

Caring for kids and teens from

# summerlin hospital

Spring 2020

## Spring into action!

Fun ways to get the whole  
family focused on fitness



### Ask the Doctor

Growing pains ... what  
causes them and what  
you can do about them

### Intro to adulting

Help prepare your  
18-year-old for  
whatever's next



CHILDREN'S  
MEDICAL CENTER

SUMMERLIN HOSPITAL

A Member of The Valley Health System™



There is so much to be gained from exercising regularly, not the least of which are the important health benefits that come with staying physically fit. Here at Children's Medical Center, we are gearing up for an active spring and we hope you and your family are doing the same. As temperatures climb, be sure to get the whole family outside for activities you can all enjoy safely together. Instilling good habits in your children now can put them on a path to a healthier future.

Of course, helping children and their families get and stay healthy is what we're all about. That's why I'm especially proud of the new CLIMB® program that recently got underway at Summerlin Hospital. This multi-week initiative, scheduled to be held several times throughout the year, is designed to provide psychosocial support to children with parents who have been diagnosed with cancer. Oncology Program Coordinator Carla Stevens, BSN, RN, OCN, plays a key role in CLIMB. During weekly sessions with the kids, she helps give them the tools and emotional support they need to cope with their parents' diagnosis. Certified Occupational Therapy Assistant Chris Hatter leads the companion parent program.

Finally, it's that time of year during which we celebrate the accomplishments of our high school graduates. Inside you'll find some key ways to help these young adults prepare for whatever their next chapter brings. We extend our warmest congratulations to all graduating seniors and urge you to keep celebrations safe as we commemorate the hard work that has gone into this important milestone.

Wishing you and your family a happy and healthy spring and summer.

Robert Freymuller  
CEO/Managing Director



Look! Up in the sky! It's a bird!  
It's a plane! It's our ...

## Neonatal Intensive Care Unit

# REUNION

## Calling all NICU Families!

If your child spent time in our neonatal intensive care unit, please join us for a superhero-themed celebration. Reconnect with your care team and enjoy a fun-filled event of awesome activities!

**Stay tuned for updated details.**





# CLIMB<sup>®</sup>

## Children's Lives Include Moments of Bravery

*Innovative six-week program helps youngsters deal with a parent's cancer diagnosis*

"What am I going to tell my kids?" Of all the hard questions that come up after a cancer diagnosis, Oncology Program Coordinator Carla Stevens, BSN, RN, OCN, says that is one of the hardest.

"I've been an oncology nurse for 20 years," Stevens says. "I've seen many parents struggle with how they're going to explain their cancer diagnosis—and all of the feelings that go with it—to their children." That's why this experienced oncology professional is so excited about the CLIMB program.

CLIMB is a free, six-week program of The Children's Treehouse Foundation<sup>®</sup>, developed to help support children ages 6 through 11 with a parent's cancer diagnosis. Both Stevens and Certified Occupational Therapy Assistant Chris Hatter attended specialized training in order to lead this initiative at Summerlin Hospital.

"We're looking at the psychosocial behaviors of the children," Stevens says. "In each of the weekly sessions

we explore different emotions in an effort to help the kids deal with feelings like fear and anger."

Stevens is especially enthusiastic about the session addressing confusion. "We take the kids on a tour of the hospital and give them the opportunity to look at cancer cells underneath a microscope with our pathologist. We even take them to our radiation area (when no patients are there, of course). It helps eliminate the confusion that comes with these big medical words that they've never heard before."

Along with demystifying cancer, CLIMB is also designed to help kids feel less isolated, learn coping skills, and have a safe place to share difficult feelings. Parent participation is an integral part of CLIMB.

Each weekly session begins with a light dinner for the parents and children to enjoy together, then they break into separate groups, with Stevens working with the children and Hatter leading the companion parent program. ■



### Retired athlete steps up to the plate

The CLIMB initiative at Summerlin Hospital got off the ground thanks, in part, to former professional baseball player Mike Dunn.

During his more than decade-long career in the Major Leagues, Mike Dunn played for the New York Yankees, Atlanta Braves, Florida Marlins and Colorado Rockies. Here at Summerlin Hospital, the now-retired pitcher's generous contribution to the CLIMB program makes him a different kind of MVP.

