

Parent Power



Fall 2008

Believe it or not...

There's no lead in pencil lead! The center of the pencil is made of a non-toxic mineral called graphite which is a mixture of graphite and clay.



"Live so that when your children think of fairness and integrity, they think of you."

H. Jackson Brown, Jr.



GET IT ONLINE!
Parent Power
www.co.franklin.pa.us

5 Important Reasons to Immunize Your Child

You want to do what is best for your children. You know about the importance of car seats, baby gates, and other ways to keep them safe. But, did you know that one of the best ways to protect your children is to make sure they have all of their vaccinations?

1. Immunizations can save your child's life. Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children have been eliminated completely and others are close to being gone - primarily due to safe and effective vaccines.

2. Vaccination is safe and effective. All vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent.

3. Immunization protects others you care about. Serious vaccine-preventable diseases still occur. Unfortunately, some babies are too young to be completely vaccinated and some people may not be able to receive vaccinations due to allergies,

illness, weakened immune systems, or other reasons. To help keep these individuals safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

4. Immunizations can save your family time and money. A child with a vaccine-preventable disease can be kept out of schools or daycare facilities. A prolonged illness can take a financial toll because of lost time at work, medical bills, or long-term disability care. In comparison, getting vaccinated against these diseases is a good investment and usually covered by insurance.

5. Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations before. For example, smallpox vaccination helped eradicate that disease world wide. Your children don't have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in (continued, page 2)



The Immunization Scheduler makes it simple to catch-up on kids' immunizations (see page 2)

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the future may be able to trust that diseases like polio and measles won't infect, cripple, or kill children.

The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay.



To find out more about the VFC program, visit, www.cdc.gov/vaccines/programs/vfc/ or ask your healthcare provider. For more information about the importance of infant immunization, visit www.cdc.gov/vaccines.

Immunization Scheduler Makes it Simple for Parents and Providers to Catch-up on Kids' Immunizations

To assist parents and providers in the task of deciding the best strategy for getting a child back on track after not getting some or all vaccines at the recommended ages, CDC has released a cutting-edge web-based Catch-up immunization Scheduler. The Scheduler is a downloadable, easy-to-use tool to quickly find out what vaccines are needed and when to give them to bring children up-to-date according to the currently recommended schedule. The Catch-up Immunization Scheduler is now available for download from the CDC website at www.cdc.gov/vaccines/scheduler/catchup.htm



Play Dough Recipe

1 1/2 c. flour, 1/2 c. salt, 1/2 c. water, 1/4 c. vegetable oil or a few drops of liquid detergent, food coloring (optional). Mix flour with salt. Add water, oil/detergent, food coloring. Knead mixture as if it were bread dough. Store covered in the refrigerator.



EWWW...Germs!

How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Stop the Spread of Germs

Cover your mouth and nose when coughing or sneezing. Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.



The "Happy Birthday" song helps keep your hands clean? Not exactly. Yet we recommend that when you wash your hands with soap and warm water that you wash for 15 to 20 seconds. That's about the same time it takes to sing "Happy Birthday" twice!

Alcohol-based hand wipes and gel sanitizers work too. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands. Source: FDA/CFSAN Food Safety A to Z Reference Guide, September 2001: Handwashing.



Your Online Resource for Recalls

visit www.recalls.gov
frequently to be sure you are up-to-date
on the latest recalls!

Encourage Kids to Eat More Fruits & Veggies



Eating fruits and vegetables is part of a healthy diet for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce a variety of fruits and vegetables to kids can help develop a lifetime of healthy habits.

10 Ways to Help kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to meet their daily fruits and vegetables goal. Reward the winner with a prize.
6. Ask that fruits and vegetables be offered at school functions, after school programs and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.



8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends and relatives to offer vegetables and fruits to your children.



Helping Children Grow Up Healthy

It is easy for parents to identify a child's physical needs—nutritious, balanced meals; adequate shelter and clothing; sufficient rest and physical activity; and a healthy living environment. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially, learn new skills, build self-esteem and develop a positive mental outlook.



These are the basics for a child's good mental health:

Give children unconditional love. Children need to know that your love does not depend on their accomplishments.

Nurture children's confidence and self-esteem. Praise and encourage them. Set realistic goals for them. Be honest about your mistakes. Avoid sarcasm.

Encourage children to play. Play time is as important to a child's development as food. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with others.



Enroll children in an after school activity, especially if they are home alone after school. This is a great way for kids to stay productive, learn something new, gain self-esteem and have something to look forward to during the week. Or check in on children after school if they are home alone. Children need to know that even if you're not there physically, you're thinking about them, and interested in how they spent their day and how they'll spend the rest of it.

Provide a safe and secure environment. Fear can be very real for a child. Try to find out what is frightening him or her. Be loving, patient and reassuring, not critical.

Give appropriate guidance and discipline when necessary. Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn self-control.



Communicate. Make time each day to listen to your children and talk with them about what is happening in their lives. Share emotions and feelings with your children.

Get help. If you're concerned about your child's mental or emotional health, consult with teachers, a guidance counselor or another adult who may have information about his or her behavior. If you think there is a problem, seek professional help right away.

Source: <http://www.mentalhealthamerica.net/go/mental-health-month/helping-children-grow-up-healthy>

For help finding treatment, support groups, medication information, help paying for your medications, etc. contact Franklin Co. Information & Referral at 261-2561.



Foods: Important Elements—Smell, Texture, and Color

Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.

Try feeding different textures of fruits and vegetables to your child. Some children prefer smooth food, where as others like lumpy, and some children like crisp foods, but others like soft.



Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat/fat free yogurt.

www.fruitsandveggiesmatter.gov



Seeing is believing!
Model healthy eating habits to kids by eating fruits and vegetables often. Kids tend to follow the actions of older family members.



(717) 262-4691

Call Staying Tobacco Free to register or for self-help resources.
717-262-4691

Free Stop Smoking Classes

- Mon. Nov. 3 through Mon. Dec. 8, 08 at Waynesboro Hospital
- Wed. Jan. 7 through Wed. Feb. 11, 09 at Chambersburg Hospital
- Mon. Mar. 2 through Mon. Apr. 6, 09 at Waynesboro Hospital
- Wed. May 6 though Wed. Jun. 10, 09 at Chambersburg Hospital



Phrases of Praise A-Z

- Awesome!
- Breathtaking!
- Cool!
- Delightful!
- Exceptional!
- Fantastic!
- Great!
- How thoughtful!
- I'm proud of you!
- Just what we need!
- Keep up the good work!
- Love it!
- Magnificent!
- Nice Going!
- Outstanding!
- Phenomenal!
- Quality Work!
- Remarkable!
- Sensational!
- Terrific!
- Unique!
- Very impressive!
- Wonderful!
- eXcellent job!
- You're so talented!



Apple Sausage

Mix one large finely chopped apple with a pound of lean ground turkey or chicken.

Season with sage and rosemary and shape into breakfast sausage patties.

Cook in skillet over medium heat for 4 to 5 minutes on each side until meat reaches an internal temperature of 165°



Pink Lemonade Yogurt Pops

Mix together 1 cup plain non-fat yogurt and 4 tablespoons of undiluted pink lemonade and pour into frozen pop containers or paper cups with popsicle sticks. Freeze and eat.

What's on the web?



Check out these sites for kids!

www.cdc.gov/powerfulbones

www.pbskids.org

www.netsmartz.org

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