



Parent University Newsletter

Increasing awareness of community resources that promote healthy families.



Fighting a sleepy teen is not anyone's idea of a good morning. Parents can keep in mind that they are not fighting laziness, but rather their child's natural sleep patterns.

In This Issue

- 2-3 Back to School Healthy Eating
- 4..... Breastfeeding-Friendly Childcare Centers
- 5..... What to do if You See a Child Being Abused
- 6..... News You Can Use from SpringfieldMoms.org
- 7..... Performance Brings ADHD to Life
- 8-9 Helping Your Child Deal With Grief and Death
- 10..... Free Live Homework Help
- 10..... United Way Supports Lifelong Learning
- 10..... Kids Classes at Memorial

Back to School, Back to Sleep: A Guide to Teen Sleep

By Jennifer L. Dutton,
Sangamon County Department of Public Health

ROUNDING THE CORNER INTO AUTUMN brings thoughts of back-to-school tasks and shifting to new schedules. Sleep can be pushed aside to allow for sports, theater and music practice, after-school programs and the like. However, sleep plays a vital role in a teenager's ability to succeed.

As children pass into adolescence, their bodies' natural sleep rhythms change. By the age of 12, recommendations are for nine to 11 hours of sleep, beginning around 8 or 9 p.m. As a teenager, nine hours of sleep are still needed,* however, the body changes the timing of sleep. During puberty, the body's daily rhythm changes and the natural sleepy/bedtime feeling is pushed back to 11 p.m. or later. As a result, nine hours

*Quantity of sleep does vary from person to person; some teens may feel rested after even eight hours of sleep.

Back to School, Back to Healthy Eating

By Jenna Hogan, MPH, RD, University of Illinois Extension

WHETHER YOUR CHILD IS EXCITED OR NOT, THE SCHOOL YEAR HAS STARTED. This is the perfect time to re-evaluate your family's meals.

Ask yourself, "How will we make time to eat together as a family now that school is back in session?" and "Are my family's meals nutritionally balanced, or could they use some tweaking?" Tweaking is often needed considering all the activities that happen in the summer—which includes the not-so-healthy fair foods, summer vacations that require eating out and children's lunches that are often baby-sitter friendly and easy-to-put-together, but processed, foods. Maybe it is time to get back on track and make healthy food choices.

Be sure to buy plenty of fresh produce. Fruits and vegetables often get lost in our diets, but they should take up half of our plate. If you are not able keep a good amount of fresh produce on hand, supplement with canned or frozen. If packing your child's lunch, do not forget to always pack at least one fruit or vegetable. Also include healthy grains—especially whole grains. Buy whole-wheat bread, tortillas or English muffins to make a sandwich, and fill it with a lean protein—such as turkey, ham, roast beef or chicken. Top with veggies such as lettuce, tomato, avocado or peppers. Add low-fat cheese, yogurt or a carton of milk to include dairy. You have just included five of the food groups in MyPyramid! (Go online to www.mypyramid.gov for more great nutrition information.)

Do not forget to make time for breakfast. It truly is the most important meal of the day—especially for school-age children. Breakfast supplies energy that both the brain and body need for learning and daily activities. Buy whole-grain cereals and top with yogurt and a sliced banana. Try peanut butter on whole-wheat toast, or blend a breakfast smoothie made with milk, fruit and a teaspoon of bran.

It may seem like an impossible task to eat supper together as a family when the children are involved in after-school activities. However, with a little planning, it can be done. Pick a day to review family members' schedules for the week, arrange transportation if needed and pick a time and place where dinner can be eaten. Hopefully, you will have time to prepare and eat the meal at home. You can do this by pre-measuring or pre-cutting the night before or by using the slow cooker so that the meal will be ready at the time you plan. If there is no time to eat at home, consider packing a meal to eat at the event. This is usually more nutritious and less expensive. On occasion, meals can still be eaten out at restaurants. Restaurants can provide excitement and something different to jazz up your mealtimes. The key is to enjoy each other's company!

The new school year offers a new schedule and routine. Make your routine a healthy one by including nutritious meals and a family friendly atmosphere.

For more information, contact Jenna Hogan, University of Illinois Extension nutrition and wellness educator, Springfield Center, at 782-6515.

