



CMH Fall Newsletter

Sept.–Oct.–Nov 2019

September is National Literacy Month

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During National Literacy Month, take the time to encourage all of the people in your life, young and old, to go to the library, pick up a good book or challenge themselves to become literate.

According to the American Academy of Pediatrics, reading proficiency by third grade is one of the most important predictors of whether a student will graduate high school and succeed in a career, yet according to a study by the U.S. Department of Education, 32 million adults in the U.S. still can't read.

In addition to resources for young readers, there are language acquisi-



tions, adult learning and job training programs for immigrants and workers in need. These resources help elevate literacy and work skills for adults, which provides them access to higher income and opportunities.

What can you do to get involved?

Parents and caretakers can help by encouraging reading at all ages, instilling a love of reading and writing practices as a part of daily life. You can also tell stories, talk to children about their favorite books, and help them go to the library or bookstore to get new books.

For younger children, sit down together and read a book out loud. If you don't have kids of your own, volunteer at a local library or school. A new American Academy of Pediatrics study encourages pedia-

tricians to "advise parents of young children that reading aloud and talking about pictures and words in age-appropriate books can strengthen language skills, literacy development, and parent-child relationships."

Donate books to community book drives. One study found that in middle-income neighborhoods there are 13 books per child, while in low-income neighborhoods, there is one book for every 300 children. Researchers with the Economic Policy Institute have found that when low-income parents read to their children from an early age, have books in the home, and visit the library, their children have higher literacy skills.

<https://www.allianceforchildrenandfamilies.org/september-is-national-literacy-month/>

How to Have a Safe Bonfire

Sitting around a bonfire with family and friends is a fun pastime. When we roast marshmallows and spend time with friends, it's easy to forget about the risk factors involved with outdoor fires. Here are some safety guidelines to follow before the first match is lit.

Bonfire Safety Guidelines

- Check the weather. Never build a bonfire on a high-wind night.
- Make sure the area where you start your bonfire is a legal location. Check your state's laws and regulations about fires before you begin.

- Keep a bucket of water or garden hose nearby in case the fire begins to spread. It is important to be prepared in case of emergency.
- Keep a close eye on the bonfire as well as children nearby. This will help protect others around you.
- Do not burn aerosols, canisters or anything containing foam or paint. These types of chemicals have extremely flammable ingredients that can cause fire to spread or produce toxic fumes. Containers of these products could explode, causing injury.
- Ensure the wood you are burning is dry and seasoned. This means no railroad ties, nothing

- coated or treated and no furniture should be thrown in the fire.
- The pile shouldn't be bigger than 5'x5' to keep the flames containable.
- After the bonfire is done, turn over the charred materials with metal shovels and rakes, and douse the area with water.

Bonfire information cont. on page 4...



5 Trick or Treat Alternatives for Your Kids

The fun of dressing up in a costume and the excitement of nabbing a bag full of candy can make Halloween one of your kids' most anticipated days of the year. But unpredictable fall weather, the unknowns of going door to door, food allergies and sugar overload can have parents saying boo to this holiday. We've got a list of options that skip the traditional door-to-door trick-or-treating but still bring the right dose of frightfully good fun.

Visit a trunk-or-treat

Your school PTO, your church or your community center might already have one in the works, but if not, you can organize your own "trunk-or-treat." Trusted friends and neighbors gather together, having decorated the trunks of their cars, and dole out treats. If you're looking to avoid the usual sugary fare, each vehicle can feature an activity or hand out a party favor instead. You can think of trunk-or-treat as the tailgating of Halloween and set up a grilling station along with thermoses with coffee, cider or cocoa to keep warm on a cool night. Trunk-or-treats often take place in a well-lit parking lot, but any place where you can circle up the vehicles will do.

Paint mini pumpkins

Mini pumpkins are the perfect size for a painting party. Children get the benefit of doing a quick craft while watching a kid-friendly "scary" movie or listening to a spooky-noise soundtrack. After the orange orbs have had time to dry, hide them for a pumpkin hunt. Follow up the fun by serving up healthy treats or gifting-themed trinkets.

We've got a list of options that skip the traditional door-to-door trick-or-treating but still bring the right dose of frightfully good fun.

Go to a mall-o-ween

Check if your local mall is hosting an indoor trick-or-treating event. "Mall-o-weens" often feature fun freebies, special deals at stores, kid costume parades and other activities. As an added bonus, they usually take place in early evening, so there's still time for more fright-night enjoyment when you get home.

Host a gross-out game

You probably played this game at Halloween parties when you were a kid. Peeled grapes became eyeballs. Cooked spaghetti noodles became brains. Remember? Now it's your turn

to get creative. Put everyday items into shoeboxes with a small hole cut in each lid. Encourage attendees to reach their hands in and feel what's there. Make up a silly story to go along with the gore. Then ask the children to guess what's actually in the box before showing them. They can smell it, taste it (if edible) or shake it for sound. Let them make suggestions for what other items might make for fun faux guts. This goofy game works the imagination and the five senses.

