority. "Sometimes we create mental hurdles by thinking we need to do specific types of exercise, but I've been reminded in my early years as a mother that sometimes you just need to move in any way that feels good," said Rich. "Use what you have and move where you are!"

Rich understands that parents have their hands full, but she encourages families to stay creative and stick to basic movement goals. Keep reading for some great suggestions and ideas for all ages and stages. Get inspired and chart your own family plan!



Create Ways to Move Each Day

- > Create indoor hopscotch with painter's tape
- > Jump rope while singing
- > Try juggling
- > Turn chores in to a relay race
- > Go on a scavenger hunt
- > Try animal yoga
- > Create an obstacle course
- > Play a counting game with steps
- > Learn a new dance
- > Skip down a sidewalk
- > Build low hurdles to jump over
- > Play limbo
- > Silly session - touch your toes; wiggle your nose!

MOVING

Get Moving

Be Realistic

Find what works for your family! When it comes to the long-term benefits of exercise for adults and children, consistency and variety is much more important than excelling at one type of activity. So strive to add in activities that you can fit into your family's day.

Don't push kids too hard. It's important to find joy in movement.



Set Fun Goals

The most important thing is to make sure everyone in the family is getting a healthy amount of movement every single day. Beyond that, keep it fun! Think of friendly competitions or reasonable goals that you can strive for together.

Try mixing in extra movement with something new you all want to try or need to accomplish together as a family. Build something, turn housekeeping tasks into an active game, or tackle a creative project that gets everyone moving with the same end goal in mind. "Even moving basic household objects from one part of the house to another can become a fun relay," said Rich.

Feel The Benefits

Regular physical activity:

- Improves cardiorespiratory fitness
- Strengthens bones & muscles
- Contributes to healthy weight
- Lowers stress and anxiety
- Reduces health condition risks



When life starts to feel a bit too heavy or hectic, keep your family's daily movement time light, stress-free and playful.

Let Little Ones Lead

Follow your child's interests and mix up your family's activities. Let them choose from a few options and make their own suggestions. Kids are much more likely to look forward to your family's active time together when they have some input and feel empowered.

If a kid is showing a lack of interest in a particular sport or activity that you enjoy, Rich suggests letting them help guide how you're going to move sometimes, too! Let loose and be a little silly. Walking like a crab can be harder than you think! And taking turns with ideas will encourage everyone to be a bit more open-minded with group activities.

Goal-Minded

As a general guideline, the American College of Sports Medicine recommends 60 minutes of exercise each day for children and adolescents. "Movement should include aerobic, resistance, and bone strengthening activities and can include unstructured active play," said Rich. "The 60 minutes can be continuous or cumulative short bursts of activity."

Below are some fun examples of each type of exercise. Brainstorm as a family and set your own ideas in motion!

- > **Aerobic:** brisk walking or running, bicycling, skating, soccer, basketball, dancing
- > **Resistance:** tug-of-war, tree/wall climbing, playing on playground equipment, working with resistance bands/equipment
- > **Bone Strengthening:** jump rope, resistance training, hopscotch, running



Get Moving



Have a Ball!