"This was really a beautiful situation," Oncology Program Coordinator Carla Stevens says about Dunn's involvement. "He actually donated the money for Chris Hatter and me to attend training for the CLIMB program in Denver, Colorado, with The Children's Treehouse Foundation." Dunn's gift also covers all arts-and-crafts supplies for the first year.

"We are so appreciative of all he has done to help us help these kids."

Visit [summerlinhospital.com/climb](http://summerlinhospital.com/climb) to learn more about the CLIMB program.



# Start a MOVEMENT

**June 13**  
is Family Health  
& Fitness Day

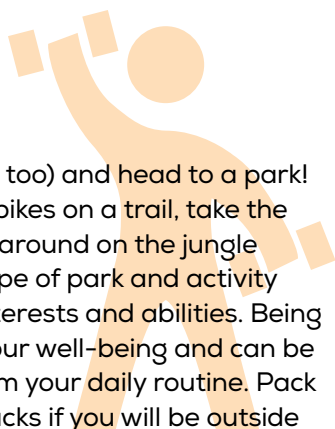
**Regular exercise is a must for kids!**

**Follow these tips to make fitness a family affair**

**T**here are so many reasons to make sure our kids are getting enough physical activity—from the mood-elevating power of playtime to the social skills learned in team sports. But, by far, the most important reasons to encourage exercise are the health benefits that come from an active lifestyle.

According to the Centers for Disease Control and Prevention, regular physical activity can help children and adolescents improve their cardiorespiratory fitness, build strong bones and muscles, control their weight, and even reduce symptoms of anxiety and depression. What's more, kids who exercise have a reduced risk of developing a wide range of health conditions, including everything from heart disease and type 2 diabetes to high blood pressure, obesity and more.

Being active as a family makes having a healthy lifestyle less about discipline and more about enjoying good times together. Plus, it's a powerful way to model habits that can last a lifetime. Whether your kids are in high school or still in diapers, below are some lively ways to focus on fitness as a family: ➤



### Plan a park day

Round everyone up (pets, too) and head to a park! You can play soccer, ride bikes on a trail, take the dog for a walk or monkey around on the jungle gym. Choose whatever type of park and activity best suits your family's interests and abilities. Being outside is beneficial for your well-being and can be a nice change of pace from your daily routine. Pack water, sunscreen and snacks if you will be outside for a while.

### Use an activity as a reward

If your kids bring home good report cards, do all of their chores or are brave during their booster shot, treat them to a fun activity like an afternoon at the local pool, a rollerblading outing or a trip to the playground. Rather than using a material reward like food or money, reinforce activity as a treat to teach your kids—and yourself—that fitness is fun.

### Learn something new

One of the best ways to bond while also being active is to learn something new together. Have you tried kayaking? What about stand-up paddleboarding? Rock climbing? Yoga? Find lessons and go as a family to learn how to do a new activity, which is as stimulating for you physically as it is mentally!

### Move it rain or shine

You can still be active even if you're stuck in the house because of rain or a heat wave. Follow an exercise video on TV or the internet that you can do with little ones, or find a hula hoop or jump rope and some space to play indoors. You can play charades, balloon volleyball or put on upbeat music and dance around to break a sweat. Whatever you do, know that even when you can't get out of the house, you can still move it to stay fit together!

There are so many things competing for kids' time and attention—from the lure of video games to the ease of binge-watching favorite shows to the demands of school work—making it easy for youngsters to settle into a sedentary lifestyle. But the benefits of regular physical activity are simply too powerful to ignore. Help put your kids on a path to better health by focusing as a family on physical fitness. ■

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**or call 702-388-4888.**



## Just how much exercise do kids need in order to reap rewards?

The Centers for Disease Control and Prevention recommend that children and adolescents age 6 through 17 should do at least 60 minutes of moderate-to-vigorous physical activity every day. According to the *Physical Activities Guidelines for Americans*, 2nd edition, issued by the U.S. Department of Health and Human Services, these activities should include the following:

### AEROBIC

Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.

These are activities in which young people rhythmically move their large muscles. Examples include things like running, skipping, jumping rope, dancing and bicycling.

### MUSCLE-STRENGTHENING

As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.

These are activities that make muscles do more work than usual. Examples include things like playing on playground equipment, climbing trees and playing tug-of-war.

### BONE-STRENGTHENING

As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

These types of activities produce a force on the bones that promotes bone growth and strength. Examples include things like basketball, tennis and hopscotch.