Reverse trick-or-treat

Encourage your kids to make and decorate treats, like Halloween cookies or cupcakes, and then help them deliver the stash to a nearby fire or police station. Think of other places where homemade goodies and kiddos visiting in costumes might draw a smile.

Halloween for Everyone to Enjoy

With these fun and safe alternatives to trick-or-treating, you're guaranteed to have a Halloween that everyone will enjoy!

<https://www.fbfs.com/learning-center/trick-or-treat-halloween-activities>



Easy Pumpkin Krispies Treats

Rice Krispie treats in the shape of cute pumpkins!

Ingredients

- 3 Tbsp. butter
- 1/2 tsp. vanilla extract
- red & yellow food coloring or orange gel coloring
- 5-1/2 cups mini marshmallows
- 6 cups crispy rice cereal
- mini tootsie rolls

candy for decorations M&M's, candy corn, etc.

Instructions

In a large saucepan, melt and slightly brown butter on medium heat. Add vanilla extract and marshmallows. Stir until marshmallows are completely melted. Add food coloring until desired orange color is reached. Add cereal and stir until completely combined. Turn off heat and let sit for

a few minutes, until cool enough to handle.

When mixture has cooled enough, spray your hands with cooking spray and mold cereal mix into circles. (I made nine medium sized pumpkins). Unwrap a tootsie roll and press into each pumpkin top. Add candy for the eyes and noses (we used a little frosting to adhere). Eat and enjoy!

Take Actions to Prevent the Flu

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.

While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common. Three-component vaccines contain an H3N2, an H1N1 and a B virus. Four component vaccines have an additional B virus component.

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

- Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza.

- Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October. Learn more about vaccine timing.

For the flu season, CDC and its Advisory Committee on Immunization Practices (ACIP) recommend

annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine (inactivated, recombinant or nasal spray flu vaccines) with no preference expressed for any one vaccine over another.

Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.

Infants younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. Studies have shown that flu vaccination of the mother during pregnancy can protect the baby after birth from flu infection for several months. People who live with or care for infants should be vaccinated.

Take everyday preventive actions to stop the



spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

<https://www.cdc.gov/flu/prevent/prevention.htm>

Flu Symptoms

Flu is different from a cold. As it usually comes on suddenly, People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

What are the emergency warning signs of flu?

People experiencing these warning signs should obtain medical care right away.

In children

Fast breathing or trouble breathing- Bluish lips or face- Ribs pulling in with each breath -Chest pain -Severe muscle pain (child refuses to walk) - Dehydration (no urine for 8 hours, dry mouth, no tears when crying)-Not alert or interacting when awake- Seizures - Fever above 104°F - In children less than 12

weeks, any fever -Fever or cough that improve but then return or worse - Worsening of chronic medical conditions

In adults

Difficulty breathing or shortness of breath - Persistent pain or pressure in the chest or abdomen - Persistent dizziness, confusion, inability to arouse -Seizures - Not urinating -Severe muscle pain -Severe weakness or unsteadiness -Fever or cough that improve but then return or worsen -Worsening of chronic medical conditions.

These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

<https://www.cdc.gov/flu/symptoms/symptoms.htm>

DON'T LET THE FLU SCARE YOU!



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We're on the web:
GUERNSEYCOUNTYHEALTHDEPARTMENT.ORG
AND LIKE AND FOLLOW US ON FACEBOOK AND
TWITTER @ [GUERNSEYCOUNTYHEALTHDEPARTMENT](https://twitter.com/GuernseyCountyHealth)

How to Have a Safe Bonfire... *Cont. from front page*

Things To Keep in Mind

Wear appropriate clothing — wear non-flammable clothing when starting, sitting by or extinguishing the fire. Wear hard-soled shoes instead of rubber sneakers or flip flops, as leaping sparks could cause them to ignite.

Keep an eye on alcohol consumption — if you and your guests are enjoying an adult beverage or two around the bonfire, be mindful of your consumption. Too much alcohol can lead to clumsiness and careless behavior, such as getting too close to the fire or tossing in the wrong items.

Put out the fire safely — when the evening comes to a close, and you've let the fire burn out, use a shovel to spread out the ashes and let them cool down. Slowly pour water over the ashes and monitor them closely to be sure that no burning embers remain. Place the cooled ashes in a metal can that is designated for ash storage only. You should not leave the site until you know the fire is fully out.

According to the National Park Service, nearly 85 percent of wildland fires in the United States are caused by humans, in many cases resulting from campfires or bonfires left unattended with loose embers and burning debris. Knowing how to stay safe and what precautions to take while having a bonfire are essential to keeping everyone safe and having a good time.