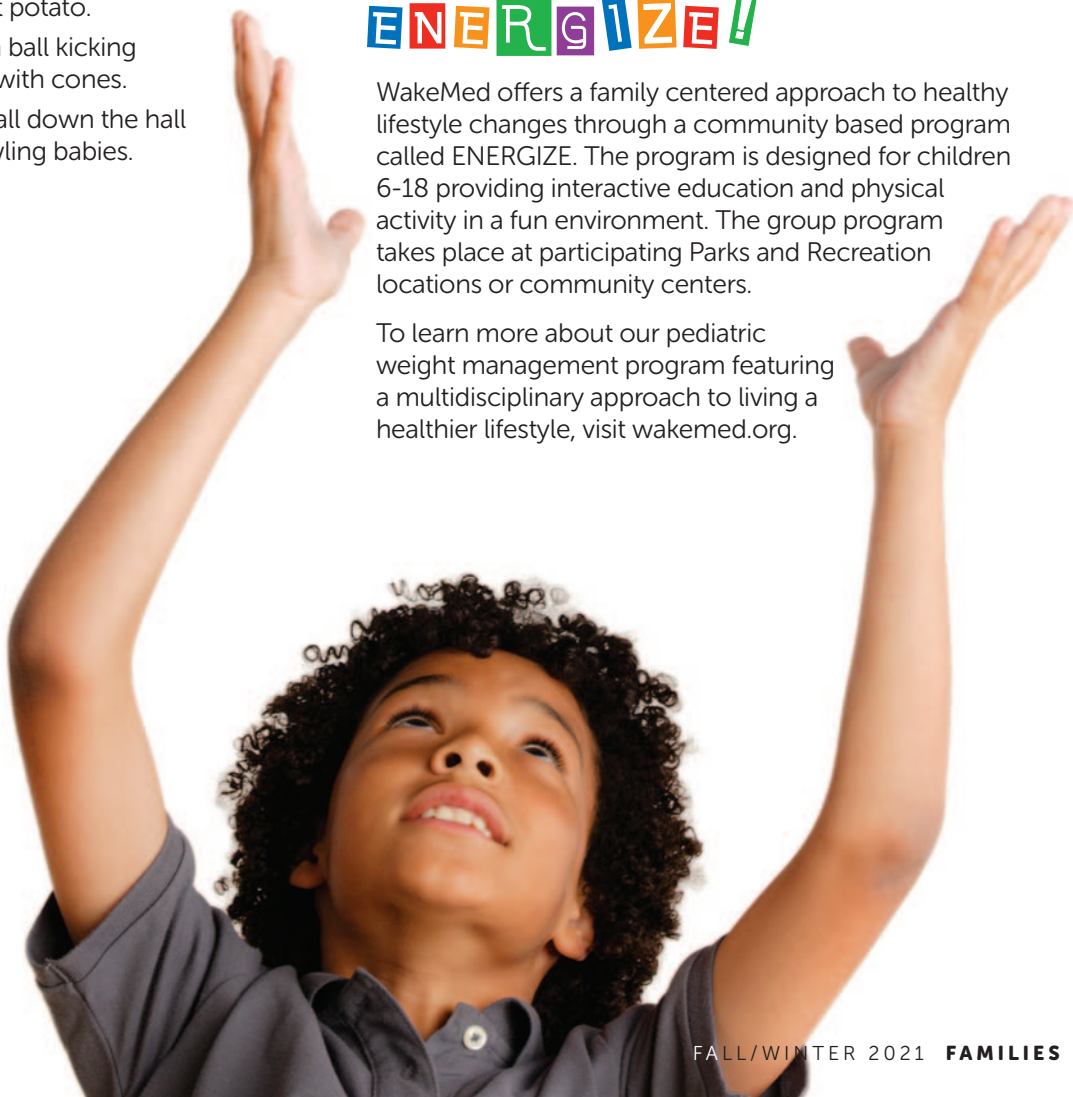
Kids and adults of all ages love to play with balls. They come in so many shapes and sizes, and there are countless ways to use them to get the family moving. Try these fun activities and then see what new ideas come to mind.

- Try catching a ball with a bowl.
- Toss balls into a laundry basket.
- Spin a ball on your fingertip.
- Play hot potato.
- Set up a ball kicking course with cones.
- Roll a ball down the hall for crawling babies.

ENERGIZE!

WakeMed offers a family centered approach to healthy lifestyle changes through a community based program called ENERGIZE. The program is designed for children 6-18 providing interactive education and physical activity in a fun environment. The group program takes place at participating Parks and Recreation locations or community centers.

To learn more about our pediatric weight management program featuring a multidisciplinary approach to living a healthier lifestyle, visit wakemed.org.





Snacks that Deliver!

Stay Hydrated!

Bring reusable bottles with you on family outings and make sure they're getting refilled regularly. Keep in mind that fruit juice and many other drinks are full of sugar so stick to water whenever possible.

Some days it probably feels like all you ever do is feed your family. If it seems like your kids are snacking nonstop, it's probably time to rethink what and when they're eating. Parul Kharod, WakeMed clinical dietitian with WakeMed Outpatient Nutrition Services, suggests mentally redefining snacks as mini meals, avoiding sugary foods, and choosing options that deliver a combination of fiber, protein and healthy fats.