**A new school year
is the perfect time
to re-evaluate your
family's meals.**



Bring Food Back to the Dinner Table

By Christina Rollins, MS, RD, LDN,
Memorial Medical Center

WITH THE START OF ANOTHER SCHOOL YEAR, you may find your family busy with sports, clubs, homework, and a long list of other activities to occupy your evenings. Unfortunately, the time of day often used to “catch up” is dinnertime. While it may be easy to drive through your local eatery instead of cooking at home, this can be detrimental to the health and development of your children. Studies have shown that children who regularly eat meals with their family consume fewer calories, achieve better grades in school, and have fewer behavioral problems.

Why? It's simple... Meals prepared at home tend to be lower in calories, fat, and sodium when compared to fast-food restaurants. Consuming too many of these nutrients can lead to obesity, even in children, as well as heart disease, diabetes, certain types of cancer, and many other chronic diseases. In addition, dinner time offers an opportunity for parents to serve as a role model for children. Children who help prepare nutritious foods, and then observe PARENTS eating the so-called good-for-you foods, are more likely to consume them on a regular basis. Finally, eating dinner as a family opens the lines of communication. By talking about your own day, you encourage your children to do the same. While it may seem unimportant to talk about the latest book report assignment, this habit will become very helpful when your children are facing tougher challenges later in life, such as drugs, alcohol, violence, etc.

Children who regularly eat meals with their family consume fewer calories, achieve better grades in school, and have fewer behavioral problems.



Here are a few simple tips to help you bring food back to the dinner table:

- **PLAN MEALS AHEAD OF TIME.** By creating a basic plan for the week ahead, you will save time each day wondering “what should I make?”
- **STOCK YOUR PANTRY WITH STAPLE ITEMS** such as instant brown rice, low-sodium canned soups, whole-wheat pasta, tomato sauce, and tuna packed in water. These foods are great to prepare when you don't have a lot of time to spare.
- **SCHEDULE WEEKLY TRIPS** to the grocery store or farmers market to purchase perishable items such as fresh fruit, vegetables and bread. Be certain to wash any fresh produce as soon as you return home so it is ready to eat anytime!
- **LOOK FOR SALES ON FRESH MEAT**, like pork loin, lean ground turkey, and skinless chicken breast. By purchasing large quantities of meat may save you money. You can then portion the meat into zip-lock bags and freeze for up to six months.
- **INVOLVE THE ENTIRE FAMILY** in dinner preparation. Kids who help select and prepare foods are more likely to eat them. Remember to assign age-appropriate cooking tasks, like stirring pudding for a 3 year old, and always keep small children away from hot appliances.

Remember, every meal doesn't have to be perfectly planned. Even frozen pizza and salad can be a healthy meal when served with family and a side of good conversation!

Breastfeeding-Friendly Childcare Centers

By Jennifer Pollock, CCC-SLP, CLC, Kids at Koke Mill and the West Central Illinois Breastfeeding Task Force

RETURNING TO WORK OR SCHOOL AFTER HAVING A BABY is a challenge for many women, especially those who wish to continue to breastfeed their infants. While a number of laws have been passed in Illinois to protect a mother's right to breastfeed (Public Act 093-0942) and to allow working mothers time to pump milk for their infants in a place other than a toilet stall (Public Act 92-0068), the real-life situation of a mother may not be as rosy. The West Central Illinois Breastfeeding Task Force is a

perform a self-assessment of their policies and practices, then to work with local community breastfeeding leaders to become proponents of the "10 Steps to Successful Breastfeeding." These include supporting breastfeeding mothers and employees, training of staff, creating a culturally appropriate, breastfeeding-friendly environment, encouraging children to learn about breastfeeding in an appropriate way, providing a place for mothers to nurse or pump at the center, establishing and maintaining community resources, and keeping an updated resource file to share with families.

When a parent is researching daycare centers, we tend to examine the cost, as well as the environment for safety, how attentive caregivers

are, and how happy the children and their families are at the center. However, asking about the policies and training the staff has regarding breastfeeding should also be a part of this interview. Some questions to ask include:

- Can I come at my lunch hour to nurse my child?
- What are your policies about how to support a nursing mother?
- Do you have other moms who would share their experiences with me?

