



Medical Supplies for Care at Home Since 1957

GROW Pediatric Program Edition

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GROW

with Shield HealthCare



Introducing **GROW** with Shield HealthCare, a pediatric program that addresses the physical, mental and emotional needs of children with special needs and their families.

Shield HealthCare provides specialized products and support to help keep children with medical needs at home with their families, promoting healthy development and well-being with a focus on caregiver support.

Resources and Education

Parents of children with special needs are looking for information and support. GROW provides evidence-based resources and a community of like-minded families and experts to meet their needs.

GROW Community

shieldhealthcare.com/GROW

Articles, videos and webinars covering child health and lifestyle topics

The Daily Feed Tube Feeding Family Support Network

facebook.com/groups/TheDailyFeed

Online support group that gives a voice to families and connects them with others who navigate day-to-day life with a tube-fed child

GROW Facebook Page

facebook.com/GROWwithShieldHealthCare

Inspiration, valuable resources and support for families

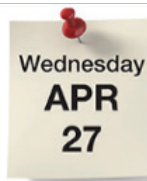
NEW! Tube Feeding Your Child at Home: Pediatric Enteral Nutrition Guide

A 32-page guide with tips on tube feeding, troubleshooting, adjusting to life with a feeding tube, resolving a clogged tube, preventing skin issues and more!



Upcoming Webinar

Free Educational Webinar: Social Skills Strategies for Children with Special Needs



Social and behavior skills are essential for lifelong success, but children with special needs often struggle with these skills.

Learn more about parent-assisted strategies to help children develop essential social skills, including friendship fundamentals, cooperative playtime and maintaining appropriate body boundaries.

Presented by Dr. Aarti Nair, Ph.D. of the UCLA PEERS® Clinic

One session available: 9:00 am – 10:00 am Pacific Time (11:00 am – 12:00 pm Central Time)

*For your convenience, this webinar will be recorded.

Register today at shieldhealthcare.com/webinars



Meet Dr. Nair:

Aarti Nair, Ph.D., is a postdoctoral fellow with the UCLA Ahmanson-Lovelace Brain Mapping Center and the UCLA PEERS® Clinic at the Semel Institute for Neuroscience and Human Behavior. At the PEERS® Clinic, Dr. Nair co-facilitates the PEERS® for Preschoolers

social skills training groups. She is also a clinical neuropsychology fellow in the Medical Psychology Assessment Center (MPAC) at the UCLA Semel Institute for Neuroscience and Human Behavior.

The Benefits of GROWing with Shield HealthCare



- Pump setup within 4 hours of discharge in most cases
- Registered Dietitians with pediatric nutrition expertise
- Portable feeding pumps
- Carrying backpack with every pump
- Emergency gravity feeding kit with every pump
- NG, G-tubes, low-profile tubes and accessories
- Comprehensive line of infant and pediatric formulas

Caring for a Tube-Fed Child

Top Five Emotional Issues

Parents of tube-fed children report that the social and emotional issues they deal with every day can be more taxing on family life than the medical complications of tube feeding.

Top Five Emotional Issues of Caring for a Tube-Fed Child

1. Limited ability to participate in activities outside the home
2. Family social life revolves around tube feeding
3. The public does not understand tube feeding
4. Traveling with a tube-fed child is complicated
5. Finding a caregiver qualified to tube feed a child is difficult

Helpful Resources for Parents

Find info on tube feeding at school, traveling, useful products, respite care for caregivers, relating to friends and family, explaining tube feeding to the public and more at these resources:

Feeding Tube Awareness Foundation | feedingtubeawareness.org

Complex Child E-Magazine | complexchild.com

Feeding Raya | agirlandhertube.blogspot.com

Feeding Matters | feedingmatters.org



Reference: 1. Enrione EB, et al. Medical and psychosocial experiences of family caregivers with children fed enterally at home. *Journal of Enteral and Parenteral Nutrition*. 2005;29(6):413-419. 2. Fereday J, et al. Neonatal, Paediatric and Child Health Nursing. Food for thought: investigating parents' perspectives of the impact of their child's home enteral nutrition. 1990;12(1):9-14.



Five Ways to Build Social Skills in Children with Cerebral Palsy



About Cerebral Palsy

Cerebral Palsy (CP) is a group of diseases that affect the brain and a person's ability to control muscle movement. There are 4 main types:

Spasticity (stiff muscles) – Spastic CP affects about 80% of people with CP and affects different parts of the body.

