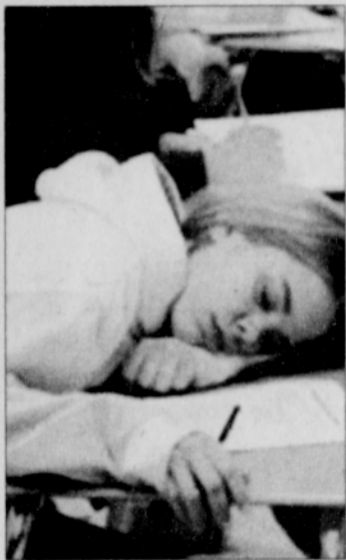


HEALTH

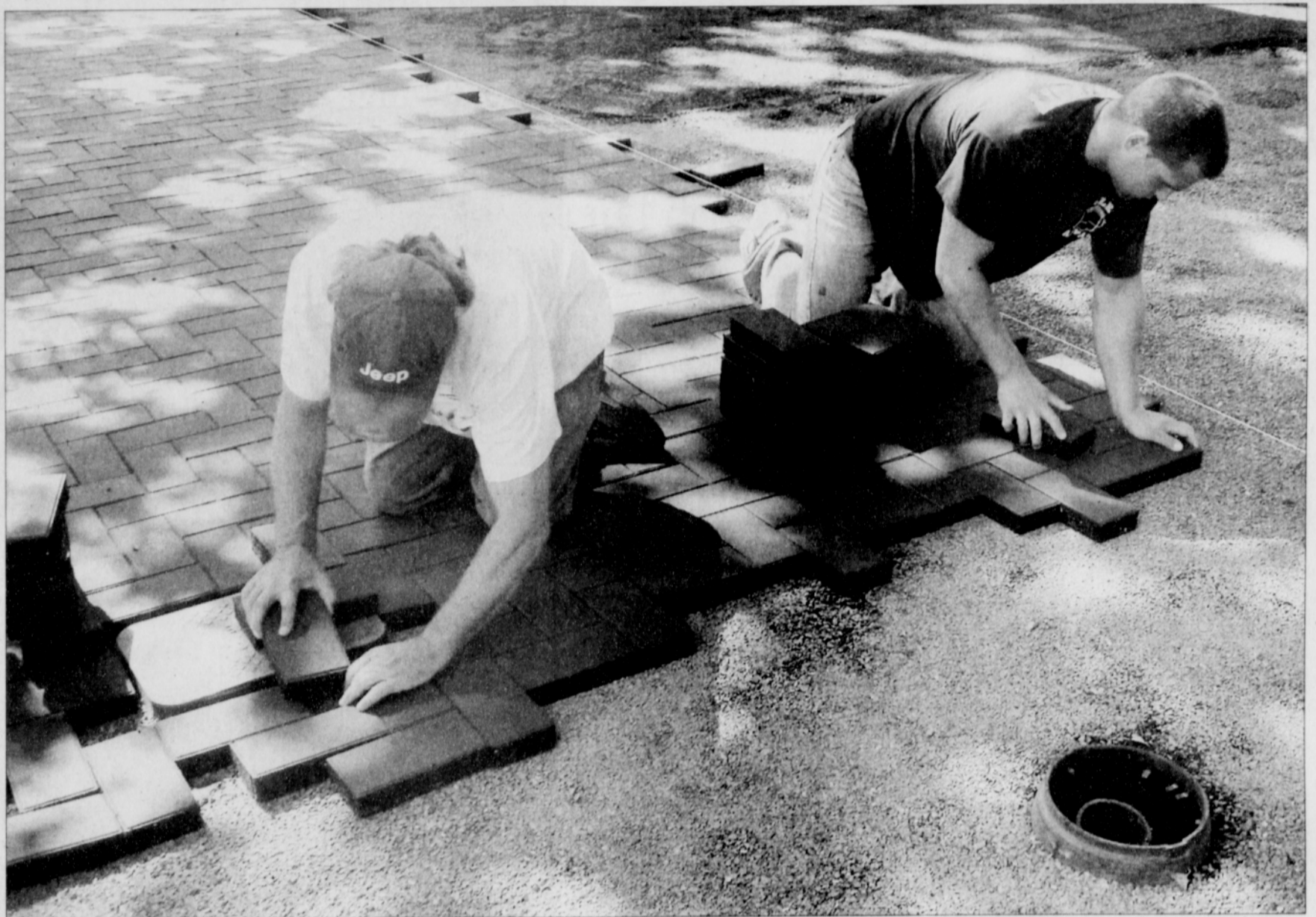


Sleep Habits for Back to School

Staying up late and sleeping in are summertime rituals for most kids. But summer sleep habits can leave children sleep-deprived and unfocused at the start of the school year.

Providence sleep experts recommend that most school-age children get at least nine hours of sleep per night. Parents should consider establishing school-year bedtime routines two weeks prior to the start of the school year.

Creating a bedtime routine and encouraging quiet time and relaxing activities will allow for downtime and sufficient sleep time.



Going Green with Rubber Bricks

Workers install rubber bricks made from recycled tires at the University of Portland in north Portland. The college is flexing its commitment to a healthier environment by using the state-of-the-art product which reduces the amount of tires that would end up in landfills and cuts the amount of CO2 created by concrete production.

When Babies Cry Long and Hard

Birth center offers tips for new parents

Legacy Health System Family Birth Centers, including Legacy Emanuel Hospital in north Portland, are being recognized by the National Center on Shaken Baby Syndrome for effort to incorporate a crying program into their patients' care plans.

PURPLE is an acronym for Peak pattern, Unpredictable, Resistant to soothing, Pain-like face, Long bouts and Evening crying—all crying patterns of normal, healthy newborns during the first couple of months of life.



Crying is perfectly normal from an infant's point of view.

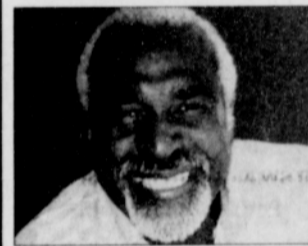
Although perfectly normal from the infant's point of view, can be exasperating to new mothers, dads, family members and other caregivers. In some cases frustration leads to shaken baby syndrome, in

which babies receive such severe and repeated shakes to stop crying that their fragile brain tears from their skull. The result is often debilitating or fatal.

Rather than focusing only

on preventing shaken baby syndrome, the National Center on Shaken Baby Syndrome's crying program integrates guidance from nurses and the teaching of practical skills to new families on what to expect when their babies cry long and hard for no apparent reason. Just as important, families learn how to comfort their newborn and gently curtail his or her cries.

A mother of seven children who recently delivered her eighth baby at Emanuel, said, "I think this class is an excellent learning tool for anybody. No matter how many times you have seen it or how many kids you have; there is always something to be learned."



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