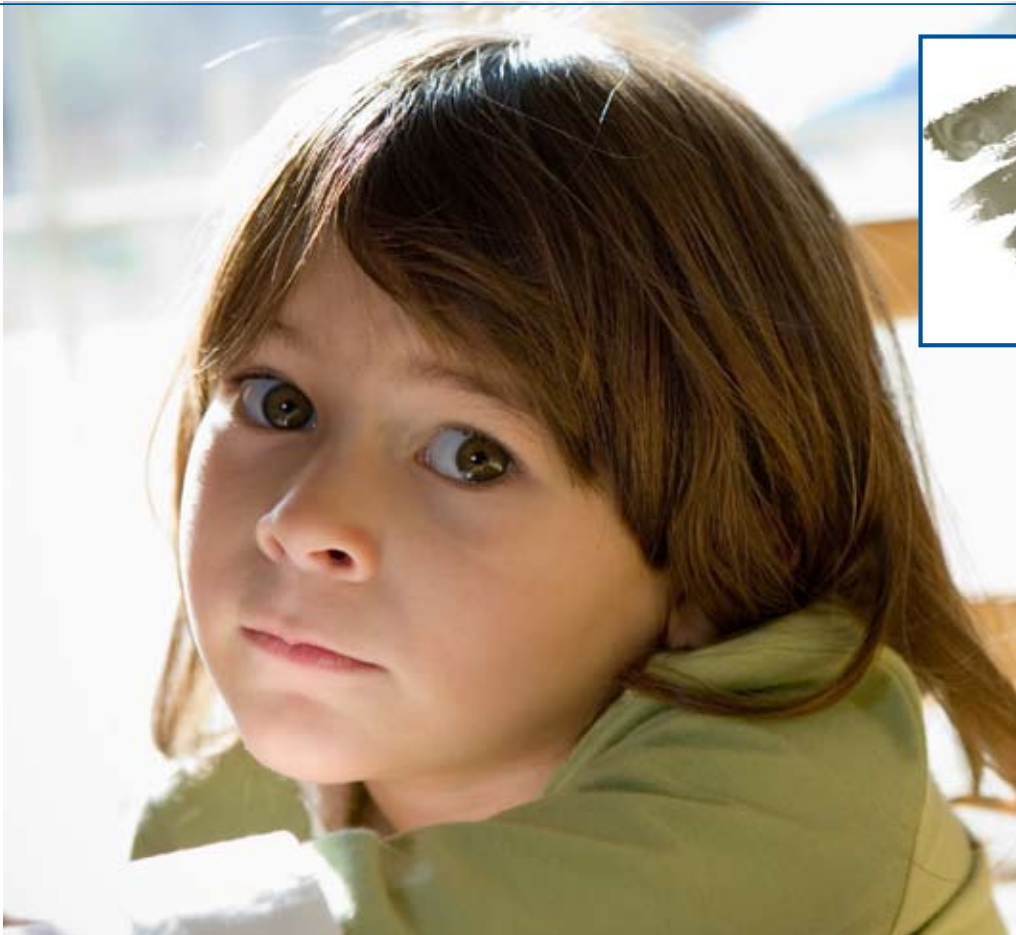
cooperative of local nurses, physicians, speech/feeding therapists, dietitians and Public Health/WIC coordinators committed to the promotion and protection of breastfeeding in the Springfield community. We are working with six or seven local daycare centers to increase awareness and provide support and resources for the families who come to these centers.

The program is based on a model from the Wisconsin Department of Public Health Services Division of Public Health for daycare centers to

- Do you train your staff on the handling of breast milk and how to bottle feed a breastfed infant?
- Does your staff have the opportunity to breastfeed or pump for their infants, if appropriate?

If you would like more information about this community benefit project, please contact Jennifer Pollock at pollock.jennifer@mhsil.com or Monica Polistina at monica.polistina@st-johns.org.





