# OF OF SAFETY, CARING, INTEGRITY, COLLABORATION, INNOVATION, GIVING



Jewel Charity

(ELEBRATES

60 years

of tradition

Remembering their
DAUGHTER
by helping
others





Finding
A (ALLING FOR teaching others

One company
THAT STOPS

at nothing
to help kids

# promise

Cook Children's Health Foundation Chairman of the Board James E. Webb

Cook Children's Health Care System President and CEO Rick W. Merrill

Cook Children's Health Foundation Vice President Grant Harris Director of Development Operations Amy Robinson Communication Manager Cheryl Clark

#### Special thanks to:

Jeff Calaway, Mike DelVechio, Haylie Hall, Kimberly McGinnis, Elizabeth Parks, Kelly Wooley

Contact

682-885-4105

cookchildrens.org/giving

801 7th Ave.

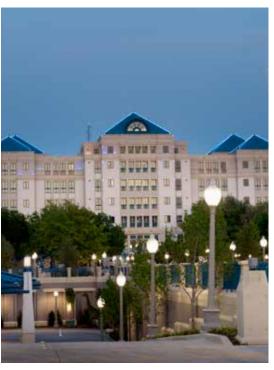
Fort Worth, TX 76104

promise@cookchildrens.org

Cook Children's Health Care System is a not-for-profit, nationally recognized pediatric health care organization, comprised of eight entities — Medical Center, Physician Network, Home Health company, Northeast Hospital, Pediatric Surgery Center, Health Plan, Health Services Inc., and Health Foundation.

Cook Children's Medical Center is fully accredited by The Joint Commission and is a member of the Children's Hospital Association, Children's Hospital Association of Texas and Children's Miracle Network Hospitals

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# Warm regards FROM RICK W. MERRILL

e are so fortunate to reside in a community of truly generous individuals and corporations. In this issue, you'll read about some of these individuals and groups, and the creative ways they use to raise, not just money, but awareness for the patients and patient families of Cook Children's. These people and their efforts truly are an inspiration.

From a black-tie gala that dates back several decades, rich in Fort Worth history, to a young man who organized his second annual clay shoot and is already thinking big for next year... every one of these events embraces our Promise. And there are so many others. It is because of this generosity that we are able to continue to grow and improve the care we give to our young patients.

If you have driven by our main campus lately, you will notice the landscape of the south lawn is changing. We recently began constructing a tower that will house a modernized Emergency Department and lab, as well as updated operating rooms and a new Heart Center.

Our buildings would not be recognizable to those who attended the first Jewel Charity Ball in 1953, but our culture of caring is the same as it has always been. Our patients continue to receive the care that they need and deserve, and you have made that possible.

Thank you.



Sincerely,

President and CEO

Cook Children's Health Care System

# promise WINTER 2014



Firestone stops at nothing to help our



**COVER STORY** 

Jewel Charity HASARICH HISTORY OF GIVING BACK TO COOK CHILDREN'S



#### ON THE COVER



#### **EVERY ISSUE**

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## Caregiving in action

DIRECTOR OF THE SIMULATION PROGRAM, Becky Southworth, HAS THE OPPORTUNITY TO SHARE HER EXPERIENCE AND INSTILL THE VALUE OF SITUATIONAL LEARNING IN THE COOK CHILDREN'S STAFF WHO CARE FOR OUR PATIENTS.

klahoma-born Becky Southworth found her calling more than two decades ago, while working as the unit secretary in the Pediatric Intensive Care Unit (PICU) at Cook Children's.

There are moments that take place in the PICU that are difficult and sometimes heartbreaking and not everyone has the desire, or the strength, to share those moments. But, Becky knew she wanted to do more after seeing firsthand how the PICU staff cares for our patients so whole-heartedly. "I knew something in my spirit could handle the tragedy and stress and that I could comfort those families," Becky said. "It was a calling. It felt right."

So she decided to go back to school. And in 1993, after receiving her bachelor's degree in nursing from Southern Nazarene University in Bethany, Okla., Becky returned to Cook Children's as a nurse in the PICU. Over the next 16 years, Becky worked as a graduate nurse, preceptor, charge nurse, extracorporeal membrane oxygenation (ECMO) specialist and nurse manager. She also went on to receive her MBA from Baylor University in Waco, Texas, in 2004.

While working in the PICU, Becky learned a lot from the patients, physicians and nurses who surrounded her. She was always asking questions about the various conditions the patients faced and their treatments. She wanted to know what was being done, why and what kind of results were expected.

It was these experiences and her years of knowledge that allowed Becky to find her second calling.



Becky enjoys sharing learning moments with staff through the simulation of real-life situations.

She wanted to provide other nurses, physicians and staff the opportunity to have these same learning experiences in a safe environment. Becky understood the value of situational learning and wanted to facilitate that for others to enhance the care we provide at Cook Children's.

In 2009, Becky became the director of the Simulation Program at Cook Children's, which gave her the opportunity to share those pearls of wisdom that she had been collecting. This program is able to simulate reallife situations that clinical staff would encounter, but in an educational lab setting where they can learn and ask questions.



Thanks to the support of donors like the Ruby Dean Estate and the Woman's Board of Cook Children's, 16,000 hours of training were administered through the Simulation Program last year.

## Caregiving in action

Every Cook Children's nurse is required to use the lab to practice and demonstrate his or her core competencies on an annual basis. Clinical educators also can recommend simulation training to address additional skills or objectives. There are a large number of scenarios that can be created in the lab, including situations related to patient transport, critical care and ECMO. No matter the scenario, Becky's main objective for participants is to learn to communicate in a safe environment, ask questions and for them to become better caregivers.

