

# NEWS YOU CAN USE

## HEALTH SAFETY AND NUTRITION

TREC BADLANDS  
HEADSTART  
PRENATAL TO FIVE

AUGUST/SEPTEMBER VOLUME 1 ISSUE 1

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Please remember this newsletter is not intended as a substitute for the expertise and judgment of qualified health-care professionals. You should consult with your health-care provider



### QUOTE FOR THOUGHT

Our most common link is that we all inhabit this planet. We all breath the same air. We all cherish our children's future. And we are all mortal.

John F. Kenney

AUGUST

National Immunization Awareness

SEPTEMBER

Baby Safety Awareness

For any comments, concerns, questions, please feel free to call Health Safety and Nutrition Specialist, Malynda Wolf, RN at 605-723-8837 email [mwolf@badlandshs.org](mailto:mwolf@badlandshs.org) or Health and Safety Coordinator Hazel Vilhauer, LPN at 605-723-8837 email [hvilhauer@badlandshs.org](mailto:hvilhauer@badlandshs.org)

Head Start Performance Standard - 1304.20

This is to ensure that, through collaboration among families, staff, and health professionals, all child health and developmental concerns are identified and children and families are linked to an ongoing source of continuous, accessible care to meet their basic health needs.

## EMERGENCY NUMBERS

**FIRE 911 OR LOCAL NUMBER FOR YOUR AREA**



**POLICE 911 OR LOCAL NUMBER FOR YOUR AREA**



**AMBULANCE 911 OR LOCAL NUMBER FOR YOUR AREA**



**POISON CONTROL TOLL FREE 1-800-222-1222**



**ASK A NURSE TOLL FREE 1-800-658-3535**



## IMMUNIZATIONS AND YOUR CHILD

Immunizations have been protecting children from serious diseases for more than 50 years. When your child is immunized he receives a vaccine to prevent a certain disease. Vaccines usually are given as shots. Children begin most of their immunizations when they are two months old. Several different immunizations are needed during the first five years of life. Some are as follows:

**Diphtheria affects the nose, throat and skin. It can cause paralysis and heart damage.**

**Pertussis or whooping cough can cause continuous coughing that can last several weeks.**

**Tetanus also called lockjaw can cause painful muscle contractions. Can be fatal.**

**Measles can cause fever, weakness, cough and a rash. Can cause breathing problems and convulsions.**

**Mumps can cause fever, headache and earache. The glands on the side of the face may swell.**

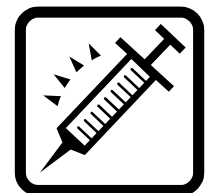
**Rubella, or German Measles, causes fever, rash and sore throat. It is very dangerous. Can cause birth defects in pregnant women.**

**Chicken pox causes fever and a rash. It can affect internal organs.**

**Haemophilus influenza or Hib is a type of flu that can cause brain damage.**

**Polio can cause paralysis, meningitis and respiratory infections.**

**Hepatitis affects the liver and can cause death.**



Immunizations are shots or medicines that prevent these dangerous diseases from children.

Call your doctor or the local health department for more information about immunizations.



## SAFETY TIPS FOR YOUR CHILDREN

Always buckle up! Motor vehicle accidents are a leading cause of injury and death for young children. Infants and young children should use car seats which meet Federal Motor Vehicle Safety Standards. Infants should be securely buckled into car seats that face the rear of the car. Toddlers and small children can be buckled into front-facing car seats. Older children should use a booster seat along with the lap belt and shoulder harness.

Taken from Hip on Health

Trec Badlands Head Start has a Child Safety Seat Distribution Agreement with the Department of Social Services, Division of Child Care for a the period of 6/1/2013 and 5/31/2014 to distribute child safety seats along with technical assistance regarding the child safety seat distribution and any required reporting forms and educational handouts on an ongoing basis. We will not charge a fee for the seats or the instruction on installation and use of the seats. See Attached flier for age and weight limit per seat.

## HEARING, VISION, LEAD, PHYSICALS AND DENTAL EXAMS

Badlands Head Start will monitor your child's **hearing and vision** yearly. Hearing and Vision problems may cause speech and learning difficulties.

**Lead Blood Tests** are performed by measuring the level of lead in the blood. Lead is a neurotoxin that is particularly dangerous for young children because of their small size and rapid growth and development. Lead accumulation can cause behavioral and learning difficulties, anemia and other medical problems. They can be ex-

posed to lead through toys, lead paint, lead pipes, ceramic pottery and others. This test is a 12 mo. and a 24 mo. Requirement. These tests can be obtained when children have their **required physical exams** or by the Head Start nurses. A blood sample taken from a finger stick is required for lead blood screening.

Please keep the lead test in mind when going in for your **Well Child Checks** or **yearly physical exams**.