Save the Date – Child Abuse Prevention Conference

The 16th annual Prevent Child Abuse Illinois Conference, “Protecting Children – Delivering on the Promise of Prevention,” will be held on Oct. 14 and 15 at the Hilton Hotel, Springfield. Special keynote addresses will be presented by: Juan Williams, author, national news correspondent and political analyst; Naomi Griffith, national speaker, consultant on child welfare issues, author and storyteller; and Dr. Harvey Karp, pediatrician, author and creator of “Happiest Baby on the Block,” infant soothing technique. Registration and workshop information is available online at www.preventchildabuseillinois.org or by phone at 522-1129. Don’t miss this exciting statewide conference being held right here in Springfield!

What to Do if You See a Child Being Abused

By Mary Salisbury, Prevent Child Abuse Illinois

HAVE YOU EVER BEEN IN A STORE OR RESTAURANT AND SEEN A CHILD BEING ABUSED? It is disturbing when child abuse happens in a public place, and it is hard to know what to do to help the situation. Keep these tips in mind:

- Start a conversation with the adult to direct attention away from the child. For example: “She seems to be trying your patience. My child sometimes gets upset like that too.” Or, “Children can really wear you out sometimes. Is there anything I can do to help?”
- Divert the child’s attention (if misbehaving) by talking to the child. For example: “That’s a great baseball cap. Are you a Cardinals fan?” “I like your t-shirt. Did you get that on vacation?”
- Look for an opportunity to praise the parent or child. For example: “He has the most beautiful eyes.” “That’s a very pretty shirt on your little girl. Where did you get it?”
- If the child is in danger, offer assistance. For example, if the child is left unattended in a grocery cart, stand near the child until the parent returns.
- If the child is in immediate danger, call the police!
- Avoid negative remarks or looks. Negative reactions are likely to increase the parent’s stress or anger, and could make matters worse for the child.

News You Can Use from SpringfieldMoms.org

By Julie Kaiser, Director of Editorial and Media Relations



TOP 10 WAYS FOR HELPING YOUR CHILD'S SCHOOL

Do you want to become involved with your kids' school, but you aren't sure how to pick an activity that will coordinate with your work or home schedules? Springfield Moms writer Allison Klint offers a helpful "Top Ten" list below for flexible ideas you can work into any schedule.

- 1. Talk with your child's teacher** about helping out in the classroom. You can:
 - Come in and help with reading time.
 - Come in and help with journal writing.
 - Help make copies.
 - Help cut out projects ahead of time.
 - Help hang projects or take down projects in the hallway.
 - Put together any take-home information.
- 2. At registration, ask if the school has a PTA, PTO or PTL.** If your school does have such an organization, ask for the president's contact information. Once in contact with the PTO, the volunteer possibilities are endless.
- 3. Become a room parent** for your child's classroom. If you are good at delegating, volunteer to be the classroom's liaison with the teacher. Then you can communicate the teacher's volunteer needs to parents for field trips/holiday parties/special activities and help coordinate tasks.
- 4. Volunteer** to coordinate a classroom holiday party. Pick a holiday you really love and plan your party: crafts, games, snack and goody bag ideas. If you keep your list and any left-over supplies in a storage tub, you'll be good to go prep-wise for the next several years of parties.
- 5. Go to lunch with your child** once a week or once a month, whatever fits into your schedule. Ask first to see if this is allowed. Once there, you can meet the kids from the classroom, the teachers in the lunchroom and the office staff.
- 6. Become a coach** or an assistant coach. "Girls on the Run" and "Parent-Run Basketball" are a few activities which always need able and willing people.
- 7. Ask if the school has any after-school activities** that need volunteers, such as science or math clubs.
- 8. Ask about Daisy, Brownies, Girl Scouts, Cub Scouts, or Boy Scouts programs** offered at the school. This way you meet kids and other parents from the school in two ways: (1) the troop usually consists of kids from your school and (2) meetings are usually held at the school.
- 9. Ask the principal if there are any district- or school-wide committees** in which you would be able to participate, i.e. task forces, reading initiatives or building/facilities committees.
- 10. Start an after-school program of your own.** Of course, ask the principal first. Getting physically fit and "going green" are two big topics in our society today. Ask what your school needs.



DON'T MISS OUR ANNUAL FALL FAMILY FUN GUIDE which details the many family friendly activities in the area including pumpkin patches, orchards, corn mazes, scenic drives, festivals and even a haunted house listing! Also, join our brand new text club (SPMOMS 69302) and enjoy exclusive savings from our sponsors.

