



APRIL 2017

FACEBOOK POSTS

April 3

**Kansas Maternal & Child Health**

April 3 · 🌐

"When a mom has survived the first several weeks of having a new baby and is ready to start adding exercise — and all of its benefits — back into her life, a more flexible approach works better than a specific regimen." Read on to learn more!



New moms need workout programs that are less structured, more flexible | Kansas State University | News and Communications Services

K-STATE.EDU

April 3

**Kansas Maternal & Child Health**

April 3 · 🌐

April is National Child Abuse Prevention Month
Support and strengthen families with new resources. The new Prevention Resource Guide for child welfare professionals has updated tools, tips, and techniques to help strengthen families. [#NCAPM2017](#)



National Child Abuse Prevention Month 2017

Strong, nurturing communities that are supportive of families can get involved and play a role in preventing child abuse and neglect and promoting child and family well-being.

CHILDWELFARE.GOV

April 4

April 3-9 is National Public Health Week!

The National Public Health Week toolkit has lots of great resources and tips to set your week up for success! Visit: http://www.nphw.org/~media/files/pdf/nphw/2017_nphw_toolkit.ashx.

GET INVOLVED IN NATIONAL PUBLIC HEALTH WEEK!

Your NPHW 2017 event can be as simple as hosting a healthy dinner with your family and friends or a healthy happy hour with coworkers. The important thing is that you're coming together to think about ways to improve the health of your family, your workplace, your school and your community, and joining a larger movement to create the Healthiest Nation in One Generation!

- **Talk to your family over a Healthy Breakfast** about what each of you can do to lead healthier lives in 2017 and beyond.
- **Invite your neighbors over for a Healthy Dinner** and tell them about your work in the public health community.
- **Ask your colleagues to join you for a Healthy Happy Hour** and brainstorm healthier best practices for your workplace, such as taking more walking meetings, using the stairs instead of elevators, drinking more water throughout the day and standing up to stretch and walk around between sessions on your computer.

An initiative of the American Public Health Association

View more info and the full Toolkit at http://www.nphw.org/~media/files/pdf/nphw/2017_nphw_toolkit.ashx

April 7

April 7 is @World Health Day! This year the World Health Organization (WHO) is focusing on depression. Depression affects people of all ages, from all walks of life and talking about depression is a vital component of recovery.

For more information on depression check out: <http://tinyurl.com/WHO-campaign-depression>

For more information about World Health Day check out: <http://www.who.int/campaigns/world-health-day/2017/en/>

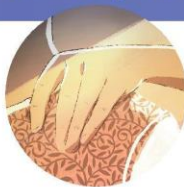
Depression
Let's talk

Worried that your child is depressed?

Growing up is full of challenge and opportunity — starting and changing school, making new friends, going through puberty and preparing for exams ... Some children take change in their stride. For others, adaptation is harder, causing stress and even depression. If you are worried that your child might be depressed, read on.

What you should know

- Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks.
- Additional signs and symptoms of depression during childhood include withdrawal from others, irritability, excessive crying, difficulty concentrating at school, a change in appetite or sleeping more or less.
- Younger children may lose interest in play. Older children may take risks that they would not normally take.
- Depression is both preventable and treatable.



REMEMBER:

If you think your child might be depressed, talk to him or her about any worries or concerns, and seek professional help if needed.

What you can do if you think your child might be depressed

- Talk to him or her about things happening at home, at school and outside of school. Try to find out whether anything is bothering him or her.
- Talk to people you trust who know your child.
- Seek advice from your health-care provider.
- Protect your child from excessive stress, maltreatment and violence.
- Pay particular attention to your child's wellbeing during life changes such as starting a new school or puberty.
- Encourage your child to get enough sleep, eat regularly, be physically active, and to do things that he or she enjoys.
- Make time to spend with your child.
- If your child has thoughts of harming him- or herself, or has already done so, seek help from a trained professional immediately.

April 10

April is Stress Awareness Month. Stress may be unavoidable, but the key is to manage your stress properly. The American Heart Association recommends thinking positively and engaging in exercise regularly. <http://tinyurl.com/6xcw3ud>


ANSWERS
by heart

Lifestyle + Risk Reduction

American Heart Association
Life is why

How Can I Manage Stress?

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (illness, overwork, family problems).



What is stress?

Stress is your body's response to change. Your body reacts to it by releasing adrenaline (a hormone) that can cause your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation.

The link between stress and heart disease is not clear. But, over time, unhealthy responses to stress may lead to health problems. For instance, people under stress may overeat, drink too much alcohol or smoke. These unhealthy behaviors can increase your risk of heart disease.

Not all stress is bad. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. The key is to manage your stress properly.

How does stress make you feel?

Stress affects each of us in different ways. You may have physical signs, emotional signs or both.

- You may feel angry, afraid, excited or helpless.
- It may be hard to sleep.

- You may have aches and pains in your head, neck, jaw and back.
- It can lead to habits like smoking, drinking, overeating or drug abuse.
- You may not even feel it at all, even though your body suffers from it.

How can I cope with it?

Taking steps to manage stress will help you feel more in control of your life. Here are some good ways to cope.

- Try positive self-talk — turning negative thoughts into positive ones. For example, rather than thinking "I can't do this," say "I'll do the best I can."
- Take 15 to 20 minutes a day to sit quietly, relax, breathe deeply and think of something peaceful.
- Engage in physical activity regularly. Do what you enjoy — walk, swim, ride a bike or do yoga. Letting go of the tension in your body will help you feel a lot better.
- Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

(continued)

ANSWERS
by heart


Lifestyle + Risk Reduction

How Can I Manage Stress?