"I am enjoying the freedom to suspend reality and create moments, really special moments for the staff who are caring for our patients," said Becky.

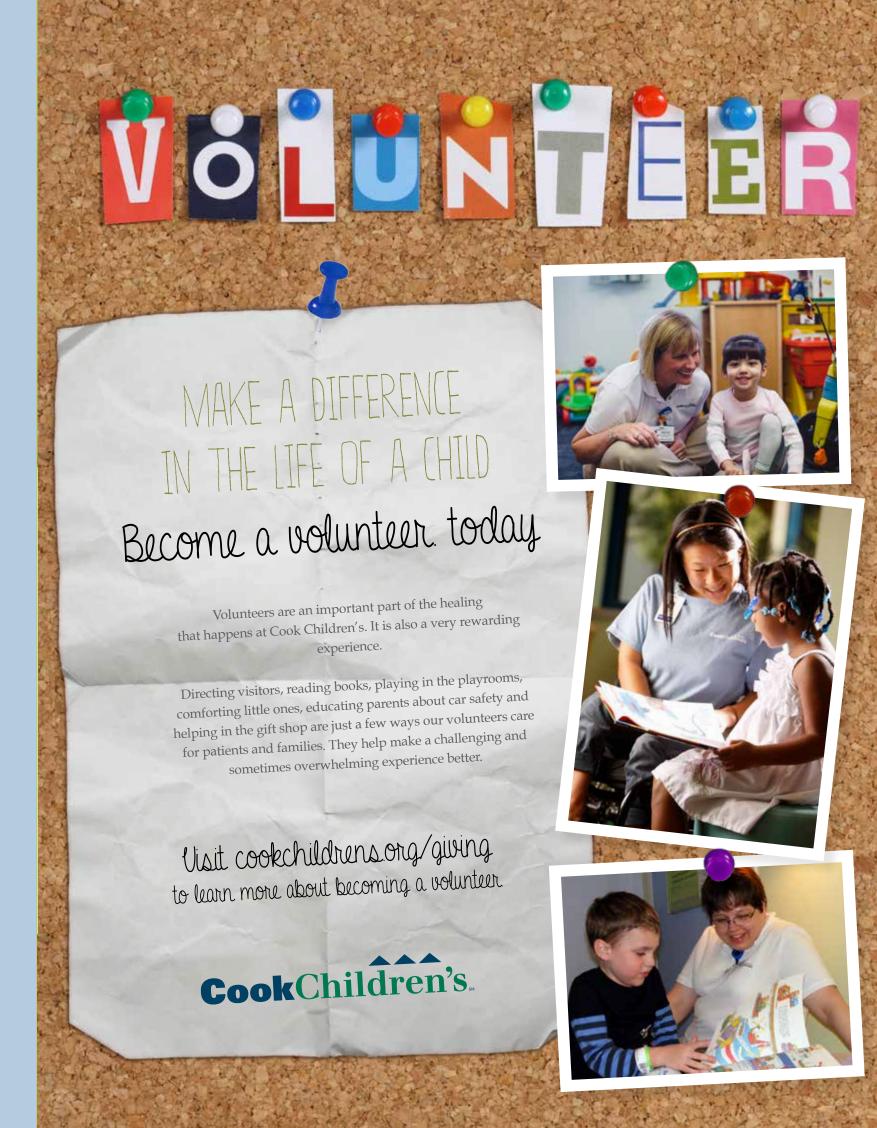
Last year, 16,000 hours of training took place through the simulation program. The lab stays busy, and many nurses come back voluntarily. Becky knows that the nurses and physicians who are participating in simulation trainings are having some of those same moments of discovery that she had. She just ensures that it doesn't take them 16 years to have them.

"I am enjoying the freedom to suspend reality and create moments, really special moments for the staff who are caring for our patients."

It is a special thing when someone finds their calling, and it is even more amazing when they find a second one like Becky did. Through it all, she also found her home at Cook Children's.

"There is no better place to work," said Becky. "Our Promise sits well with me and so does the vision of this healthy organization. I am proud to say that I work here."

And we are proud to say that Becky works at Cook Children's.





## A charity rich in tradition

ESTABLISHED IN 1953 BY two friends who wanted to give back to the community, JEWEL CHARITY HOLDS SEVERAL ANNUAL EVENTS THAT RAISE MONEY FOR COOK CHILDREN'S. THE MOST NOTABLE EVENT IS THE JEWEL CHARITY BALL.

What started as a conversation over coffee between two friends in 1953 has now grown to be one of the most recognizable philanthropic efforts in the Fort Worth community.

Nenetta Burton Carter and Bille Bransford Clark, already volunteers at what would later become Cook Children's, saw the need for helping children whose families could not afford medical care. Together, they came up with the idea of a black-tie affair, which is now known as the Jewel Charity Ball and the proceeds benefit Cook Children's.

The inaugural Jewel Charity Ball Committee consisted of Mrs. Burton Carter, Mrs. Clark and 15 other members. Together, they inspired 200 members who each donated \$25 to the cause. The first Jewel Charity Ball, planned in just four months' time, was held on January 30, 1954 and raised \$9,400.

Today, there are 400 members of Jewel Charity, 50 separate committees and 477 Angel donors. Angel donors can be anyone in the community who wishes to support the efforts of Jewel Charity. One hundred percent of Angel donations go directly to support the patients at Cook Children's.

