



## ON THE CALENDAR

### Immunization Clinics:

#### By Appointment

THURSDAY  
August 11th  
11 a.m. to 4:00 p.m.

Thursday  
August 18th  
7:00 a.m. to 11:00 a.m.

Thursday  
August 25th  
2 p.m. - 7:00 p.m.

### Breastfeeding Support Group:

Tuesday  
August 9th  
5:30 p.m.

### Family Planning:

Located at 511 Elm  
1ST & 3RD MONDAY OF  
EACH MONTH  
9:30 a.m.—12 p.m. and  
1:30—5 p.m.  
Call 1-877-611-7600 or  
359-2855 to make an  
appointment.

### WIC CLINICS:

Recertification by  
appointment only.  
Please call 646-5506 if you  
need to reschedule.

Effective January 2014  
WIC benefits will not be  
ISSUED without Residency,  
Income, and Identity proofs  
and your certification  
appointment WILL be  
rescheduled.

Missouri  
WIC

Eat Healthy. Stay Well.

USDA is an equal  
opportunity provider and  
employer.

## FOCUS ON FOODS

You know why **exercise** is important for your family: It can **lower heart risks, control weight, and help kids do better in school**. And it lets **kids burn off some energy**. Plus, family activities and fitness at an early age can go a long way toward **helping children form healthy habits for life**. Your job is to make them see that **moving more is fun**. When exercise feels **like play, your whole family will enjoy it more and be more likely to stick with it**. Set aside **30 minutes three times a week to do fun exercises** with your kids. Make it a part of your **after-school or after-dinner routine**. Also plan at least **one family activity every weekend**. It can be as simple as taking little ones to the playground or as challenging as an all-day hike with your teenager. A key to **getting kids moving is to plan time for physical activities**.

You can find that time by **turning off the TV, for starters**. Then offer a variety of

### Rice Krispy Treats

3 Tbsp. butter  
1 10 oz. pkg (40 marshmallows) or 4 cups miniature marshmallows  
6 cups rice krispies

#### Directions:

In a larger saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

Add rice krispies and stir until well coated. Using buttered spatula or wax paper, press mixture into 9x13 inch pan coated with cooking spray.

Cool.

Cut into 2 inch squares.  
Best if served the same day.

family activities, both competitive and noncompetitive. When kids explore different ways to move their bodies, they can find exercises they enjoy and want to stick with for the long run.

**Bike or walk to the grocery store, library, or to your child's school or sports events**. Go for a **30-minute family walk after dinner instead of heading right for the television**.

**Track** Use a family exercise log or colorful stickers to track your progress. Put your log or chart on the refrigerator as a reminder to **keep up the good effort together**.

Any large gathering of kids is also a **great chance to play a team sport**. Just head to a nearby soccer field or basketball court.

Enjoy seasonal yard work together. **Younger children can help plant and tend a garden**. Older kids can rake leaves into a pile and then **jump in**.

Source: webmd.com

## STROLLER SAFETY IN THE HEAT

Everyone knows **leaving children in hot cars** is a big **no-no**, even for a few minutes.

But as **high temperatures continue to blast us** this summer, a **common stroller mistake** could also be **putting babies at risk**.

**Covering a stroller with a blanket to shield your baby from the sun even if it's with a very thin cloth** can actually have a furnace-like effect.

In fact, doing this can cause the temperature inside a stroller to **skyrocket to dangerous levels**.

**Without a cover:** The temperature inside the a stroller left out in the heat was **71.6 degrees Fahrenheit**.

**With a thin cover:** In **30 minutes**, the temperature rose to **93.2 degrees**. And after an hour, it was at **98.6 degrees**.

Who would have thought something as innocent as **covering your baby's stroller**

**with a blanket on a hot day** could be a recipe for disaster? The thing is, **young children are especially at risk for overheating and even heatstroke**.

Signs of heatstroke can include **hot, red, dry skin; rapid pulse; restlessness; lethargy; rapid, shallow breathing; vomiting and unconsciousness**.

**What parents can do to avoid heatstroke in babies:**

**Dress your baby in lightweight, loose-fitting clothing.**

Try to keep your **baby in the shade when outside and check to make sure that he's staying cool during car rides**.

Give him **more fluids than usual on hot days**.

If the temperature is especially hot, **keep your baby inside if you can**.

Source: babycenter.com



## ANIMAL BITES...

**Animal bites and scratches**, even minor ones, can sometimes lead to complications. Whether the animal is a **family pet** (in kids, most animal bites are from dogs) or a creature from **the wild, scratches and bites can carry disease**.

