

# Sickle Cell Foundation of Orange County

## "All About Tots" Newsletter

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Alyssa Simmons  
"All About Tots"  
Spokesperson

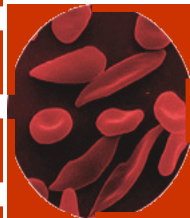
### STAY TUNE!

- Parent/Toddler Workshops
- "All About Tots" Christmas Party
- Visiting the Dentist

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## What is Sickle Cell Disease?



**Sickle Cell Anemia** is an inherited blood disorder which can be serious

in infants and young children. SCD is about 1 in every 500 African American babies born. A person that carries this disease will have abnormally formed red blood cells.

The complications of the disease will cause the red blood cells to assume the "Sickle Shape". These sickle cells will sometimes cause a backup in the blood vessels and thus this will cause the blood flow to either impact or stop. When your body is not getting enough oxygen, their will be

an obstruction to the blood flow and your body will start to feel pain in those areas. If your blood count get to a point where is dangerously low, then a blood transfusion might be right around the corner.

It is important at an early age, that you educate your child with sickle cell disease about the causes, effects and challenges of the disease. It is also important to teach your toddler in the manner, that he/she can understand.

There are several types of Sickle Cell Disease. The most common types of sickle cell are Sickle-Hemoglobin C Disease (SC), Sickle Beta-Plus Thalassemia and Sickle Beta-Zero Thalassemia. Sickle Cell trait (AS) is an inherited condition in which both he-

moglobin A and S are produced in the red blood cells. A is always present that S. Sickle cell trait is not a type of sickle cell disease. People that only have the trait, usually will be healthy and never have pain episodes.

If one parent have Sickle Cell Anemia and the other parent has no trait, all of their children will have the trait. If one parent has sickle cell and one parent have the trait, there is a 50% chance of their baby having the trait or the disease. When both parents have Sickle Cell Trait, they have a 25% chance (1 of 4) of having SCD with each pregnancy.

Contact your Genetic Counseling Center today and get tested.

## What can be done to ease Sickle Cell Pain?

Sickle Cell Crisis are most common in older children, but sometimes also occur often in infants and toddlers. Most of the time, pain episodes occur in infants & toddlers in the areas of hands, feet, and sometimes in the joints. If ever a parent see that their infants has swelling in the hand or feet, the child should immediately be taken to the doctor or hospital. Swelling does not indicate that there is something seriously wrong, but it does mean that their may

some type of infection in the body.

To know whether your child pain is from sickle cell, the child will probably not have any other symptoms of illness.

Other methods you may use to



help ease the pain of sickle cell crisis for your child may be, influence fluids, rest, heating pads on painful area, and if pain continues; seek medical attention.

If an infection is in the body, your child will probably have some type of fever. If your child temperature is over 102 degrees, an infection is sure to be present. It is important to get your child to the doctor.

# What about School?

Many times our children feel that they are lost, when returning to school after being out sick. As parents, educators and friends, we can help the



returning student transition back to school not so stressful. Parents and Teachers can work together to help the student accomplish his educational goals. Parents can notify the

teacher of the students health condition and get all homework from teacher to student.

Many of times our children are in the hospital for pain crisis, however they can still read, write and work on school work. Sometimes when sickle cell patients are hospitalized due to sickle cell crisis, they are medicated and they are not able to do homework.

When your child is in the hospital and may have so up time, have he/she to work on their homework. By assisting your child with homework and utilizing the time when he/she is feeling up to it; it is a great idea. When your child return home and is ready to return to school, they are not so stressed about

how much work they are behind. The length of time the student missed from school, only calculated as days out, not work missed.

When your child return to school, he/she is feeling much better physically and mentally is ready to assume his/her normal routine at school without the stress of playing catch up on school-work.



# Potty Training

## Your Toddler

*Love to be praised! A child love to see that they have made their parents happy. Praise your child for a Good Job!*

Most parents like to potty train their toddlers in the winter or rainy season., because toddlers are usually in the house most of the time. It is a good idea to try and devote at least three days in a row to start potty training. It is important to give your toddler



attention during this time.

Your toddler need you to drop everything at once, when he/she has to go potty. Some good ways to teach your child about potty training are: turning on the water to help them go the bathroom, keep your toddler com-

pany while he/she is on the toilet, praise them when they go potty, and remember, there will be times for accidents. Your toddler has not gain full control to hold their fluids. It will be a good idea to give them more fluids during the training period. Try and keep extra potty paints while traveling or being out for long periods of time.

# Rest and Relaxation

*Rest*

*Rest*

*Rest*

Because kids with Sickle Cell Anemia don't have enough normal red blood cells, they tend to get tired faster than the average person. They may also get infections more than the average person.

It is really important that your child get plenty of rest. Sometimes, just laying down and relaxing can help

restore their energy.

It is important that kids with sickle cell, stay as healthy as possible.



This may mean, they may need to sleep more often at times, but don't worry. Sleep is good.

Over exerting themselves, may mean a visit to the doctor. So remember, when your toddler say he/she is tired, encourage them to lie down and rest.

## Message from the SCDFOC "Teen Spokesperson"



Hello, Everyone. I just want to encourage all of you, to always "Live Life by Design, not by Diagnosis". What does that mean? I know sometimes, you might feel like you can go swimming with your friends, run around, stay up all night and sometimes, you can't go on the fun rides at the amusement park.

I want you know that, you must take care of your health at all times. I know you want to do what everybody else is doing, but you have to make limits for yourself. You can do anything you want to do, but make sure you paste yourself.

My little has sickle cell disease, but she doesn't let that stop her. She knows that she sometimes has to paste herself.