In addition to the annual ball, there are a variety of Jewel Charity events that take place in the community each year. Aside from the annual Past President's Luncheon and Member Party, all events are open to anyone who wants to support the cause. These include a Ladies' Event, Men's Event, Cook Children's Charity Golf Classic and Jeweler Party.

Rich in tradition, Jewel Charity has remained true to the desires of its founders. Jewel Charity Ball has always solely supported Cook Children's, as was outlined in the group's bylaws.

Another tradition that has developed

"Through all of it, I have come away with an enormous respect and admiration for the hospital, its mission and the incredible staff of dedicated professionals who improve the lives of every child and family that they touch," said Leslie Johnson, 2013 Jewel Charity president.

over time is *The Jewel* book. It originally began as a calendar with advertisements. Today, it is a staple in the Fort Worth community, and is a place where Jewel Charity members, sponsors, Angel donors and friends can purchase pages to advertise for a company, honor a Cook Children's physician or team or acknowledge their

This past year, 2013, was the 60th anniversary of Jewel Charity Ball. The Diamond Jubilee was held on December 14, and the money raised this year brought the grand total of giving to \$61,210,000. It took many more months to plan than the four months it took in 1953, but the drive behind the hard work remains the

"Serving as Jewel Charity president has afforded me the opportunity to interact with Cook Children's Medical Center on many different levels," said Leslie Johnson, 2013 Jewel Charity president.

"I have seen the work of doctors and Child Life specialists, learned about the day-to-day workings of the hospital by attending a variety of Cook Children's Health Foundation meetings and 'spread the word' about our nationally recognized medical center to as many individuals, corporations and groups as possible. Through all of it, I have come away with an enormous respect and admiration for the hospital, its mission and the incredible staff of dedicated professionals who improve the lives of every child and family that they touch."

Cook Children's would not be the same without our longtime partnership with Jewel Charity. Their members' love for our patients and support of our Promise to improve the health of every child in our region is evident in all that they do. They have improved the lives of the children in our community in a way that their founders could have never imagined.

# By the MUINE STS

COOK CHILDREN'S.





CURRENT working committees

members

01.30.1954 FIRST JEWEL CHARITY BALL

## Program spotlight

ALL OF COOK CHILDREN'S community partner events CONTRIBUTE UNIQUELY AND HELP COOK CHILDREN'S CHANGE LIVES.

Each year, community partners hold more than 60 community events benefiting Cook Children's. These events raise more than \$1 million a year that is used for research, technology, education, family support and greatest need. Each one of these events helps us to fulfill our Promise to improve the health of every child in our region.

#### What all of our community partners have in common is that they see the need in the community and want to do their part to help Cook Children's change lives.

Our community partners each have their own special story that connects them to Cook Children's. Some are grateful patient families who are looking to give back and show their gratitude. Others want to do their part in eradicating a disease that a friend or loved one is battling. What all of our community partners have in common is that they see the need in the community and want to do their part to help Cook Children's change lives.

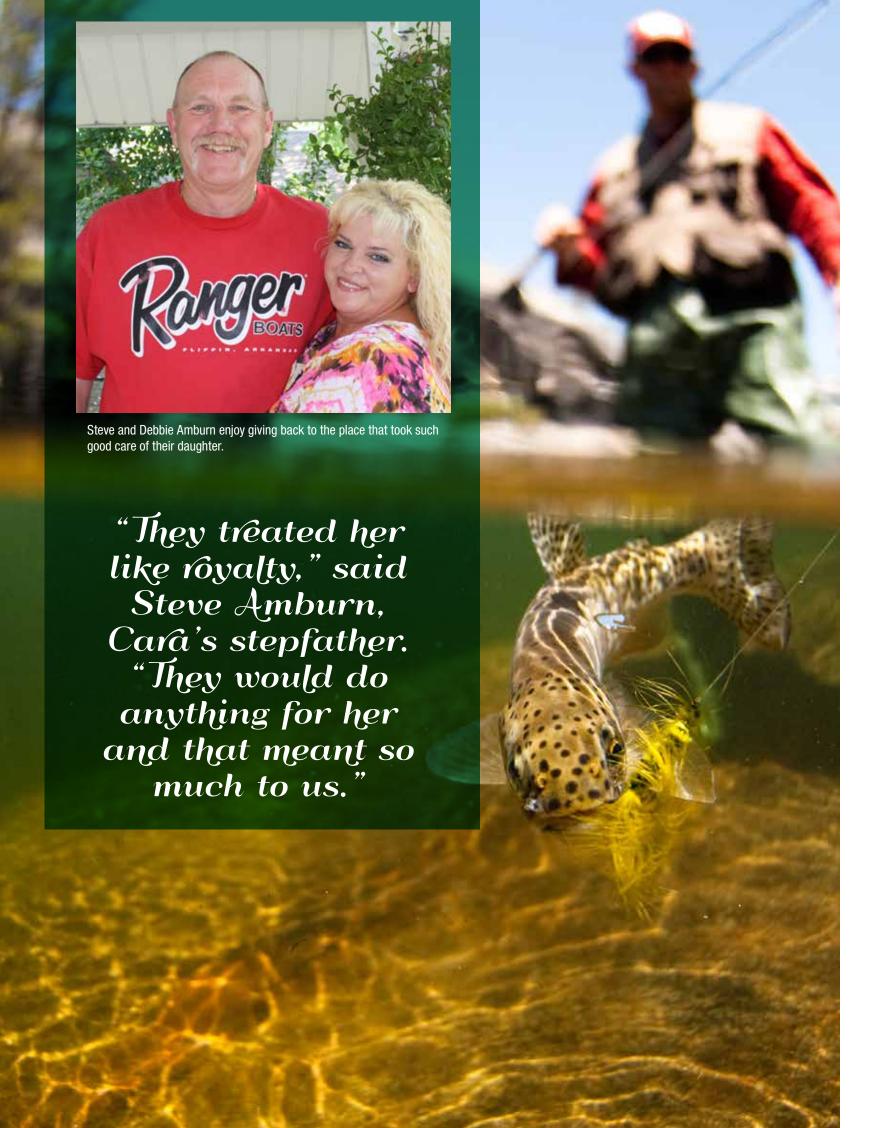
The funds and community awareness that these partners raise all go a long way to help patients across Cook Children's Health Care System. We are thankful to everyone who works so hard and dedicates their time and talents to these fundraisers because they believe in the Promise of Cook Children's. Our community partners continue to inspire us with their commitment and generosity.

