

Parent Power



Spring/Summer
2008

Did you know?

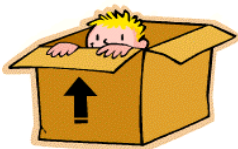
Properly installed and maintained smoke alarms save lives and protect against injury and loss due to fire.

Be sure you have a working smoke alarm!



"It is a happy talent to know how to play."

~Ralph Waldo Emerson



NOW ONLINE!
Parent Power
www.co.franklin.pa.us

Child Abuse Prevention Month

April is Child Abuse Prevention Month, but the prevention of child abuse is important every month. Here are some ways you can get involved to ensure that all children are safe and happy.

8 Ways To Help Prevent Child Abuse

Be a nurturing parent. Children need to know that they are special, loved and capable of following their dreams.

Help a friend, neighbor or a relative. Being a parent isn't easy. Offer a helping hand to take care of the children so the parent(s) can rest or spend time together.

Help yourself. When the problems of everyday life pile up and you feel overwhelmed and out of control, take time out. Don't take it out on your kid(s).

When your baby cries...it can be frustrating. Never shake a baby. Shaking your baby may result in severe injury or death.

Get involved. Ask your community leaders, clergy, and/or schools to help develop services to meet the needs of healthy children and families.

Promote programs in schools. Teaching children, parents and teachers prevention strategies can help to keep children safe.

Monitor your child's television and video viewing. Violent films and tv programs can harm young children.

Report suspected abuse and neglect. If you have reason to believe a child has been or may be harmed or injured, call Children & Youth at 717-263-1900 or ChildLine at 1-800-932-0313.

Above information from Prevent Child Abuse America www.preventchildabuse.org



Staying Tobacco Free How to protect your family

- If you smoke, only smoke outside.
- Make your home and car smoke-free.
- Do not allow other family members, friends, or visitors to smoke inside.
- Dine-out in Smoke Free Restaurants (Call Staying Tobacco Free for a free Smoke-Free Dining Guide, featuring our local restaurants.)
- Ask your doctor for ways to help you quit smoking.
- Call Staying Tobacco Free at 717-262-4691, to register for **FREE** Stop Smoking Classes.

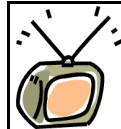


Quitting is difficult for most smokers. If you are thinking about quitting you'll have a better chance of being successful if you have help.

Call today for free Stop Smoking Classes, support groups or self-help materials.



To save your health & your money: turn to page 4!



Turn Off the TV Week

April 21-25 Turning off the tv is a great way to improve the health of you and your family, so...

- keep the tv off during mealtime
- don't use tv as a reward
- remove the tv from your child's bedroom
- hide the remote
- designate days of the week as tv-free days
- move the tv to a less-prominent location

And if the kids say they are bored, don't worry: boredom passes and often leads to creativity!

For a list of things to do instead of watching tv, go to page 4. For more info go to www.pana.org.

5 Minutes (or Less) for Health!



Take five for your health! Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Most things are so simple and take so little time, that you'll wonder why you've been avoiding them. Below are some steps you can take to help protect your health and safety in five minutes or less.

Wash hands. Wash hands to lower the risk of spreading germs and getting sick.

Prevent poisonings. Follow instructions for all drugs, medications, or household chemicals and keep products out of the reach of children. Put the poison control number (800-222-1222) where all family members can see it.



Fight the urge to smoke or use tobacco. Do something else like take deep breaths and let them out slowly. Drink a glass of water. Carry things to put in your mouth, such as gum, hard candy, or toothpicks.



Buckle up. Lower the risk for vehicle-related injuries. Make sure everyone is properly restrained in safety seats or safety belts. Placing children in age- and size-appropriate restraint systems lowers the risk of serious and fatal injuries by more than half.

Protect your skin. Wear sunscreen, seek shade, and cover up to help lower your risk for sunburn and skin cancer. Wear insect repellent with DEET or Picaridin to protect yourself from mosquito and tick bites, which can cause disease.



