

# NEWS YOU CAN USE

## HEALTH SAFETY AND NUTRITION

TREC BADLANDS  
HEADSTART  
PRENATAL TO  
FIVE

OCTOBER/NOVEMBER VOLUME 1 ISSUE 2

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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 about all health-related care issues.**



\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



### Quote for Thought

The most interesting information comes from children, for they tell all they know and then stop.

Mark Twain

OCTOBER IS SIDS AWARENESS MONTH

NOVEMBER IS GREAT AMERICAN SMOKEOUT MONTH

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.

Sudden infant death syndrome (SIDS) is the sudden, unexplained death of an infant younger than one year old. Some people call SIDS "crib death" because many babies who die of SIDS are found in their cribs.

SIDS is the leading cause of death in children between one month and one year old. Most SIDS deaths occur when babies are between two months and four months old. Although health care professionals don't know what causes SIDS, they do know ways to reduce the risk. These include:

- Placing babies on their backs to sleep, for short naps - "tummy time" is for when babies are awake and someone is watching
- Using a firm sleep surface, such as a crib mattress covered with a fitted sheet
- Keeping soft objects and loose bedding away from sleep area
- Making sure babies don't get too hot - keep the room at a comfortable temperature for an adult

#### Other Tips:

- Choose to breastfeed instead of using artificial infant formula. Breastfeeding is healthier.
- Don't smoke while you are pregnant or allow smoking in your home. Secondhand smoke is bad for your baby.
- A crib that meets safety standards is the very safest place for your baby to sleep.
- Enjoy your baby!! This piece is meant to inform and help you, not scare you!!

## MORNING SICKNESS

Signs: Sudden vomiting and/or waves of nausea, little or no appetite, feeling tired or sleepy, possible weight loss, smell of food may change and usually occurs in the morning.

Causes: A change or increase in hormones, in pregnancy can cause the stomach to take longer to digest food, can cause water retention which can cause the body to make less of the minerals and chemicals that you need, low blood sugar and a more keen sense of smell during pregnancy.

Remedy: Find out which foods you can eat and which you can't; keep track of which foods you can eat by lists of salty, sweet, sour, spicy, hot, cold, soft, chewy and crunchy. When you get a craving, the list could help you decide. Eat and drink small amounts at a time several times of day and try to at least drink fluids very slowly if you can't keep it down. Eat healthy if you can and try taking your prenatal vitamin at bedtime.

### Keeping Your Baby Healthy

Germs! Germs! Germs! They are everywhere. Trying to keep your child from picking up every cough and cold going around can be a real challenge. Here are some tips to keep you and your family healthier!!!

Hands are the number one carrier of germs! So as soon as your child is old enough teach your child to cough or sneeze into their sleeve rather than hand.

If you know there are a lot of colds or flu at your child's day care, try to keep your child home for a day or two. Stay away from crowds like malls, sporting events, etc. during flu season.

Soap, water and friction are best for keeping hands clean, but wet wipes will work when you aren't able to wash your hands. Keep extras for hands in your car, purse & diaper bag.

Keep surfaces in your home disinfected with a bleach solution of 1/4 tsp. bleach to 1 qt. of water. Spray surface and let dry. You should have a fresh solution daily.

When you leave your home think of all the things your child's hands will touch in a day. Now think of all the many other hands that may have also touched those items.

**HELP YOUR CHILD WASH HER/HIS HANDS!!!**

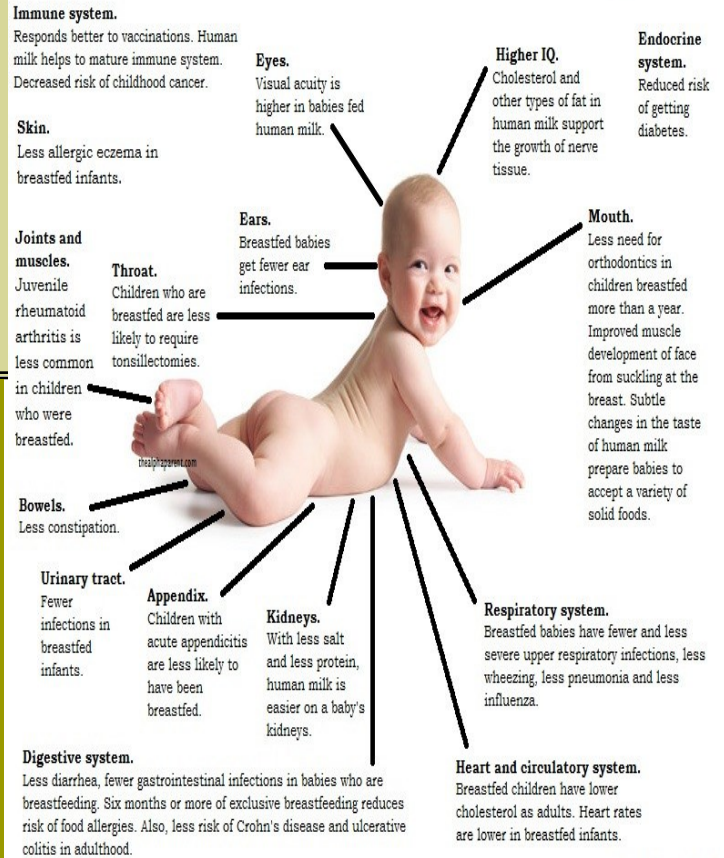
Breast feeding offers many benefits to your baby. Breast milk contains the right balance of nutrients to help your infant grow into a strong and healthy toddler. Some of the nutrients in breast milk also help protect your infant against some common childhood illnesses and infections. It may also help your health. Certain types of cancer may occur less often in mothers who have breastfed their babies.