If you are interested in learning more about our community partners or would like to host an event to benefit Cook Children's, please contact Bailey Langdon, special event fundraising coordinator, at 682-885-4105 or bailey.langdon@cookchildrens.org.

#### A few examples of successful community events include:

- Texas country music concerts
- Fashion shows
- Fishing tournaments
- Mud runs and 5ks
- Golf tournaments
- Clay shoot tournaments
- Bake sales
- Rodeos
- Dinner and auctions
- And many, many more





## Honoring their daughter's memory

AFTER LOSING THEIR DAUGHTER CARA TO CYSTIC FIBROSIS, Steve and Debbie Amburn CAME UP WITH A UNIQUE WAY TO HONOR THEIR DAUGHTER.



Cara Young was diagnosed with Cystic Fibrosis as a baby. She was cared for at Cook Children's throughout her childhood and into young adulthood. Her family was always impressed by how caring and compassionate the doctors and nurses were to Cara.

"They treated her like royalty," said Steve Amburn, Cara's stepfather. "They would do anything for her and that meant so much to us."

When Steve and his wife Debbie lost Cara in 2008, they made the decision to remember her by helping others, specifically patients at Cook Children's where Cara received care. As they explored ways to help raise money, Steve thought, "I don't know how to do anything like that. But I know how to fish." And the Cara Young Fish for Life Tournaments were born.

Not knowing where to begin, Steve reached out for help on a fishing forum and was eventually directed to people who were able to get the event up and running. The local fishing community embraced the cause. Each year, anglers visit Cook Children's Medical Center and bring T-shirts, hats, rods, reels and stuffed animals. For the hour they are here, visiting with patients, the children they meet forget about their medications and procedures. They can just be kids again.

The first tournament took place in 2010 and raised \$5,000. In 2011, \$6,500 was raised and last year's tournament raised \$20,000. Fish for Life is currently working toward becoming its own non-profit organization, which will provide the flexibility to raise funds throughout the year. The group's goal is to each year raise more money than the last.

Through the tournaments, the Amburns also work to raise awareness for Cook Children's. They want everyone to know that there is this amazing resource in their backyards.

In addition to the tournaments, which honor Cara, Debbie and Steve also will leave their own legacy. They have chosen to support Cook Children's through a planned gift, as members of our Legacy Society. Thanks to their support, Debbie and Steve are giving today's kids a tomorrow.

"Knowing that we can be a small part of such a great facility makes it worth it," said Steve. "We like knowing that maybe we can make someone's day easier. We know it's the right thing to do."

If you would like information on community partner events or planned gifts, contact Cook Children's Health Foundation at 682-885-4105 or foundation@cookchildrens.org.

## Partners in our Prômise

#### Firestone Complete Auto Care

CONTINUALLY MAKES A PERSONAL INVESTMENT IN COOK CHILDREN'S.

#### IT'S ALL ABOUT THE KIDS

When it comes to Cook Children's corporate partners, Firestone Complete Auto Care is a great one. Their unwavering and expanding commitment is an inspiration. Their employees are always looking for new ways to help.

This growing partnership began in 2012 when a Firestone employee, Tim Hubbard, saw the need at Cook Children's and wanted to do something to make a difference. Through his leadership, Tim was able to involve his manager, Tim Barber, and together, they visited Cook Children's, to learn more about what was needed and how they could help. Cook Children's Build-A-Bear Workshop® immediately caught Tim Barber's eye and inspired him to find unique and meaningful ways to give back to our patients.

That summer, 25 Firestone employees, all decked out in their mechanic uniforms, spent an afternoon at the medical center helping patients build and accessorize their new furry friends that Firestone had generously donated.

In June 2013, keeping with their new tradition of finding unique ways to give back, Firestone partnered with Dreamworks and the animated movie "Turbo" to bring an to providing fun and unique

Indy car simulator and a show car to the medical center. The activity gave patients a one-of-a-kind race car experience and provided patients and their families with lasting memories and an afternoon of fun to take their minds off of their current situations.

#### "When you help one child, you really just want to help them all," explained Barber.

When the holidays rolled around last year, they purchased tickets to send 100 patients and families to see "Dr. Seuss' How the Grinch Stole Christmas" at Bass Hall. Earlier that week, they were able to get Mr. Grinch to the medical center to spend some time entertaining our patients.

"When we brought the Indy car simulator and the Grinch to Cook Children's, it was because we wanted those kids to experience something new and different from anything they've done before," explained Tim Barber, Firestone manager. "We wanted to give them an experience they wouldn't forget."