Read food labels. Check the amount of fat, cholesterol, sodium, sugars, protein, and other ingredients. Check the serving size to make sure you don't eat more calories than you think you're getting.

Make an appointment. Whether you need a yearly check-up, vaccination, or screening, don't put it off!



Test smoke alarms. Every month, check your smoke alarms to ensure they work properly. Check or replace the battery to your smoke alarm and carbon monoxide detector when you change the time on your clocks each spring and fall.

Keep track of your family's vaccinations. Be sure they stay up-to-date. Children, young adults, and older adults all need vaccinations. Vaccinations help protect people from diseases and save lives.



Eat healthy. Just take an extra minute to make better food choices. Eat more fruits and vegetables as a meal, less saturated fat, and

healthy grab-and-go snacks. There are many quick and easy ways to add healthier choices to your day.



Take a break. If you think you're getting sick, feel yourself losing control, or are dealing with stress, take a break. Just taking a few minutes can give you the opportunity to

clear your head so you can make better decisions about you and your family's health and safety.



Be active. Take a few extra minutes throughout the day to get some physical activity. Park further away from the door, take the stairs, dance to a favorite song, or do your errands on foot instead of by car. If you can't do a lot of exercise at once, do it in shorter, more frequent intervals throughout the day. Physical activity does not need to be hard to give you health benefits.

Source: Dept. of Health & Human Services, Centers for Disease Control & Prevention: www.cdc.gov/family/minutes/



What is Rabies?

Rabies is a serious disease that is caused by a virus. Each year, it kills more than 50,000 people and millions of animals around the world.

Who gets rabies?

Raccoons, skunks, foxes, bats, dogs, and cats can get rabies. Cattle and humans can also get rabies. Only mammals can get rabies. Animals that are not mammals (such as birds, snakes, fish) do not get rabies.

How does an animal get rabies?

Rabies is caused by a virus. An animal gets rabies from saliva, usually from a bite of an animal that has the disease. You cannot get rabies from blood.

How do you know if an animal has rabies?

Animals with rabies may act differently from healthy animals. Wild animals may move slowly or act tame. A pet that is usually friendly may snap at you or may try to bite.

Some signs of rabies in animals:

- general sickness
- aggression
- problems swallowing
- increased drooling
- changes in an animal's behavior



How can I prevent rabies?

- If an animal bites you that could have rabies, call your physician immediately.
- Vaccinate your dogs, cats, and ferrets against rabies.
- Keep your pets under supervision.
- Do not handle wild animals. If you see a wild animal or a stray, especially if the animal is acting strangely, call an animal control officer.
- If you are bit by an animal, wash the area with soap and water for at least 5 minutes.
- Get your pets spayed or neutered. Pets that are fixed are less likely to leave home, become strays, and make more stray animals.

Source: Centers for Disease Control & Prevention- www.cdc.gov



Reading Tips for Parents

Parents can make reading with their children part of a daily routine. Reading together can also become part of your evening or bedtime ritual. Here are some additional suggestions for making reading together a pleasurable experience.

- Make reading part of every day. Read at bedtime or while waiting at appointments.
- Have fun. Children who love books learn to read. Books can be part of a special time with your child.
- A few minutes is ok. Young children can only sit still for a few minutes for a story, but as they grow, they will sit still longer.



- Talk about the pictures. You do not have to read the book to tell a story.
- Let your child turn the pages. Babies need board books and help to turn pages, but your 3 year-old can do it alone.
- Show your child the cover page. Explain what the story is about.
- Show your child the words. Run your finger along the words as you read them.
- Make the story come alive. Create voices for story characters. Use your body to tell the story.
- Ask questions about the story. What do you think will happen next? What is this?
- Let your child ask questions about the story. Use the story as an opportunity to engage in conversation and talk about familiar activities and objects.
- Let your child tell the story. Children as young as 3 years old can memorize a story and many children love an opportunity to express their creativity.



from the Reach out and Read National Center www.reachoutandread.org



Your Online Resource for Recalls

Keep Your Family Safe!