Women who don't have health problems should try to give their babies breast milk for at least the first six months of life. There are some cases when it's better not to breast feed. If you have HIV or active tuberculosis, you should not breast feed because you could give the infection to your baby. Certain medicines, illegal drugs, and alcohol can also pass through the breast milk and cause harm to your baby.

***Breast Feeding is best and should be all your baby needs for the first 6 months of life. It contains more than 200 nutrients, is convenient, is clean and safe and is never too hot or cold!***

Wash your hands often when preparing food. Keep cold foods cold. Keep your counters clean. Pets, shoes, etc. have no place in a food preparation area. Wipe down counters before preparing food. Wash your fruits and vegetables. When preparing food, keep your working area separate. Uncooked food like meat can contaminate the fresh food with bacteria. Change your dishrag daily. The warm moist surface of the cloth is a great breeding ground for germs. If you smell and odor this is a sign to WASH your dishrag. Clean your can opener often. To prevent burns, stir out the hot spots in food prepared in the microwave. Leftovers should be reheated thoroughly to kill germs that may have had a chance to grow. If leftovers look moldy, watery or smell sour, throw the food out. Know how old food is before you eat it. You cannot see all bacterial!

# The Breastfed Baby



## Serving Safe Food



## Recipe of The Month

### Turkey Sloppy Joes

- 1 tbsp olive oil
- 4 carrots, coarsely grated (2cups)
- 1 med onion, minced
- 1 clove garlic, minced
- Coarse salt & ground pepper
- 3 tbsp. tomato paste
- 3/4 # ground turkey(93% lean dark meat)
- 1 can (28 oz.) crushed tomatoes
- 2 tbsp. dark-brown sugar
- 1 tbsp cider vinegar
- 1 tsp. Worcestershire sauce
- 4 whole-wheat hamburger rolls, split

Heat oil over medium heat add carrots, onion and garlic. Season with S&P until soft 4-5 min.

Add tomato paste and cook stirring 1 min. and add turkey, cook and breaking up meat with spoon until not pink about 4-5 min.

Add tomatoes, sugar, vinegar & Worcestershire sauce. Cook, stirring occasionally until slightly thickened, 12-14 min. Serve on buns.

## GREAT AMERICAN SMOKEOUT

Thursday, November 21, 2013 is Great American Smokeout Day. It is always the Thursday before Thanksgiving. This could be the first GREAT day of the rest of your life if you decide to quit smoking for you, your unborn baby or your children who are already here. There are no "safe" levels of smoking and this is just a reminder that everything you put into your body goes into your baby's body as well. If you smoke, your baby smokes, too. It will rob you of oxygen and nutrients that both you and your baby need. During pregnancy and labor you are at risk for miscarriage, stillbirth, bleeding and premature birth. Smoking carries various poisons through your bloodstream that are dangerous to your baby. Smoking can cause your baby to have: less oxygen, a premature birth, low birth weight and respiratory problems. Second hand smoke or passive smoke from another smoker is just as harmful to your baby. Avoid breathing any smoke that is burning off the end of a cigarette or cigar. It contains poisons like tar, nicotine and carbon monoxide. Ask other people to please not smoke around you. Health risks for children are asthma, bronchitis and pneumonia, ear infections, lower respiratory tract infections, hospitalizations, cancers and leukemia, Sudden Infant Death Syndrome (SIDS), an adverse impact on learning and behavioral development. So the next time you light-up, give it some thought and on November 21, take a BIG step and join the Smokeout Day. It really could be a life changer for you and your baby or children.

### TREC BADLANDS HEAD START PRENATAL TO FIVE

101 5th Ave

Belle Fourche, SD 57717

Phone: 605-723-8837

Fax: 605-723-8834

Website: <http://badlandshs.org/>

#### MISSION STATEMENT

**Honor and Empower Children,  
Families, Staff and Rural  
Communities**

### EMERGENCY HELP/INDOOR SAFETY

The three big "hurries" for getting emergency help are bleeding, breathing and poisoning.

**Bleeding:** A child can bleed to death in less than 1 minute if a large blood vein or artery is cut. Apply direct pressure, if it does not stop in 5-10 min or if it is spurting out, CALL 911!

**Breathing:** A child can have permanent brain damage in 4 min if not breathing. If they can not cough, speak or breathe, CALL 911! If a child is struggling to breathe and the lips, skin or fingernails look blue, CALL 911!

**Poisoning:** Poisons that are eaten or breathed can be deadly in just a few minutes. If you think your child has swallowed or breathed poison call the Poison Control Center in your area and they will tell you what to do next.

#### Tips for Indoor Safety:

Check under sinks, in closets and garages for poisonous substances (cleaners, paint thinners, insecticides). Keep out of reach!

All medicines including vitamins should be in child resistant containers and out of reach. Iron medicine can be deadly!

Be sure all guns are unloaded and protected with a trigger lock. Store guns and bullets in separate locked cabinets.

Keep all matches, lighters and cigarettes out of reach.

Reminder: small objects can cause choking

Keep stairways clear of toys to prevent falls.

Cover unused electrical outlets with caps.

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