# THE LONG AND SHORT OF growing pains



## ASK the DOCTOR

**John Lepore, DO**  
Pediatrician  
Kidfixers Pediatrics

Parents naturally may become alarmed if their child wakes up in the middle of the night, complaining of pains in their legs and arms. In this Q&A, Pediatrician **John Lepore, DO**, talks about why “growing pains” are not figments of the imagination and how the pain should be treated.

### **Q: Are growing pains real?**

The pain is definitely real. There is some correlation with times of rapid growth; however, growing pains may be related to the muscles being stretched by lengthening of the bones. Typically, the bones in the body grow first, then everything else follows. Sometimes what is thought to be a growing pain may actually be tenderness caused by overworked muscles, particularly after a day of especially active play.

### **Q: Do growing pains have specific symptoms?**

Yes. They're usually felt on the right and left sides, centering in the thighs, calves and behind the knees. The pains tend to be more intense in the evening and go away in the morning. Typically, growing pains affect children from 3 to 5, or 8 to 12 years of age. Growing pains can also occur in children outside of the typical age ranges. When they do, or when trauma or infection accompanies the pain, parents should see a doctor to have their child evaluated.

### **Q: How can parents help ease growing pains?**

We recommend over-the-counter pain relievers\* and light massage. This is something one of the parents can do in the evening when the child is relaxing. If the child has a particularly active day with lots of running or jumping, he or she should take it easy and not engage in vigorous activities for a day or two. Parents can also call for periods of rest during intense play. A warm bath before going to bed might also help.

### **Q: What else is important for parents to know?**

The most important thing is recognizing when to be concerned. If your child complains of pain that does not meet the criteria for growing pains, see your doctor. This is especially true if the pain is accompanied by a fever, rash, swelling that doesn't decrease or that grows worse after 24 hours, or if the child is limping or cannot walk. These or any other signs of illness require a visit with a healthcare provider for immediate evaluation. ■

**Visit [valleyhealthsystemlv.com/doc](http://valleyhealthsystemlv.com/doc) to find a doctor, or call 702-388-4888.**

\*The U.S. Surgeon General, U.S. Food and Drug Administration, Centers for Disease Control and Prevention, and American Academy of Pediatrics recommend products containing aspirin not be taken by anyone younger than 19 years during fever-causing illnesses.

# Adulting 101

Help your teen prepare for life after high school



Nothing symbolizes the transition from childhood to adulthood quite like high school graduation. As your teen grapples with the changes ahead, help them understand the range of options available. After all, not everyone will embark on another two, four (or more) years of schooling. Discuss topics like those below to help them find their unique path:

## Plan Ahead

The best time to prep for what comes after high school is before high school. Explore your school district's options. For example, the Clark County School District's magnet and career/technical academies offer a wide variety of learning opportunities, from cybersecurity and aviation to nursing, finance, and veterinary science. For a complete listing, visit [magnet.ccsd.net/programs-of-study](http://magnet.ccsd.net/programs-of-study).

## Be Open to the Possibilities

Apprenticeship in the trades, joining the military, or working full time while taking one or two classes are all options. "I joined the Nevada National Guard after high school," said one Las Vegas small business owner. "It taught me a skill, helped pay for college, and I made lifelong friends. It was an incredibly valuable experience on many levels."

## Understand Financial Commitments

If continuing education is a consideration, get an early start by attending related information sessions. College is expensive and having significant debt after graduation isn't how anyone wants to spend a paycheck. Ask for help identifying scholarships, work-study options and financial aid. Parents should also evaluate their own needs before offering to help their child with tuition and other expenses.

## Internships and Volunteer Opportunities

Not every teen knows what their career path entails, but there are volunteer and internship opportunities available to high school students. Have your teen check with their guidance counselor or explore [internships.com/high-school/nevada](http://internships.com/high-school/nevada).

## Working in High School

Babysitting, yardwork and paper routes were typical money-earning opportunities for many now-adults. These options are still available to today's teens, along with jobs in retail and entrepreneurial opportunities, such as recycling cans or teaching others how to use social media. Working part time builds a strong work ethic and good time management skills, encourages independence, and reinforces the importance of saving for goals while having funds available for immediate needs. ■

Helping your teen identify opportunities for self-sufficiency, education and entrepreneurship are key building blocks to a happy, successful life. They might not follow your path, but your goal is to help them be successful and independent on a path of their own.



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CARING FOR KIDS AND TEENS FROM  
SUMMERLIN HOSPITAL

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