



ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
June 9th
11 a.m. to 4:00 p.m.

Thursday
June 16th
7:00 a.m. to 11:00 a.m.

Thursday
June 23rd
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday
June 14th
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.



Eat Healthy. Stay Well.

USDA is an equal opportunity provider and employer.

FOCUS ON FOODS

With busy schedules and electronics inside the home, it is often difficult to give your children the time outdoors you enjoyed as a child. With a little planning and creativity, getting your kids to enjoy the outdoors, can benefit your children’s physical, mental and emotional development.

An hour of unstructured, free playtime is ideal. It is beneficial to provide time outdoors where children can play together.

Encourage your children to watch for wildlife. There is often wildlife at parks including birds, bugs and sometimes larger friends.

Go on a scavenger hunt. Work together to create a list of items you could see in a park like a leaf, a pinecone, sand, a swing, a fence etc.

Picnic in the park. Bring a blanket and your favorite foods to enjoy the nice weather.

Walk. Before or after dinner, take

Deviled Eggs

- 6 large eggs
- 2 T mayonnaise
- 1½ T sweet pickle relish
- 1 teaspoon mustard
- 1/8 teaspoon salt
- Dash of pepper
- Garnish paprika

Directions:

Place eggs in a pan in 3 inches of water. Bring to a boil, cover, remove from heat, and let stand for 15 minutes. Drain and fill pan with cold water. Tap each egg until cracks from all the over the shell. Peel. Slice eggs in half length wise, and remove yolks. Mash yolks with mayonnaise. Add relish, mustard, salt, pepper stir well. Spoon into egg whites Garnish if desired.

some time to walk together as a family.

Running games. Teach your children to play “Hide and Seek,” “Red light/Green light” or “Red Rover”. Or a friendly competition running from one side of the neighborhood park to the other.

Create your own Olympic Games. Who has the fastest time running from one tree to another? How many high jumps can you do in one minute?

Play with dirt and mud. Let your children have the opportunity to get really dirty while learning how to play and be creative by themselves.

Watch the clouds. Spend some time cloud watching in a park on a sunny day. Lie down on the grass and start to identify shapes.

Start a rock collection. Collect all different shapes and sizes, colors and surfaces.

It is important to teach your children to have down time away from all electronics. It also will decrease your stress to slow down and enjoy nature.

Source: pbs.org

TICK BITES....

While most tick bites are harmless and don't require medical treatment, some ticks can carry harmful germs and cause diseases like Rocky Mountain spotted fever and Lyme disease.

Signs and Symptoms Of Tick-Related Diseases:

- a red bump ringed by an expanding red rash, which looks like a bull's-eye (Lyme disease)
- red dots on the ankles and wrists (Rocky Mountain spotted fever)
- flu-like symptoms such as fever, headache, fatigue, vomiting, and muscle and joint aches

If the tick is still attached use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Pull firmly and steadily until the tick lets go of the skin. Do not twist the tick or rock it from side to side. Release the tick into a jar or zip-locked bag in case you want to have it identified later on.

Wash your hands and the site of the bite with soap and water.

Swab the bite site with alcohol.

Never use petroleum jelly to remove a tick.

Seek Medical Care If:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).

Think Prevention!

- After kids play outside, check their skin and hair especially the scalp, behind the ears, around the neck, and under the arms.
- When playing in wooded areas, kids should wear long-sleeved shirts and pants and tuck pant legs into their socks.

- Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years, always carefully following the directions for application.

Source:kidshealth.org



SWIMMERS EAR . . .

Swimmer's ear is an infection of the ear canal. If you stick your finger in your ear, you're feeling a little of the ear canal. But if you have swimmer's ear, and you **stick your finger in your ear — YOW!**

Swimmer's ear is different from a regular ear infection.

Swimmer's ear happens when **bacteria grows in the ear canal**, which is a **passageway to the eardrum**. Most of the time, water can run in and out of the ear canal without causing a problem.