This special performance on Nov. 5 explores the hurt and confusion of being different.



Performance Brings ADHD to Life: The Incredible Speediness of Jamie Cavanaugh

By Lori Schwartz, Director, The Children's Center

THE CHILDREN'S CENTER, a program of Mental Health Centers of Central Illinois, and Springfield Parents for Students with Disabilities are pleased to partner with Sangamon Auditorium in their presentation of "The Incredible Speediness of Jamie Cavanaugh" on Friday, Nov. 5 at 7 p.m.

Jamie Cavanaugh has a problem. She's different. Everyone says she's going too fast. "Slow down!" say her parents. "Pay attention!" say her teachers. But Jamie just can't calm down. She spends so much time in the principal's office, she practically lives there. But perhaps her 'speediness' is not a problem; maybe it's a super power that she can use to defend her friend Max against the school bully. Nope; she's in more trouble than ever.

Fortunately, help arrives when a school counselor sends Jamie to a doctor and she is diagnosed as having Attention Deficit Hyperactivity Disorder (ADHD). Her parents begin to understand that Jamie has a learning disability, but the struggle to find the right combination of drugs to control it is anything but simple and that process tests Jamie's courage and strength of character to the limit.

This 60-minute performance explores, with humor, insight and compassion, the hurt and confusion of being different when you can't help it and the power of facing up to your problems even when others don't seem to understand. Call Sangamon Auditorium's Ticket Office at 1-800-207-6960 or visit www.SangamonAuditorium.org to reserve your seats for "The Incredible Speediness of Jamie Cavanaugh."

"The Incredible Speediness of Jamie Cavanaugh" is also supported by the "Say it out loud" campaign. For more information about how this campaign promotes good mental health for everyone in Illinois, visit MentalHealthIllinois.org. For more information about services provided at The Children's Center, a program of Mental Health Centers of Central Illinois, a Memorial Health System affiliate, visit MHCCI.org.





Helping Your Child Deal With Grief and Death

By Raegan Hennemann, Marketing and Communications Specialist, Mental Health Centers of Central Illinois

DEALING WITH GRIEF AND DEATH can be difficult for children and adolescents. Debi Andrews, a licensed clinical professional counselor and registered nurse at Memorial Counseling Associates in Springfield, answers questions about how parents and/or guardians can provide support.

Why is it important for parents to talk to their children about grief and dying when a loss occurs?

Communicating with grieving children about death, dying and grief is vital to help them work through and process their strong feelings and thoughts about the loss.

What is the best way for parents to address the subject? Tell the truth. Use simple, clear words plus reassurance and expressions of love. Use the words “death,” and “dying,” not “gone away” or “left us.” Listen to the child and learn what he needs and wants to know.

What can parents do to help their child through their grief of a recent loss? The first healthy thing parents can do is to express their own grief – to model a healthy grief reaction. Parents may say, “But I don’t want to cry and upset my children. They start crying too.” Pain is a major part of grief and crying is a release of pain. It is also important to help children feel safe in their world by maintaining schedules and routines and most important – be available to your grieving child.

How do children understand death at various ages?

Children react to loss and grief depending on their age and developmental stage.

- **A very young child (infant to 2 years)** will respond to “differentness” with symptoms of general distress, sleeplessness, restlessness and irritability.

- **The 2- to 5-year-old child** typically will not understand the permanence of or the reality of death. He may have difficulty sleeping and concentrating. Frequent and repeated questions about the death are common.
- **Children 5 to 8** may or may not understand the finality and reality of death. There is a tendency to personalize death at this stage, and the child may think of the dead person as having feelings and biological functions.
- **Children 8 to 12** typically have a realistic understanding of death and its permanence. The child may experience shock, denial, anxiety and distress. At this stage, children frequently exhibit a facade of coping so that it doesn't "look like there is anything wrong."
- **The 13- to 18-year-old** has the ability to think abstractly and can process spiritual issues and meaning in life. They may, however, have so many other tasks at hand that grief is often delayed.

As children mature and understand more about death, is it common for them to re-grieve a loss that happened years ago?