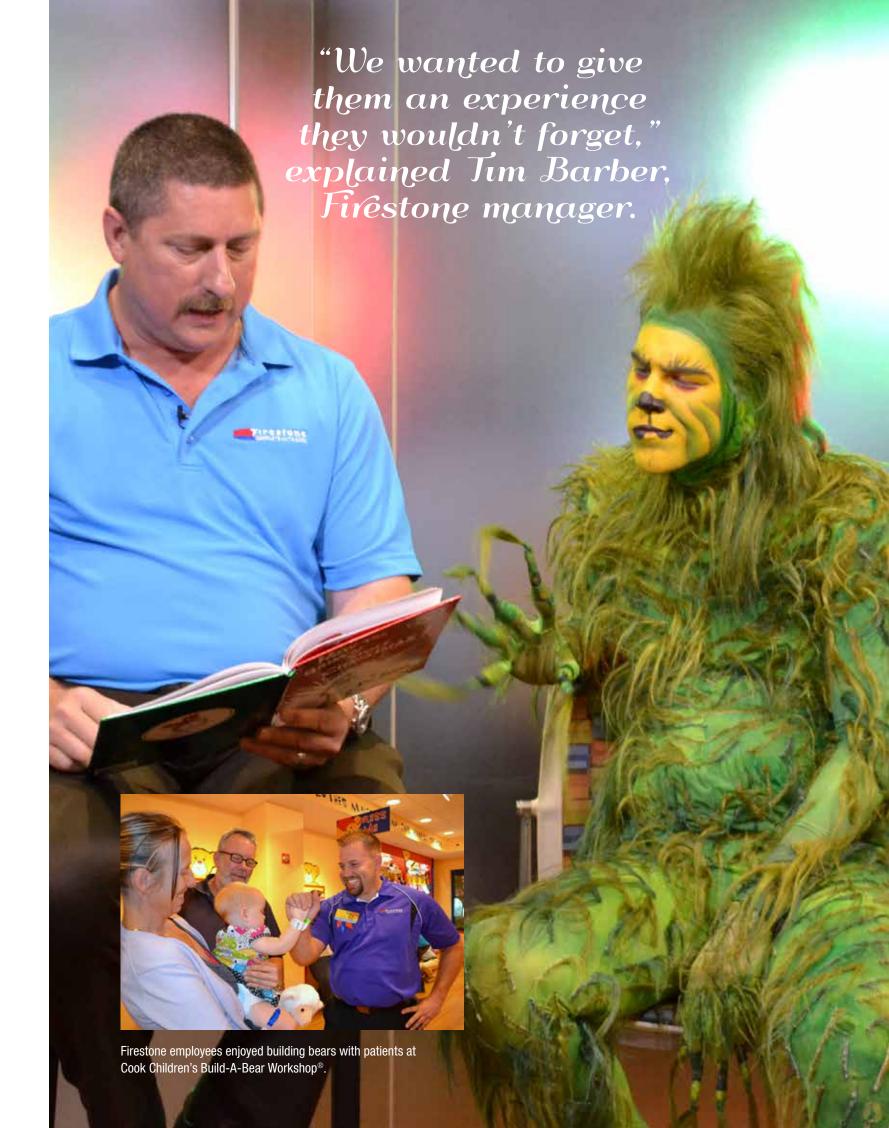
While Firestone is committed

experiences for our patients, they also want to do their part to keep the children in our community safe. Cook Children's Community Health Outreach team recently trained Firestone employees on the proper installation of car seats and educated them on the importance of car seat safety. Local stores are now equipped to give complimentary car seat checks to the general public.

In addition to these activities, Firestone also chooses to financially support Cook Children's with a donation each time a new Firestone store opens. They are currently in the process of raising \$16,000 to bring a full-time Indy car simulator to the medical center.

Firestone has made a personal investment in Cook Children's. They have proven that they will stop at nothing to make our patients happy. They want to make families' time at Cook Children's as enjoyable as possible.

"It's all about the kids. Having four kids of my own and just welcoming my fifth grandchild, I was blessed that none of them had to go to Cook Children's. But to see and hear about other kids suffering and in pain, it breaks my heart," said Barber. "When you help one child, you really just want to help them all."



## Community partners

COOK CHILDREN'S IS BLESSED WITH MANY ACTIVE community groups WHO GENEROUSLY SUPPORT US BY HOSTING A VARIETY OF FUNDRAISING EVENTS. WE APPRECIATE ALL OF THESE enthusiastic donors AND THEIR volunteers WHO COORDINATE AND staff THESE EVENTS.

Alexa Sankary is keeping her promise to her childhood friend, Michael. This past year, the event raised \$228,614 to help find a curê to neurôblastoma.

## THE BLAST

The Blast, sparked by 14-year-old Alexa Sankary's promise to her childhood friend Michael Mancuso that she would find a cure to neuroblastoma, is a 5k run and walk benefiting neuroblastoma research at Cook Children's. Since the first event in 2008, the Blast has raised more than \$600,000.



Edward Sankary, M.D., Madeline Sankary, Kristin Sankary, Alexa Sankary, Mike Sankary, Lynny Sankary, Meaghan Granger, M.D., Cook Children's Neuroblastoma and Stem Cell Transplant Program

## MAYSFEST

Maysfest is an outdoor Texas country concert. Proceeds from this event support the fight against retinablastoma, the rapidly developing cancer of the retina, through Cook Children's. Over the past four years, Maysfest has raised more than \$150,000 for Cook Children's.