Some **bites**, especially those from cats, can **become infected by bacteria from the animal's mouth**. And **cat scratch disease, a bacterial infection, can be transmitted by a cat scratch** (usually from a kitten) even if the site of the scratch doesn't look infected. Certain animals such as **bats, raccoons, and foxes can transmit rabies**.

If the **bite or scratch wound is bleeding, apply pressure to the area with a clean bandage or towel until the bleeding stops**. If available, use **clean latex or rubber gloves to protect yourself and to prevent the wound from getting infected**.

If the wound is not **bleeding heavily, clean the wound with soap and water, and hold it under running water** for several minutes.

## BACK TO SCHOOL TIME...

As another school year begins, the American Red Cross has steps everyone can take to make the trip back to the classroom safer:

**Safety First:** Make sure the **child knows his or her: home phone number and address, parents' work contact information, how to get in touch with another trusted adult, and how to dial 9-1-1**. Parents should also **teach their children not to talk to strangers or accept rides from someone they don't know**.

**Bus Safety:** If children ride a bus to school, they should **plan to get to their bus stop early and stand away from the curb**. Other safety steps for students include: **Board the bus only after it has come to a complete stop. Always stay in clear view of the bus driver and never walk behind the bus. Cross the street at the corner, obeying traffic signals and staying in the crosswalk**.

## PREGNANCY FACTS

If you're not feeling attractive during pregnancy, the look of **sun-kissed skin may do wonders for your self-esteem**. The good news is that the ingredients in **self-tanning lotions, creams, and foams are harmless**.

And **self-tanners have improved dramatically in recent years**.

I'd recommend staying away from **spray tans, however, because the aerosol fumes may not be safe for your lungs when inhaled**. They may even enter your **bloodstream, which means they could potentially affect your developing baby**.

When it comes to tanning beds, though, there are several concerns for both you and your baby.

Lying in a tanning bed can also **raise your body temperature** to a level that may be hazardous to your baby, particularly during your first trimester.

Having an elevated body temperature during pregnancy that is, **above 102 degrees F, which can happen in a tanning bed, hot tub, or sauna has been associated with spinal malformations in developing babies**.

And then there's the concern that **lying on your back too long could restrict blood flow to your heart and thus to your baby as well**.

Pregnant women with **sensitive skin who expose themselves to UV rays whether from tanning beds or the sun may be more prone to chloasma, those dark splotches that can appear on the face and occasionally the arms during pregnancy**.

Source: babycenter.com

**Dry the wound, apply antibiotic ointment, and cover it with sterile gauze or a clean cloth**.

**Call your doctor if the bite or scratch broke or punctured the skin, even if the area is small**. A child who is **bitten by an animal may need antibiotics, a tetanus booster, or rarely, a series of rabies shots**.

A bite or scratch on a **child's face, hand, or foot is particularly prone to infection** and should be evaluated by your doctor as soon as possible.

If your child was **bitten or scratched by an unfamiliar or wild animal, note the location**. Some animals may have to be **captured, confined, and observed for rabies**. But do not try to capture the animal yourself. **Call animal control office**.

If you own a pet, make sure it's properly immunized and licensed.

Source: kidshealth.org



**Motorists should know what the yellow and red bus signals mean:**

**Yellow flashing lights** — the bus is getting ready to stop, and motorists should slow down and be alert. **Red flashing lights and an extended stop sign** — the bus is stopped and children are getting on or off.

**Drivers in both directions must stop their vehicles and wait** until the lights go off, the **stop sign is back in place and the bus is moving** before they can start driving again.

**Biking and Walking:** Students who ride their bike to school should always wear a helmet, **obey all traffic signs and ride on the right in the same direction as traffic**. Those who walk to school should only cross the street at an intersection. Parents should **walk young children and children taking new routes or attending new schools at least for the first week** to ensure they know how to get there safely.

## FUN THINGS TO DO

### PAINT CHIP FUN

#### Materials Needed:

Paint sample cards from the paint department at local store

Camera

Notebook with blank pages or a three ring binder with paper

Glue stick

Makers

#### Directions:

Let your child pick out 10 paint chip cards. Pick colors that you are likely to find outdoors near your home. Take a nature hike out in the woods or along a trail. While walking through the area, encourage your child to look for items that match the colors on the paint chip cards. If the chip is green, pick out some leaves that match his green card. Take a picture of the item that matched the paint chip card. Try to help him find something in nature that matches each of the ten paint chip cards. Tell them it's okay if they can't find something to match all ten chips, and that they did a great job matching the other colors.

Develop the pictures and make a scrapbook. Glue the paint chips on the page with the pictures that match. If this is a project your child enjoys, pick out more paint chips and do it again and add to the scrapbook.

Source: www.education.com



### DISCLAIMER

The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.