Grief isn't something we just "get over." Because understanding of death is a developmental issue, it is necessary for children to revisit the loss as they grow older. Parents may think that they have helped their child "understand" the death but in fact they have finished only for now, at that particular level of the child's development. This is one of the most difficult concepts of childhood grief for parents to understand.

If this happens, what should a parent do to help their child? Parents need to be ready to answer questions about death and grief for a long time. It may take years for a child to comprehend a difficult concept that occurred at a very traumatic moment. Continue to be available to the child and encourage them to ask questions and explore their feelings.

At what point should a parent consider having their child talk to a therapist about grief and/or death?

Although no single clue indicates complicated mourning, patterns or behaviors can alert parents that professional help may be needed. If the child has an ongoing restlessness, hyperactivity or super alertness state, then perhaps the child has an unhealthy anxiety regarding the death. If a child's behavior is regressing

to a less mature level on an ongoing basis, then maybe it's time to consult with someone with professional expertise. If a child is suicidal, a professional should be consulted immediately.

How can a therapist help the child who is grieving? A therapist can help a grieving child by educating the child and family about the normal grieving process. It will also be helpful to provide a safe environment for the expression of feelings about the loss. Although we all have a natural inclination to get through grief, sometimes it becomes complicated and the expertise of a professional can be helpful.

Therapists with Memorial Counseling Associates help people deal with a variety of issues, including depression, grief, anxiety and stress, marital and family relationship issues, child or adolescent issues, chronic pain or medical concerns, and perinatal depression and other women's health issues. For more information, visit MemorialCounselingAssociates.org or call 788-4065.



Free Live Homework Help @ www.lincolnlibrary.info

By Becky Cowan, Lincoln Library Youth Services



Connect to a live tutor
from 2-11 p.m., Monday
through Sunday.

NOW THAT SCHOOL HAS STARTED, your child may need help with math, English, science, social studies or writing. Lincoln Library, the Public Library of Springfield, has a solution for you. Just logon to our website, www.lincolnlibrary.info, and click on the Kids or Teen selection. Next, click on "Brainfuse Homework Help," and enter your library card number to connect with a live tutor.

All Brainfuse tutors have four-year degrees, are based in the United States, and have prior teaching/tutoring experience. Brainfuse tutors, who specialize in grades K-12, are available Monday through Sunday from 2 to 11 p.m.

In addition to homework help, the service offers live skills building sessions, a writing lab, an ever-expanding library of practice tests (ACT, SAT, etc.), and a foreign language lab, as well as tutoring and resume assistance for adults.

Don't have a library card? Come apply for one at Lincoln Library, 326 South Seventh St. in Springfield. Have other questions? Please call us at 753-4900.

Kids Classes at Memorial

By John Budny, Memorial Medical Center

Throughout the year, Friends of Memorial Medical Center offer educational opportunities to the community. Below are the upcoming fall classes.

Sibling Preparation Classes

Sept. 19, Oct. 17 and Nov. 13 at Memorial Medical Center

This class is free for children ages 3-7 and their parents who are expecting a new baby. Call 788-3352 to register.

Babysitting Clinics

Sept. 11, Nov. 13 at Memorial Medical Center

This class is free for middle-school-age students or teens. Call 788-3333 to register.

CPR for Babysitters

Oct. 9, Dec. 4 at Memorial Medical Center

Graduates of Memorial's Babysitting Clinic may take the CPR for Babysitters class. There is a \$10 fee. To register, call 788-3333.

United Way Supports Lifelong Learning Beyond The Classroom

by John P. Kelker, President, United Way of Central Illinois

BY RESPONDING TO THE NEED FOR FOOD, SHELTER, HEALTHCARE AND VICTIM SERVICES, United



United Way
of Central Illinois

Way supporters improve the health and well-being of thousands in Sangamon County. More than half of

the programs funded by United Way of Central Illinois offer that kind of support. This means low-income seniors can receive warm, nutritious meals; the homeless can receive housing and clothing; and those who need healthcare services can have access to it.

These programs provide immediate relief to individuals and families in crisis. However, our ultimate goal at United Way is to create long-lasting change in their lives by addressing the underlying causes for their crisis. The United Way's response to this challenge is to also fund programs that promote learning beyond the classroom as part of our Lifelong Learning Initiative (LLI).