“Kids need nutritionally balanced options at regular intervals,” said Kharod. “Too much time between meals or nutritionally lacking snacks will likely result in a kid who is overly hungry, which can lead to overeating at mealtimes or super low energy that quickly turns into a complete meltdown.”

Kharod also warns that low energy can lead to an overly tired child who just picks at a meal.

Did you know?

Wheat Bread is NOT the same as **Whole Wheat Bread**. If you don't see the word “whole,” the product is most likely made from a flour that has been highly processed and no longer contains beneficial nutrients and fiber of whole grains.

Look at the first ingredients when selecting products such as bread. The first ingredient should be a whole wheat or whole grain flour (not enriched flour). Also, watch out for anything with sugar or corn syrups as a leading ingredient.

“They can literally become too tired to eat,” said Kharod. “When that happens, children really miss out on important, essential nutrients to power them through until the next meal.” Parents might also find this creates a hungry and an overly tired, unreasonable child at bedtime.

She recommends offering a balanced combination of fiber, protein and healthy fats throughout the day instead of only at breakfast, lunch and dinner. “For example, a sandwich with any nut or seed butter and some fresh fruit is a great mini-meal,” said Kharod. “Just be sure to choose whole wheat or whole grain bread.” See the next page for other quick and easy combo ideas.

Ward off those unhealthy snack attacks by stocking up on whole fruits, pre-cut veggies, nuts and other healthy options to proactively offer and do your best to have regular times in mind for when your family will need to pause and eat.



Monitor what kids are eating.

Refueling throughout the day shouldn't mean snacking nonstop. Scheduled times to eat and a consistent mealtime routine helps the body clock and can improve sleep and also assist with more regular bowel movements.

- **Breakfast** should be more filling for kids in school. If you need a grab and go option on busy mornings, smoothies or an egg burrito in a whole grain wrap can be packed with important nutrients to start the day.
- **After school** is also a really important time of day! "Offer well-balanced snacks for kids to eat as soon as they finish their school day," said Kharod. "Lunch can be really early during the school day, and it creates a gap of time that is too long before dinner."

Try some of these snack combos or come up with your own:

- Banana or apple slices with 1 tablespoon of peanut or almond butter
- Hardboiled egg with whole grain crackers
- Celery or carrot sticks with 2 tablespoons hummus
- 1/2 cup plain yogurt with fresh berries and walnuts
- Small bowl of trail mix with popcorn, nuts and dried fruit
- Bell pepper slices with 1/4 cup guacamole
- Small cup of tuna salad with cucumber slices
- Low fat cheese stick with grapes
- 1/2 cup Greek yogurt dip with whole grain pita chips
- 1/2 cup cottage cheese with peach slices
- Small cup of oatmeal with nuts and fresh berries
- Orange with small handful of nuts



Refuel Regularly!

"By setting a routine for both meals and snacks, parents can help kids build good habits for adulthood," said Kharod. "New research about gut microbiome indicates that we need to give our bodies time to rest and digest food."

- Babies and toddlers will need to eat more frequently. Follow your pediatrician's advice for your child's needs.
- Elementary to middle school (up until around 8th grade) should eat approximately every three hours.
- Adults and older children (9th grade thru high school and beyond) generally need to eat every three to four hours.

WAKEMED CHILDREN'S HOLIDAY TOY DRIVE

We appreciate donations of new toys, books or stuffed animals for children who are in the hospital.

Each year, the community rallies in support of the pediatric patients here at WakeMed Children's by donating gifts and toys to share with children in the hospital during the holidays.

This year, as we enter the holiday season with COVID-19 still active in our community, we've made some slight adjustments that will enable us to continue accepting donations while maintaining the safety of our volunteers, staff, patients and donors.

Please note the Toy Drop off dates and please visit us online at wakemed.org/Childrens-Holiday-Donation to let us know that you are planning a drop off. Donations will only be accepted during these dedicated times at these locations. Due to visitor restrictions and additional COVID-19 safety measures, all donations will be received outside.

