

## We will answer your questions about caring for your child.

How can my older child help with the new baby?

When should I call the doctor?

Is it normal to feel stress when caring for a new baby?

When can I let visitors hold my baby?

Is it right for my baby's bowel movement to be so watery?

My baby will not let me comfort her when she cries. Help!

My child has colic. Will all that crying hurt him?

When can I give my baby a bath?

Parent Help Line talks with anyone who cares for children.

- Mothers
- Fathers
- Grandparents
- Babysitters
- Relatives
- Foster/Adoptive Parents
- Teachers
- Day Cares
- Schools
- Professionals
- Doctors
- Counselors

Help is just a phone call away.

### Parent Help Line

at St. John's Children's Hospital  
800 East Carpenter  
Springfield, IL 62769

[www.parenthelpline.org](http://www.parenthelpline.org)



Call Parent Help Line  
10 a.m. to 10 p.m.  
7 days a week

1-217-544-5808 Springfield  
1-888-727-5889 toll-free

colic • baby baths • child support • sibling rivalry  
child development • car seats • bedtime • playtime

## Even second or third-time parents may have questions.

Parent Help Line **listens** to your concerns. We **help** you find the answers.

Parent Help Line's trained volunteers are parents. They know parenting can be hard.

They listen without judging.

They do not give medical, religious or legal advice.

They do not offer counseling.

They offer **support**.

## Learn more about parenting.

### Website

Log onto [parenthelpline.org](http://parenthelpline.org) to get:

- ❑ Easy-to-read parenting tip sheets by listed by age;
- ❑ Bi-monthly newsletter to download and print.
- ❑ Parent Help Line TV Program topic schedule.

You can also call to have tip sheets and a newsletter sent to you.

### Parent Help Line TV Program

- ❑ Wednesdays at 5:30 a.m., 12:30 p.m. and 10:30 p.m.

## Parent Help Line can suggest people who want to help you.

Agencies

Churches

Hospitals

Organizations

Schools and colleges.

### Parent Help Line can:

- ❑ Tell you about programs to help your family.
- ❑ Give you the phone numbers.
- ❑ Prepare you to make the call.

feeding • babyproofing • teething • divorce • guilt  
parenting classes • stress • custody • caregivers