

# Women

## Responsibility:

### *How to Teach Your Kids*

**I**t's late Sunday night. Your son confessed at bedtime that he forgot to do his laundry and has nothing clean to wear to school tomorrow. But, before you lug his hamper to the laundry room, listen up—you might be robbing him of a golden opportunity.

Children best learn responsibility if we permit them to experience the consequences of their behavior. Experts agree that when we're too quick to the rescue, we undermine the impact of the mistake, and reinforce the undesirable behavior. Kids are less likely to be "repeat offenders" if they are the ones inconvenienced.

For instance, your teenager dawdles so much in the morning, she misses the bus. Consequence: She walks to school, or gets there when it's convenient for you. Or, your son keeps leaving his homework on the kitchen table. Consequence: Allow him to go without it, and face the teacher.

Of course, the consequences imposed should be directly related to the behavior. You don't want to restrict television privileges because your six-year-old didn't pick up her toys. Confiscating them for a day or so makes more sense to the child, and therefore will be more effective.

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## Good Things...



- *Goodbye to Grudges*
- *Groceries on the Go*
- *Yogurt Delight*

## Over 600 Attend "Celebrating Women"

On May 23, St. Joseph Hospital's Women's Health Services held "Celebrating Women" featuring comedian Vicki Lawrence. Over 600 people attended this year's event.

"Celebrating Women" is an annual event benefiting the infant safety seat program at the hospital. The program provides a free safety seat to the mother of every baby born at St. Joseph Hospital.

Women's Health Services and the St. Joseph Foundation extend their gratitude to everyone who made this year's event such a success.

### Suncare Tips

- Use sunscreen with an SPF between 15 and 30.
- Keep children under two months old out of sun completely.
- Fit children with sunglasses protecting against 99 percent of UV rays. Avoid fashion sunglasses.
- Dress a child in a hat with a brim.
- Avoid exposure during midday hours.

## Protecting Your Children from the Sun

**W**hile the classic advertising image of a tanned little girl with her bathing suit bottom caught in a puppy's mouth is one which will be forever associated with summer, Dr. Kathryn Williford, pediatrician, says it's better for children to be well-protected against the sun rather than get a toasty tan.

"The main problem children face when out in the sun is sunburn," Williford said.

"The easiest way to avoid it is to make sure children always wear a healthy coat of sunscreen with a sun protection factor (SPF) of 15 or above."

"The sunscreen decreases the chance of sunburn and also reduces a child's risk of someday developing skin cancer," she said. "Sunburn can be particularly dangerous if blisters form, since infections can result."

"Children two months old or younger should stay completely out of the sun," said Williford. She urges parents to take extra precautions if their children are fair-skinned. She also pointed out that though clothes might appear to protect a child, many cotton garments lose their protective qualities when wet.