Dyskinesia (uncontrollable movements) – A person with this type has trouble controlling their muscles and may have stiff, jerky movements of their hands, arms, legs and feet.

Ataxia (poor balance and control) – Ataxic CP may cause unsteady walking or a hard time controlling hand movements to write or reach for an object.

Mixed CP – Some people may have more than one type of CP.

Fast Facts

- CP affects up to 4 out of 1,000 births worldwide.
- It is the most common motor disability in childhood.
- It is more common in boys than in girls.

Children with CP may have difficulty fitting in with others due to problems with communication, development and physical and emotional disability. Social problems that may affect a child with CP may include:

- Poor control of tongue and mouth muscles that affect speech
- Difficulty in being understood by others
- Hearing loss or vision problems
- Delays in emotional and physical development
- Attention and behavioral challenges
- Exclusion from social activities or being separated from others



Five Ways to Build Social Skills for Children with CP

1. Develop the child's interests by involving him in sports, travel, art, music, camps and other varied activities.
2. Be patient. Take the time to try and understand the child. Encourage communication using methods that he is comfortable with. Using communication boards or hand gestures can help fill in gaps in speech.
3. Use apps that help children with communication and language comprehension. Check out bridgingapps.org for resources.
4. Enroll the child in social/recreational therapy programs for group and individual activities to reduce barriers to communication.
5. Encourage friendships to improve self-esteem and increase independence.

Reference: Centers for Disease Control and Prevention: www.cdc.gov/ncbddd/cp/facts.html



Healthy At Home

Tips for Keeping Your Tube-fed Children in the Home

Protecting the Stoma Site from Leakage

Excess leakage can occur if the tube fits too loosely. Tips to prevent damage to the skin around the stoma site include:

- Adjust the external bolster height or balloon volume.
- Apply a skin protectant or moisture barrier.
- Use a short-term dressing or gauze to absorb drainage.



Tested and Approved
by
**Tubie
Moms & Dads!**



Washable button pads, made of soft absorbent material, are a fun and reusable alternative to gauze.

Visit feedingtubeawareness.org for a list of where to find button pads.

Meet Your Shield HealthCare Enteral Nutrition Team!

Your **Shield RD** is part of your healthcare team, working to keep your patients healthy at home.



From left to right: Mary Kuehl MS, RD, CNSC, CWCMS; Eleni Gatsios, MA, RDN, FAND; Lisa Zaccaro, RD, CWCMS; Annie Muto, MS RD, CWCMS; Amy Long Carrera MS, RD, CNSC, CWCMS; Aimee Jaremowicz RD, LDN, CWCMS, FNKF; Lisa Plinario RD, CSP, LD

Update: ENFit Enteral Connectors

All feeding sets are slated to include the ENFit connection by the middle of 2016. Enteral syringes, feeding tubes and extension sets with the ENFit connection should also start to be available at this time.

Check with your local Shield Representative for updates.

Visit stayconnected.org for more information.

Breastfeeding at Work

Breastfed babies have fewer infections and illnesses than babies who are never breastfed. Continuing to provide breastmilk after returning to work also helps to maintain the special bond between mom and baby.

Under the Patient Protection and Affordable Care Act, employers must provide:

- Reasonable break time to express breast milk for one year after birth
- Space, other than a bathroom, that is private and free from intrusion

Double electric breast pumps reduce pumping time. The Ameda Purely Yours™ Breast Pump is the effective choice for mothers working full-time.

- 32 different combinations of suction and speed for optimal comfort and milk flow
- Proven protective barrier keeps breast milk free from bacteria, mold, viruses and air while pumping



Covered by Medi-Cal, Medicaid and private insurance plans. Check for availability in your area.

Reference: American Academy of Pediatrics

We Have ANSWERS...

Need help with a nutrition question?

Email our Corporate Registered Dietitian at rd@shieldhealthcare.com or call your local RD.

Connect With Us & See What's New At...



shieldhealthcare.com/community

Call us today, we're here to help!

California

Fresno	800.675.8842
Inland Empire	800.557.8797
Los Angeles	800.372.6205
Sacramento	800.675.8842
San Diego	800.557.8797
San Francisco	800.675.8840

Texas

Dallas	800.407.8982
East Texas	800.407.8982
Fort Worth	800.407.8982
Houston	800.493.7863
San Antonio	800.495.0999
West Texas	800.495.0999

Colorado

Denver	800.525.8049
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Washington

Seattle	800.720.7440
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Illinois

Chicago	800.675.8847
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