**Dental exams**, treatment and

follow up exams are also a requirement of Head Start. Babies as well as toddlers need oral care. Even though their teeth may be hidden inside their gums, oral health is very a important part of daily hygiene. **ALL** teeth are important. You should take your child to the dentist around 1 year old and **BEFORE** he has problems. Head Start will help coordinate appointments and travel.



## InfantSEE Program

The InfantSEE is a public health program, managed by Optometry Cares and is designed to ensure that eye and vision care becomes an essential part of infant wellness care to improve a child's quality of life. Under this program, participating optometrists provide a comprehensive infant eye assessment between 6 and 12 months of age as a no-cost public service. To see if there is an optometrist in your area, call us and we will research that information for you.

All enrolled children are required to have a hearing and vision screening within 45 days of enrollment. Head Start also requires all children to obtain a blood test for lead at 12 months and 24 months of age. Children between the ages of 36 months and 72 months must also have a lead blood test if one has not yet been done. All enrolled children should have regularly scheduled well check exams. A physical exam should be completed within 90 days of entry into the program. Health requirements for the Head Start program were developed at the Federal level to ensure that all children are healthy and ready to learn. Health concerns can be identified and corrected early with regular well child checks.

# RECIPE OF THE MONTH

**Fruity Crackers:** Spread strawberry cream cheese on rough crackers. Top with small pieces of fruit –strawberry slices, blueberries, banana slices , peach slices, etc.

**Ants on a Log:** Spread peanut butter into the middle of celery sticks. Top with raisins.

**Mucho Nachos:** Sprinkle shredded cheddar cheese on taco chips. Heat in microwave until cheese melts. Serve with bowls of refried beans, salsa and cooked seasoned hamburger.

**Peanut Butter Crackers:** Spread peanut butter on 2 graham crackers. Top 1 cracker with banana slices. Put crackers together for a sandwich.

**Fruit Dips:** Put pretzel sticks into chunks of fruit-strawberries, kiwi, peaches, pears, pineapple. Serve with a dish of low fat flavored yogurt and a dish of granola or coconut.

September is Obesity Awareness month. Childhood obesity has more than doubled in the past 30 years. Overweight and obesity are the result of a caloric imbalance which simply means too many calories consumed and too few calories are expended. So let's promote some healthy eating and encourage more exercise with less TV and more fresh air. Healthy eating is associated with reduced risk of many diseases such as heart disease, cancer, stroke and diabetes. Regular physical activity in childhood improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self esteem and may improve blood pressure and cholesterol levels.  
Taken from CDC

## PEDESTRIAN SAFETY

1310.1 Purpose: Under the Authority of sections 644(a and c) and 645A(b)(9) of the Head Start Act, this part also requires Head Start, Early Head Start, and delegate agencies to provide training in pedestrian safety. Provide pedestrian and riding safety education within 30 days.

Teach kids how to be safe and aware while walking, crossing streets and using traffic signals. It is always best to walk on sidewalks. If there are none, they should face traffic and stay as far left as possible. Tell them to look

left and right and left again before crossing a street. They should never run or dart out into the street or cross between cars. They should make eye contact with drivers before crossing to be sure they have been seen. Children under 10 should cross with an adult! Drive with an ear and eye out for kids. Follow the speed limit and slow down in residential and school zones and watch out for kids crossing the street. Pedestrians Have The Right of Way

Enter and exit driveways and alleys SLOWLY. The hard facts are as follows: Unintentional pedestrian injuries are the second leading cause of death in the US for children 5-14. So talk to your kids and teach them the things that I have mentioned in this article. Also warn them about the dangers of headphones and to remove them at crosswalks. Drivers should reduce distractions such as cell phones. All these tips may save your child's life!!

### TREC BADLANDS HEAD START PRENATAL TO FIVE

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#### MISSION STATEMENT

HONOR AND EMPOWER CHILDREN, FAMILIES,  
STAFF AND RURAL COMMUNITIES

## Health Event Schedule

### Health Screenings:

Buffalo:	Aug 13th	8:30-4
	(basement of Buffalo Clinic)	
Bison:	Aug 14th	8-3
	(Bison School)	
Lemmon:	Aug 15th	7:30-2
	(Head Start Center)	
Belle Fourche:	Sept 12	8-6
Oglala:	Sept 24	10-4
Pine Ridge:	Sept 25	10-4

Kyle:	Sept 26	10-4
Pine Ridge:	Oct 16	10-4
Kyle:	Oct 17	10-4

### Dental Bus:

Buffalo:	Aug 19-23
Belle Fourche:	Aug 26-30
Bison:	Sept 9-13
Kyle:	Sept 16-20
Kyle HS:	Oct 28-Nov 1

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