Make sure that when you are in school, that you always wash your hands and cover your mouth when you cough. There are little things

called "germs" that are flying around.

When it is hot outside, make sure you drink lots of water. I usually drink about 4 to 5 bottles and my little sister drinks about 3 bottles. Water is good and it helps you feel better.

Remember, stay strong and play healthy!

*With Love,  
Charon Simmons*

## Parents who get involved

Parents, who get involved. Children, like to know that parents care. Toddlers who have sickle cell disease, require more attention sometimes, than a toddler without a medical condition. Sometimes, they need to feel secure and know that we are there.

As parents, we are so caught up in the day to day work and tak-

ing care of the other children, that we forget what a moment of one on one time really mean to our love one.

The SCDFOC, now offers Parent/Toddler Workshops, were parents and toddler interact and learn about the challenges of sickle cell disease. These workshops are design to bring a special bond with parent and child,

and at the same time educate them.

If you would like to learn more about Sickle Cell Foundation of Orange County Parent/Toddler Workshop, please submit your inquiry to: [Info@scdfoc.org](mailto:Info@scdfoc.org).

*Parents, want to learn, How can you help your Toddler in coping with Sickle Cell Pain?*

## Word of the Month

### **Bacteria** (bak-teer-ee-uh)

If you're feeling crummy, it's probably because nasty bacteria or some other germs have gotten into your body and made you sick.

Bacteria are so tiny that you can't see them with just our eyes, but there are thousands, millions, even billions of them all over you, inside and out!

This might sound kind of gross, but lots of bacteria actually help our bodies. The good bacteria are good for us, and the bad bacteria can make us sick. They may be to blame for your next sore throat or ear infection.



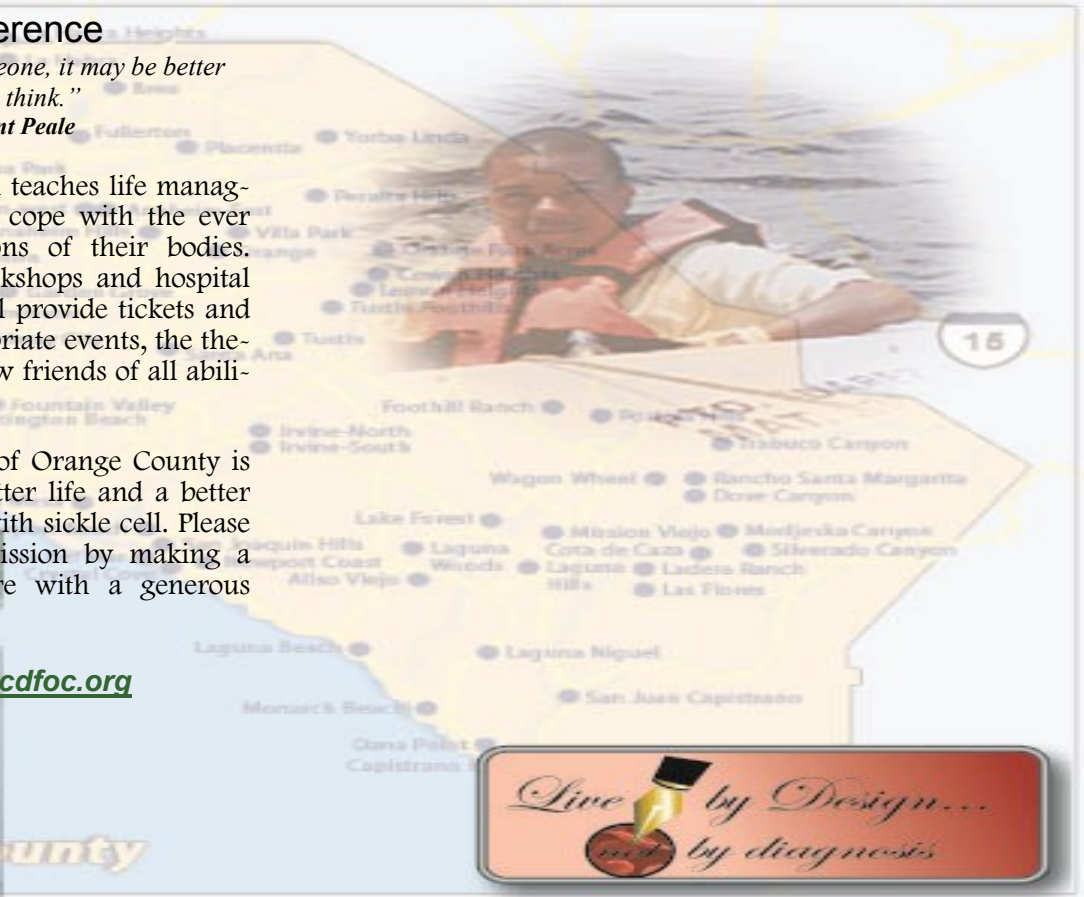
## Make A Difference

*"Give what you have. To someone, it may be better than you dare to think."*  
~ Norman Vincent Peale

Our **All About Tots** program teaches life managing ways for youngsters to cope with the ever changing physical conditions of their bodies. Along with play dates, workshops and hospital angel visits, your giving will provide tickets and transportation to age appropriate events, the theatre or a fun picnic with new friends of all abilities.

The Sickle Cell Foundation of Orange County is committed to building a better life and a better world for children coping with sickle cell. Please help us accomplish our mission by making a commitment to their future with a generous monetary donation today.

Visit our website: [www.scdfoc.org](http://www.scdfoc.org)



### **Sickle Cell Foundation Of Orange County**

Post Office Box 3780  
Mission Viejo, CA 92690

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