Larissa Hilcher, Meaghan Granger, M.D., Cook Children's Neuroblastoma and Stem Cell Transplant Program, Susie Mays. Jonathan Mays, Ricky Pickett, Cook Children's Director of Clinical Performing Arts Sonny Burgess

## ROBERT AND JOHN RATLIFF SCHOLARSHIP AND CANCER RESEARCH FUND AND FORT WORTH ASSOCIATION OF PROFESSIONAL LANDMEN CLAY SHOOT

The Fort Worth Association of Professional Landmen holds an annual sporting clay shoot benefiting the Robert and John Ratliff Scholarship and Cancer Research Fund. The eleventh annual event, which had 217 participants, raised \$25,000 for Cook Children's.



Blaine Gamble and Cook Children's Special Events Coordinator Bailey Langdon



WE WOULD LIKE TO RECOGNIZE AND THANK THE FOLLOWING **COMMUNITY PARTNERS FOR THEIR RECENT GIFTS:** 

Black Dog Shootout Cowboyin' for the Kids Rodeo Fort Worth Alumnae Chapter of Delta Gamma Fraternity Justin Napier Clay Shoot TCU Delta Dunkfest The Quarter Café

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## Love's Travel Stops

EMPLOYEES OF LOVE'S TRAVEL STOPS ENJOY GIVING BACK TO THEIR LOCAL COMMUNITY

Founded in 1964 by Tom Love, Love's Travel Stops is headquartered in Oklahoma City and remains entirely family-owned and operated. Because of this family commitment, Love's maintains a core value of giving back to the communities where they operate and call home. Their partnership with Children's Miracle Network Hospitals gives each Love's location the opportunity to raise funds that will benefit the children in their own community.

Each Love's location across the country participates in an annual Children's Miracle Network Hospitals fundraising campaign, the only in-store fundraising campaign in which they participate. Love's has raised a total of \$9.5 million in 15 years supporting Children's Miracle Network Hospitals, most of which came one dollar at a time.

"The dedication Love's team members have for Children's Miracle Network Hospitals is truly an inspiration," said Jenny Love Meyer, Love's vice president of communications. "They are devoted to making a difference for the children in their communities that need our help."

This year, Love's store teams and customers raised \$1.5 million during their in-store campaign; an additional \$500,000 was raised through golf tournaments, corporate donations and money donated at air pumps at Love's locations. This \$2 million donation will benefit 92 Children's Miracle Network Hospitals across the country, including Cook Children's.

In 2013, the six stores in the area that support Cook Children's had a 49 percent increase over the previous year, raising more than \$30,000.

"The dedication Love's team members have for Children's Miracle Network Hospitals is truly an inspiration," said Jenny Love Meyer, Love's vice president of communications. "They are devoted to making a difference for the children in their communities that need our help."

Having someone who truly believes in the cause leading the effort makes all the difference. Locally, Tony Easterling and Stacy Spring are two examples of how passion and commitment can inspire others.

This year, Love's store 231 in Hillsboro surpassed their fundraising goal. General Manager, Tony Easterling, is quick to credit this success to his dedicated team and customers.

"We kept setting and passing goals," said Tony. "The entire team did it!"

Their enthusiasm was infectious. The staff at the store worked tirelessly during their campaign, hosting a golf tournament and a barbecue, as well as selling the distinctive heart-shaped miracle balloon icons. Various vendors and friends also contributed and supported their events. During the golf tournament, those who won for closest to the pin and longest drive contributed their winnings back to the cause. When the final campaign numbers were tallied at more than \$11,000, the team spray-painted Tony's hair pink as a way of celebrating.

Stacy Spring works at Love's store 217 in Denton. She participated in her first campaign for Children's Miracle Network Hospitals in 2008. The emotional connection she formed with Cook Children's drives her to raise as much as she can for the children and their families.

"I found my calling, my heart and my love for something so special," said Stacy. "It didn't matter how much money we raised, any amount can change the lives of patients."

Through her role at Love's, she wants to inspire others to make a difference. Final campaign numbers for store 217 totaled more than \$5,000.

"Our member hospitals are so thankful for the incredible support and fundraising spirit Love's employees and customers exhibit each year," said John Lauck, president and CEO of Children's Miracle Network Hospitals. "Love's has been an exceptional partner for 15 years, and they are instrumental in helping us make miracles happen for children and families across the U.S."

Those of us at Cook Children's agree. Love's Travel Stops is making a tremendous difference in our community and we are grateful for all they do for our kids.





## Look for the miracle balloon in your neighborhood

and know all of the funds raised help children in our community.

#### UPCOMING MIRACLE BALLOON CAMPAIGNS

CEFCO CONVENIENCE STORES: MARCH 5 – APRIL 30

CREDIT UNIONS FOR KIDS: APRIL 1 - MAY 31

COSTCO: MAY 1 – MAY 31

CHICO'S: MAY 1 - MAY 31

SOMA INTIMATES: MAY 1 - MAY 31

WALMART: MAY 1 – JUNE 11

WHITE HOUSE | BLACK MARKET: MAY 1 - MAY 31

SAM'S CLUB: MAY 1 – JUNE 11

For a complete list of our partners, visit cookchildrens.org/giving.

## What's new at Cook Children's?

THIS SECTION IS DEDICATED TO PROVIDING OUR READERS WITH THE LATEST NEWS AND UPDATES FROM AROUND COOK CHILDREN'S HEALTH CARE SYSTEM.