The President has asked all federal agencies to streamline communications with the public and improve inter-agency information sharing in order to enhance public security. Therefore, to provide better service in alerting the American people to unsafe, hazardous or defective products, six federal agencies with vastly different jurisdictions have joined together to create a "one stop shop" for U.S. Government recalls such as consumer products, foods, cosmetics, medicines, environmental products, motor vehicles, toys, etc.

Visit www.recalls.gov frequently to be sure you are up-to-date so you and your family are safe!



Save your health and your money!



The cost of smoking through the years:

- One pack a day for 1 year = \$ 1,825
- One pack a day for 10 years = \$18,250
- One pack a day for 20 years = \$36,500
- One pack a day for 30 years = \$54,750

Information provided by Staying Tobacco Free, a program coordinated by Summit Health and funded in part, under a contract with the Pennsylvania Department of Health.

Manito, Inc. & ESCAPE Parent-Child Center announce Spring PARENTING SEMINARS :

Parents of Children Birth-5 Years Old

Location: Church of the Brethren, Chambersburg

When: Tuesdays & Saturdays

April 29, May 3, 6, 10, 13, & 17

Time: Tuesdays 6:00-8:00 p.m. & Saturdays 9:00-11:00 a.m.

Peaceful Solutions for Parents of Teens

Location: Christ United Methodist Church, Waynesboro

When: April 28, May 6, 13, 20, 27, June 2

Time: 6:00-8:45 p.m.

Class & Childcare Registration is REQUIRED!
Call 263-7707 to register!

Coming in May & June:

- Understanding Autism & Asperger's Syndrome Class
- Anger Management Workshop

***Call for dates and times**

Things To Do Instead of Watching TV



- Plan a fishing trip.
- Take the dog for a walk around the block.
- Go for a bike ride with your friends.
- Offer to help a neighbor by raking leaves or pulling weeds.
- Start a garden.
- Use sidewalk chalk and draw hopscotch on the driveway and play.
- Make a treasure hunt to play with your friends.



- Have an arm wrestling contest.
- Draw a new picture for the 'fridge.
- Try writing a poem.

- Make a fort with the couch cushions and blankets.
- Go to the library and get a new book.
- Take a flash light and read scary stories in the dark.
- Take a hike at the park.
- Get some friends together and play a game of kickball.
- Try skateboarding.
- Grab binoculars and go bird watching.
- Head outside to start a rock collection.



*Adapted from www.pana.org
"101 Things to Do Instead of Watch TV"*



Ice Cream In A Bag

You will need:

- Pint-size zip-lock baggie
- 1 tablespoon of sugar
- 1/2 teaspoon of vanilla
- 1/2 cup of milk
- Gallon-size zip-lock baggie
- 3 cups of ice
- 1/3 cup of salt

Put the sugar, vanilla, & milk in the smaller baggie. Close the bag. Combine ice & salt in the big baggie and insert the small baggie inside the large one. Close it. Turn & roll the bag for about 6 minutes until it becomes soft just like ice cream!



Pick a pear!

Try a delicious, juicy and refreshing pear:

- Halved and put in your yogurt for breakfast
- Tossed in with your lunch
- Sliced over your salad for dinner
- Diced over your ice cream

Want to stop smoking? Pennsylvania's Free Quitline



1-800-QUIT NOW

Check out these fun websites!



www.verbnow.com

www.smallstep.gov

www.recreation.gov

www.noggin.com

Funding for this issue of *Parent Power* was provided by Staying Tobacco Free, a program coordinated by Summit Health and funded in part, under a contract with the Pennsylvania Department of Health. *Parent Power* is a publication to empower parents brought to you by the Parenting Programs Coalition of Franklin County. Ten thousand issues in English and Spanish are distributed throughout Franklin County to all 7 school districts, doctor's offices, human service agencies, etc., This issue was prepared by Kim Lucas and printed by the Graphics Communications Program at Franklin County Career and Technology Center. To contribute information for the next issue and/or more information, contact *Parent Power* at 261-3144.