WakeMed North Hospital

10000 Falls of Neuse Road
Main Visitor Entrance Drop Off Circle

- Saturday, December 11, 10 am to Noon

WakeMed Cary Hospital

1900 Kildaire Farm Road
Main Visitor Entrance Drop Off Circle

- Saturday, December 11, 10 am to Noon

WakeMed Raleigh Campus

Handicap Parking Lot
Adjacent to E Tower

- Saturday, December 11
10 am to Noon
- Saturday, December 18
11 am to 2 pm



How You Can Help

Ongoing support for the growing health care needs of the patients at WakeMed Children's is made possible through the generous donations of readers like you to the WakeMed Foundation.

To learn how you can support the expansion of WakeMed Children's services, please visit the WakeMed Foundation at www.wakemedfoundation.org or call 919-350-7656.



Published by the WakeMed Marketing & Communications Department. Call 919-350-8120 with comments or suggestions.

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TOY SAFETY

'Tis the season for giving, which also means it's that time of year when kids tend to receive new toys and gadgets. As you're making your lists and checking them twice, Safe Kids and WakeMed Children's offer some helpful safety advice.

- Consider the child's age when purchasing a toy or game. Read the instructions and warning labels to make sure the toy is right for the child's age and developmental stage.
- Check to make sure there aren't any small parts or other potential choking hazards.
- Separate toys by age and keep a special eye on small game pieces that may be a choking hazard for young children. Toys intended for older children may pose a risk to younger, curious siblings.
- Use a bin or container to store toys when playtime is over. Make sure there are no holes or hinges that could catch little fingers.

Safety First

Make sure children have and wear a properly fitted helmet anytime they use bicycles or any other equipment with wheels. ATVs and four-wheelers can be extremely dangerous and should not be used without proper safety training and protective gear. Keep toys and other household devices with coin-sized lithium batteries (also called button batteries) out of sight and reach of children. If you suspect your child has ingested a battery, go to the hospital immediately.

Sign Up to Receive Product Recalls

Stay up to date on toy recalls. Safe Kids compiles product recalls specific to children and sends twice-monthly e-mail alerts for recent recalls. Sign up for the latest recall information. Go to www.recalls.gov for additional information about product recalls related to kids.

Online Resources

aap.org, healthychildren.org, zerotothree.org



FACT: Hundreds of children are treated each year at WakeMed for toy related injuries, including ingestion of or choking on toy parts and bicycle and four wheeler injuries.

**SAFE
K:IDS**
WAKE COUNTY

Source: Safe Kids

Advisory Panel for Families First

Jerry Bernstein, MD, Raleigh Pediatric Associates, PA
Karen Chilton, MD, Chief Medical Officer, WakeMed Children's
Bridget Donell, MD, Medical Director, WakeMed Physician Practices – Pediatric Critical Care and Hospital Medicine
Amy Griffin, MD, Wake Emergency Physicians, PA
Andy Jakubowicz, MD, Medical Director, WakeMed Children's Emergency Department
Bill Lagarde, MD, Executive Medical Director, WakeMed Children's Services

Jeff Langdon, Executive Director, WakeMed Women's & Children's
Debra Laughery, Vice President, WakeMed Marketing & Communications
J. Duncan Phillips, MD, Surgeon-in-Chief/Director, WakeMed Pediatric Surgery
Chris Schmidt, Editor
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WakeMed Children's Pediatricians Have Landed in Cary & Clayton

At WakeMed Children's, our board certified pediatricians provide outstanding and compassionate care for newborns, children, teens and young adults. Our team takes a comprehensive approach to caring for the needs of every child and their families, from routine checkups and acute care to emotional and developmental support. Our pediatricians are supported by WakeMed Children's network of pediatric specialists, a dedicated Children's Emergency Department and WakeMed Children's Hospital.

ACCEPTING NEW PATIENTS

To meet our pediatricians and schedule today, visit wakemed.org or call 919-235-6505.

Scheduling also available through WakeMed MyChart.



NOW WITH LOCATIONS IN CARY AND CLAYTON

Cary

HealthPark of Kildaire
110 Kildaire Park Drive
Suite 314

Clayton

204 Medspring Drive
Suite 200

Online Scheduling Available at wakemed.org or through WakeMed MyChart



WakeMed
Children's
Pediatric Primary Care