Swimmer's ear may start with some itching, but try not to scratch because this can worsen the infection. Ear pain is the most common sign of swimmer's ear. Even touching or bumping the outside of the ear can hurt.

If a doctor thinks you have swimmer's ear, he or she will help you get rid of the infection. To do that, the doctor will probably prescribe ear drops that contain an antibiotic to kill the bacteria.

Use the drops as long as your doctor tells you to, even if your ear starts feeling better. Stopping too soon can cause the infection to come back.

LIFE JACKET SAFETY . . .

Always wear a life jacket when boating or rafting and when using an inner tube or personal watercraft.

Children and inexperienced swimmers should wear life jackets whenever in, on and around the water, even if a lifeguard is present.

Wear life jackets in open water, waterparks or other challenging environments and around cold water and ice.

When choosing a life jacket—

Make sure it is the **right type for the activity**.

Make sure it is *U.S. Coast Guard approved*. Look for the **stamp on the life jacket**.

Make sure it fits the intended user. Check the label on the life jacket for weight limits.

PREGNANCY FACTS

Couvade syndrome is a condition where the father-to-be experiences pregnancy symptoms like weight gain, nausea, insomnia and mood swings. It's actually rather common. In fact, about **90 percent** of men experience at least one pregnancy-like symptom.

Pregnancy is a time when women feel they deserve to be waited on, so naturally, they aren't terribly sympathetic. A lot of men don't feel needed during pregnancy. It's a time when they can feel pushed to the side.

Expectant dads, worry about the massive impending life change, eat to comfort themselves, or simply eat more because Mom is eating more. Any mood swings could be connected to the weight gain. "When you gain weight, you have more fat tissue, which converts testosterone into estrogen. The increased levels of estrogen may be responsible for mood swings and nausea. Insomnia may be the result of sleep deprivation (which also contributes to being irritable and moody). If there's a pregnant woman in the house, you won't sleep well if she's not sleeping well. This can lead to more stress and more symptoms.

What's the cure? Try exercising together, enjoying a couple's massage or simply talking to each other and your OB-GYN about it. Women should understand that while he's not carrying a baby, he's being sympathetic to you carrying a baby. Don't forget to wish dad a Happy Fathers Day!!!

Source: whattoexpect.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.

If your ear hurts, the doctor may suggest that a parent give you a **children's pain medication**. This can help you feel better while you're waiting for the antibiotic to work.

The question every kid wants to know is: "**When can I swim again?**"

You'll have to ask your doctor, but **be prepared to wait a little bit**. It could be as long as a **week to 10 days** before the doctor says OK. That's a bummer in the summer, but it's better than having that awful ear pain again!

If you have a **big problem with swimmer's ear** or you're a kid who's always in the water, the doctor may suggest ways for you to protect yourself. For instance, your mom or dad can get some special drops to put in your ears after swimming to dry up the water in there. It's an extra step that just might keep your ears in super shape all summer! Source: kidshealth.org



Check buckles and straps for proper function. Discard any life jacket with torn fabric or loose straps.

Put it on and practice swimming with it.

Water wings, swim rings, inflatable toys and other items designed for water recreation are not substitutes for U.S. Coast Guard-approved life jackets or adult supervision.

Know how to stay safe in, on and around the water, and how to respond in an emergency. Enroll in Red Cross water safety, first aid and CPR courses.

Anyone who spends time in, on and around the water should know how to swim well.

Source: americanredcross



FUN THINGS TO DO

WATER SPONGE BALL TOSS

All you need to make these sponge balls are:

- Rubber Bands
- Scissors
- Colored Sponges

Instructions:

Colored Sponges (cut each sponge into fourths) **12 pieces** for each sponge ball made

Stack up **12 pieces**, pinch the center together and wrapped a rubber band as tightly as you can get it around the middle.

Fill up a couple **buckets of water** and turn the kids loose in the back yard for a day of fun.

These are **inexpensive to make**, and much easier and safer than water balloons. Kids of all ages will enjoy playing this game.

Let the summer begin!

Source: endlesslyinspired.com