## A CHANGING LANDSCAPE

THE LANDSCAPE OF THE COOK CHILDREN'S MEDICAL CENTER CAMPUS IS CHANGING WITH THE CONSTRUCTION OF A SOUTH TOWER. THE TOWER WILL BE LOCATED ON THE SOUTH LAWN OF THE CAMPUS AND WILL HOUSE A NEW, MODERNIZED EMERGENCY DEPARTMENT AND LAB, ALONG WITH LARGER OPERATING ROOMS CONTAINING THE LATEST TECHNOLOGY AND A NEW HEART CENTER. THE PRAYER GARDEN, PREVIOUSLY LOCATED ON THE SOUTH LAWN, IS NOW NEAR THE DODSON SPECIALTY CLINICS.

## SHOP 'TIL YOU DROP

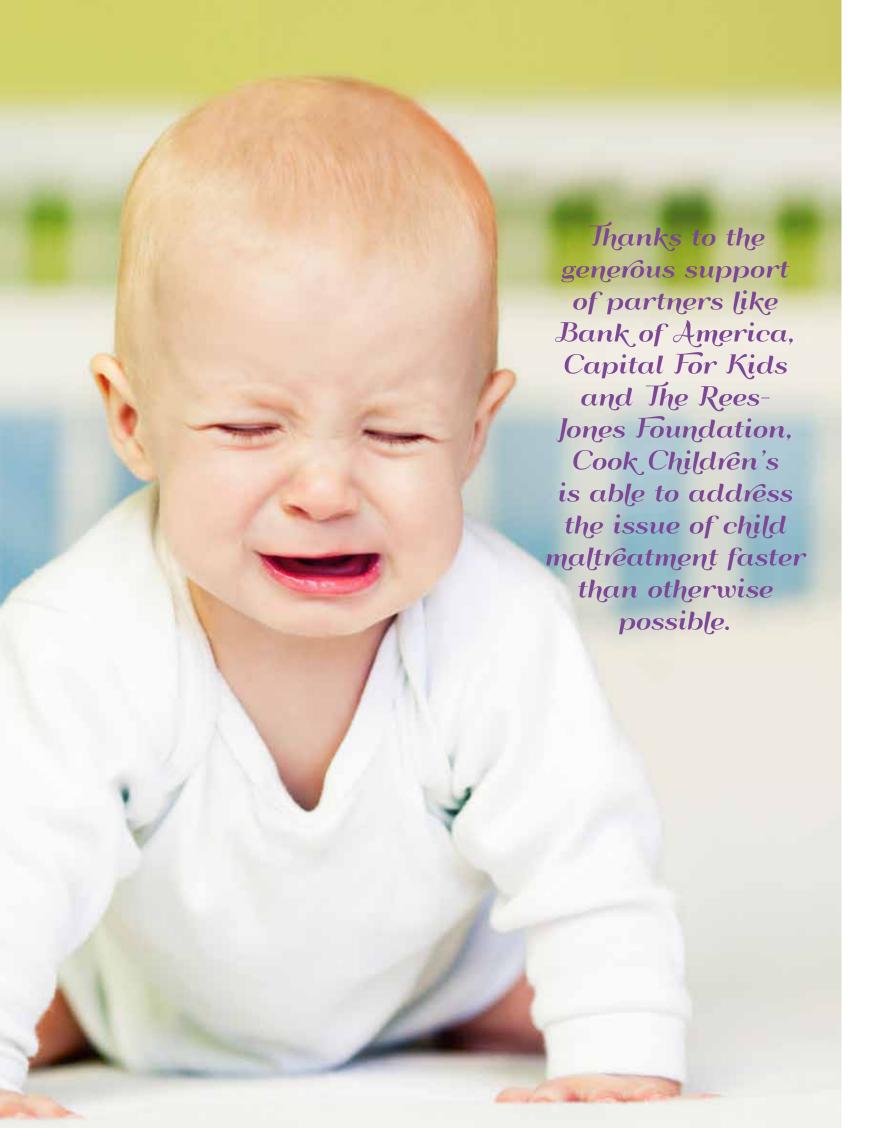
COOK CHILDREN'S NOW HAS A RETAIL CARD THAT CAN BE USED AT ALL RETAIL LOCATIONS IN THE MEDICAL CENTER: BUILD-A-BEAR WORKSHOP®, ZOOTY FRUITY®, STARBUCKS®, ENCHANTED CASTLE GIFT SHOP, COOK CHILDREN'S PHARMACY, CHICK-FIL-A® AND CAMELOT COURT. THE CARD IS AVAILABLE FOR PURCHASE AT ANY OF THE RETAIL LOCATIONS EXCEPT STARBUCKS. THE RETAIL CARD ALSO IS AVAILABLE FOR PURCHASE ONLINE AT COOKCHILDRENS.ORG/MARKETPLACE AND CAN BE DELIVERED TO A PATIENT'S ROOM.



## FILLING PRESCRIPTIONS MADE EASY



PATIENT FAMILIES CAN NOW FILL PRESCRIPTIONS RECEIVED DURING THEIR VISIT ON THE MEDICAL CENTER CAMPUS. COOK CHILDREN'S PHARMACY IS CONVENIENTLY LOCATED ON THE FIRST FLOOR OF THE MEDICAL CENTER, NEXT TO THE EMERGENCY DEPARTMENT. IN ADDITION TO PRESCRIPTION MEDICATIONS, THE PHARMACY ALSO HAS A SMALL SELECTION OF OVER-THE-COUNTER MEDICATIONS.