To make a significant long-term impact, this initiative emphasizes early childhood-through high-school-level programs. After-school tutoring, parental guidance for teenage parents, mentoring and special support for the mentally disabled are examples of the social service programs funded. This year, United Way is distributing over \$730,000 to support 17 LLI programs.

Gifts to United Way enhance the quality of life for individuals in need and the community on a whole. After all, when the basic needs of families are met and children and youth achieve their potential, we all win.

Back to School, Back to Sleep (continued from page 1)

hours later (around 8 a.m.), the child's body is still in sleep-mode. Fighting a sleepy teenager is not anyone's idea of a good morning. Parents can keep in mind that they are not fighting laziness, but rather their child's natural sleep patterns!

The importance of sleep extends beyond just having a peaceful home. Without the correct amount of quality sleep, a teen will struggle to stay awake in class, have trouble concentrating, even act out in more aggressive and inappropriate ways (yelling, arguing with teachers, etc.). A good night's sleep even contributes to healthy skin and fewer pimples! Lack of sleep leads to unhealthy eating choices, as one is more prone to sweets and fried foods, even caffeine and nicotine. As sleep quantities decrease, risk for health problems such as high blood pressure, diabetes, and depression increase over time.

When drowsy teens get behind the wheel, new dangers arise. A 2005 study in the Journal of Sleep Research even shows that fatigue is comparable to driving while under the influence of alcohol. The study references work which quantifies sleepy driving in relation to .05% and .08% blood alcohol levels (the latter being the legal limit)!

Sleep hygiene refers to patterns in sleep habits and the following chart compares sleep hygiene habits:

Unhealthy Sleep Hygiene	Healthy Sleep Hygiene
X Sleep with the day's "leftover" time	✓ Make sleep a priority!
X Soda with supper	✓ Avoid caffeine (coffee, soda, chocolate) within three hours of bedtime.
X Techno-bedroom	✓ Make bedroom a sleep-only haven! No computers, video game systems, TVs, cell phones or study desks, in bedroom
X TV shows before bed	✓ Avoid TV, computer work, texting and talking on phone within one hour of bedtime as these are stimulating activities.
X Two-hour naps	✓ Naps should not exceed 30 minutes, as longer naps interrupt the circadian rhythm of the day.
X Sleep in on Saturday	✓ Even on weekends, teens should maintain established sleep patterns. Sleeping in more than two hours is disruptive to sleep rhythms.
X Cramming homework before bed	✓ The final hour of the day should be spent winding down with relaxing activities: dim the lights, listen to soothing music, read a book in the living room, etc.
X Sleepy driving	✓ Pull over for 15-45 minute nap.

Information in this article was provided by the Centers of Disease Control, the National Sleep Foundation, and the Mayo Clinic. Questions for the Sangamon County Department of Public Health can be directed to 535-3100.

Parent University
701 North First Street
Springfield, IL 62781-0001

PRSRT STD
U.S. POSTAGE
PAID
SPRINGFIELD, IL
PERMIT NO. 862

Return Service Requested



If you have not subscribed to the free *Parent University Newsletter* and would like to receive future issues, please fill out the following form, clip and return to:

Parent University Newsletter, 701 North First Street, Springfield, IL 62781

OR email the below information to Memorial Medical Center at: webmaster@mhsil.com (please indicate Parent University Newsletter in the subject line).

YES! Please send me Parent University Newsletter (check one):

- by mail
 by email

Name: _____

Organization, if applicable: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Email address: _____



Parent
University
Newsletter

Editorial Board

Paula Gramley, Memorial Medical Center
Gloria Jordan, Baby TALK
Ann Maloney, Friends of Memorial
Doris Turner, Illinois Department of Public Health
Belinda Walz, Springfield Urban League Head Start

This newsletter is a compilation of articles submitted by organizations interested in sharing information and ideas. This publication is free of copyright and may be reprinted. Please credit source in any reproduction and send a copy to the *Parent University Newsletter*.

Parent University Newsletter is made possible through the generous support of Friends of Memorial and Memorial Medical Center. For more information, call (217)788-7014.

The current issue of *Parent University Newsletter* is available on Memorial Medical Center's website: www.memorialmedical.com