<https://www.hanover.com/articles/how-to-have-a-safe-bonfire.html>



Helping Babies Sleep Safely



Expecting or caring for a baby? Take these steps to help baby sleep safely and reduce the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS).

There are about 3,500 sleep-related deaths among US babies each year. CDC supports the American Academy of Pediatrics (AAP) to reduce the risk of all sleep-related infant deaths, including SIDS. Parents and caregivers can help create a safe sleep area for babies by taking the following steps:

Place your baby on his or her back for all sleep times—naps and at night. Some parents may be concerned that a baby who sleeps on his or

her back will choke if he or she spits up during sleep. However, babies' anatomy and gag reflex will prevent them from choking while sleeping on their backs. Babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their sides or stomachs.

Use a firm, flat sleep surface, such as a mattress in a safety-approved crib, covered only by a fitted sheet. Some parents might feel they should place their baby on a soft surface to help him or her to be more comfortable while sleeping. However, soft surfaces can increase the risk of sleep-related death. A firm sleep surface helps reduce the risk of SIDS and suffocation.

Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old. Some parents may feel they should share their bed with their baby to help them feel more connected. However, accidental suffocation or strangulation can happen when a baby is sleeping in an adult bed or other unsafe

sleep surfaces. Sharing a room with your baby is much safer than bed sharing and may decrease the risk of SIDS by as much as 50%. Also, placing the crib close to your bed so that the baby is within view and reach can also help make it easier to feed, comfort, and monitor your baby.

Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area. Additionally, do not cover your baby's head or allow your baby to get too hot. Some parents may feel they should add sheets or blankets to their baby's crib to help keep their baby warm and comfortable while sleeping. However, sheets, comforters, and blankets can increase the risk of suffocation or overheat your baby. If you're worried about your baby getting cold during sleep, you can dress her or him in sleep clothing, like a wearable blanket.

<https://www.cdc.gov/reproductivehealth/features/baby-safe-sleep/index.html>

Keep kids moving this Fall

Kids need at least 2 hours of active play daily! The warmer months seem easy but as the weather gets cooler it is harder to keep kids "moving". Here are some inside play ideas to try:

Turn on the music and dance with your child: You can freeze dance, copy cat dance or even dance like an animal! Make sure to sing to the music-Singing is a fun way for little children to learn new words.

Plan a family exercise time: Spend 20-30 minutes each day exercising together-your child will like to copy what you do and will be learning a healthy habit for life.

Jump the river: Place a small towel or blanket on the floor to create a river. Have your child practice "jumping over the river" without getting wet. Teach your child how to swing his arms when jumping and to land softly on both feet without falling over. Make sure to join in and make it fun by encouraging your child with questions like, How high can you jump?, How far can you jump?, and How many times in a row can you jump?.

Play together

Grow together

You are your
child's first and
favorite playmate.

Understanding Your Child's Individualized Education Program (IEP) Parent Training



This free training was designed for parents/guardians of children who have an IEP. The training will overview of each component and section of an IEP to help you as a member of your child's educational team. Each family will also receive an organizational binder for their child's records.

Please join us!

Monday, October 7th

2 sessions available:
10 to 11:30 am (morning) or 6 to 7:30 (evening)

Crossroads Branch Library
63500 Byesville Road
Cambridge, OH 43725

Offered by:



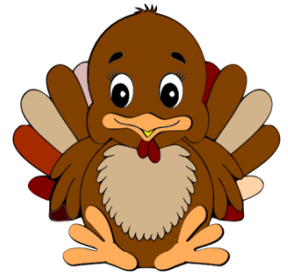
Space is limited. Light refreshments provided.

Register by contacting
Paige Moore at 740-439-4451
or
www.GuernseyCountyDD.org

Slow Cooker Turkey Breast

- * 1 (6 pound) bone in turkey breast
- * 1 (1 ounce) envelope dry onion soup mix

Rinse the turkey breast and pat dry. Cut off any excess skin, but leave the skin covering the breast. Rub dry onion soup mix all over outside of turkey and under the skin. Place in a slow cooker. Cover, and cook on High for 1 hour, then set to Low, and cook for 7 hours.



UPCOMING EVENTS:

Join the WIC Ghoul Friends cooking club:

Oct 2nd 2019 from 12:30 - 2 p.m.

Please Call to RSVP (740) 439-3577 EXT. 7242

Oct. 31st 2019 WIC Card load day and Trick or Treat around The Health Department. This is open to All WIC participants.
Like us on Facebook to see upcoming events!

The WIC OFFICE will be
CLOSED on Oct. 14th 2019

Nov. 11th 2019

Nov 28th & 29th 2019

Dec. 25th 2019



This institution is an equal opportunity provider.

WIC supports breastfeeding.