## Our Promise

THE PERIOD OF PURPLE CRYING®: HELPING PARENTS UNDERSTAND NORMAL CRYING BEHAVIOR AND THE DANGERS OF SHAKING BABIES

For normal, healthy infants, crying is a very common occurrence, especially during the first 12 weeks of life. Between 2 and 6 weeks of age, a baby's crying steadily increases and can put a lot of strain on

Crying is the number one reason why parents shake and hurt their baby. Shaking a baby is very dangerous and can cause: blindness, seizures, learning and physical disabilities, and even death. Shaken baby syndrome is the most common form of child abuse seen in children under 1 year of age. It is also the No. 1 cause of death in infants (30 percent of deaths) and upward of 80 percent of infants who survive suffer life-long brain abnormalities.

The Period of PURPLE Crying is a concept developed by Ronald Barr, MCDM, FRCPC, and helps explain colic by educating parents about normal crying behavior and the dangers of shaking babies. The program uses positive messages for parents, rather than negative warnings about detrimental consequences, to improve their relationship with their babies.

During this period, there are many characteristics that are better explained through the PURPLE acronym. All babies go through this period – some babies cry a lot and some far less, but they all go through it.

- **P: PEAK OF CRYING** Your baby may cry more each week; the most at 2 months, then less at 3 to 4 months.
- *U*: UNEXPECTED Crying can come and go and you don't know
- **R: RESISTS SOOTHING** Your baby may not stop crying no matter what you try to do.
- **P:** PAIN-LIKE FACE A crying baby may look like they are in pain, even when they are not.
- **L:** LONG LASTING Crying can last a much as five hours a day,
- **E:** EVENING Your baby may cry more in the late afternoon and/

With the support of loyal donors like Bank of America, Capital For Kids and The Rees-Jones Foundation, Cook Children's is able to provide educational material about the Period of PURPLE Crying to parents through various events and community partners.

Adapted from an article on Cook Children's blog, wedoitallforkids.com.

#### Comforting your baby

There are several things you can do to try to comfort your baby when he/she cries, including:

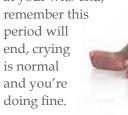
- Check to see if he/she is hungry, tired, or needs changing.
- Rhythmic motion: take your baby for a walk or ride in the car, or dance with your baby.
- Rhythmic sound: music, lullabies, white noise, dripping water, etc.
- Touches that delight: a warm bath, skin-to-skin contact, a massage.
- Sights that delight: mirror, happy/ silly faces; the TV.

It's important to remember that these may reduce your baby's crying, but may not always work. If you're concerned that your baby's crying is abnormal, check with your doctor to make sure there isn't anything wrong.

#### It's OK to walk away

When you are feeling frustrated, angry or upset, it's OK to walk away and take a break from the crying. In fact, by doing so you are preventing yourself from losing control and mistakenly shaking your baby.

Even when you are at your wits-end, remember this period will end, crying is normal and you're



# "No thought is too big! My family had not planned an event like this before. We didn't know where to start. We just jumped in and got started," Justin said.

## Young philanthropist

COOK CHILDREN'S PATIENT JUSTIN NAPIER USES HIS HOBBY TO GIVE BACK TO THE PLACE THAT TOOK SUCH GOOD CARE OF HIM.

As a Cook Children's patient himself, 17-yearold Justin Napier experienced firsthand the care and support of which Cook Children's is known. In November 2011, Justin underwent surgery to treat a hiatal hernia. While he was at Cook Children's Medical Center, Justin and his family were impressed with the support their entire family received and how the Child Life specialists were able to keep his mind on things other than his hospital stay.

Their experience inspired them to do something that would give back to the patients at Cook Children's. Justin is a competitive, nationally ranked shotgun shooter, so organizing a clay shoot fundraiser was an easy choice.

"My family and I wanted to give back and say thank you to Cook Children's," said Justin. "Hopefully, others will benefit, too."

The first "Justin Napier Clay Shoot benefiting Cook Children's" took place in August 2012, and the second in October 2013 at Fossil Pointe Sporting Grounds in Decatur, Texas. The clay shoot was organized by Justin, his parents Michell and Tommy Napier, and his shooting coach, David Niederer. The event received a great deal of support from the shooting community, as well as residents in the Denton area.

In just two years, the Justin Napier Clay Shoot has raised more than \$19,000 for Cook Children's. They hope to grow the shoot in sponsorships and participants from year to year.

When asked what he would tell other children and young adults who want to help the patients at Cook Children's, Justin said, "No thought is too big! My family had not planned an event like this before. We didn't know where to start. We just jumped in and got started."



Allen Cravens, Phil Bellows, Cook Children's Special Event Fundraising Coordinator Bailey Langdon, Justin Napier and Trojan Baker



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KNOWING THAT EVERY CHILD'S LIFE IS SACRED, IT IS THE PROMISE OF COOK CHILDREN'S TO IMPROVE THE HEALTH OF EVERY CHILD IN OUR REGION THROUGH THE PREVENTION AND TREATMENT OF ILLNESS, DISEASE AND INJURY.

THE GENEROSITY AND COMPASSION OF THESE DONATIONS HAVE HELPED ENHANCE THE LIVES OF CHILDREN WHO RELY UPON COOK CHILDREN'S FOR CARE.

Oct. 1-Dec. 31, 2013



ARE GIFTS GIVEN TO EXPRESS JOY OR GRATITUDE.



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