How can I live a more relaxed life?

Here are some positive healthy habits you may want to develop to manage stress and live a more relaxed life.

- Think ahead about what may upset you. Have a plan ready to deal with situations. Some things you can avoid. For example, spend less time with people who bother you. Avoid driving in rush-hour traffic.
- Learn to say "no." Don't promise too much.
- Give up your bad habits. Too much alcohol, cigarettes or caffeine can increase stress. If you smoke, make the decision to quit now.
- Slow down. Try to "pace" not "race." Plan ahead and allow enough time to get the most important things done.
- Get enough sleep. Try to get 6 to 8 hours of sleep each night.
- Get organized. Use "To Do" lists if it helps you focus on your most important tasks. Approach big tasks one step at a time.



April 11

KANSAS
Maternal & Child Health

April 11

April is Alcohol Awareness Month

Parents are the #1 influence on their kids' decision to drink, or not to drink, alcohol. Getting the conversation started can be tough. Here are 6 ways in which you can engage with your kids, answer their questions, and set them up for a lifetime of healthy decision making.



6 Ways to Talk to Kids About Alcohol

Research shows parents are the number one influence on their kids' decision to drink, or not.

PARENTTOOLKIT.COM

Neonatal Abstinence Syndrome (NAS)

What is NAS?

Neonatal abstinence syndrome (NAS) happens when a baby is exposed to drugs in the womb before birth. A baby can then go through drug withdrawal after birth.

NAS most often is caused when a woman takes opioids during pregnancy. Opioids are painkillers your provider may prescribe if you've been injured or had surgery.

What problems can NAS cause in your baby?

Babies are more likely to be born with low birthweight, have breathing and feeding problems and seizures.

Taking opioids and other drugs during pregnancy can cause your baby to be born with birth defects. Birth defects can cause problems in overall health, how the body develops, or in how the body works.

What can you do to help prevent NAS in your baby?

If you're pregnant and you use any of the drugs that can cause NAS, tell your health care provider right away. Talk to your provider before you stop taking them. Stopping opioids too quickly can harm you and your baby.

Source: March of Dimes, "Neonatal Abstinence Syndrome (NAS)"
<http://tinyurl.com/MarchOfDimes-NAS>



April 13

If you're pregnant or thinking about getting pregnant, tell your health care provider right away about any drug or medicine you take. Understand the severity of neonatal abstinence syndrome, and make sure that what you're taking is safe for you and your baby.

<http://tinyurl.com/MarchOfDimes-NAS>

April 14

**Kansas Maternal & Child Health** shared Safe Kids Kansas's event.

April 14 · 🌐

The Topeka Zoo

Saturday, April 15, 2017
9am to 3 pm



APR 15

Safe Kids Day at the Zoo 2017
Sat 9 AM - Topeka Zoo - Topeka, KS
You like Safe Kids Kansas

★ Interested

April 18



Kansas Maternal & Child Health
 April 18 at 7:54am · 🌐

April is National Autism Awareness Month. "Because people with autism spectrum disorders often repeat behaviors and have narrow interests, it's important to know how eating habits and food choices may be affected."



Autism Spectrum Disorders (ASD) and Diet

Autism Spectrum Disorders (ASD) is a complex developmental and neurological condition.

EATRIGHT.ORG

April 19

April is Child Abuse Prevention Month

Discover ways to engage with your family in events related to the protective factors of Child Abuse Prevention Month. Activities can be as simple as establishing a routine, cuddling, and asking your child who is important to them. <https://tinyurl.com/NCAPM2017>

Ways to Build Community and Hope During National Child Abuse Prevention Month

PARENTS

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Establish a daily routine so your child knows what to expect.	Get outside! Start a parent-child walking or biking club with neighbors.	Talk to your faith community about starting a parent-support ministry.	Have a family game night! Even young children can play board games on an adult's "team."	Explore the world from your child's point of view.	Set goals for yourself and list the steps you will need to take to accomplish them.	Find out what classes your library or community center offers. Sign up for one that interests you.
"Catch" your children being good. Praise them often.	Make a play date with friends who have children the same ages as yours.	Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch.	Ask your children who is important to them.	Reflect on the parenting you received as a child and how that impacts how you parent today.	Make time to do something YOU enjoy.	Dial "2-1-1" to find out about organizations that support families in your area.
Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	Find and join a local parent or community café, like Circle of Parents®. http://www.circleofparents.org/	Hold, cuddle, and hug your children often.	Make something with your child. Arts and crafts are fun for adults, too!	Find a local parenting group (e.g., MOPS). http://www.mops.org/	Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	Ask your school principal or PTA to host a community resource night.
Teach your child to resolve conflicts peacefully.	Join a Girl Scout or Boy Scout troop with your children.	Host a potluck dinner with neighborhood families to swap parenting stories.	Volunteer at your child's school.	Spend time observing what your child can and cannot do. Discuss any concerns with your child's teacher.	Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.	Organize a "Clothes Swap Potluck" to swap children clothes.



<https://www.childwelfare.gov/topics/preventing/>
 U.S. Department of Health and Human Services
 Administration for Children and Families
 Children's Bureau
<http://www.acf.hhs.gov/programs/ckb>

April 22

National Infant Immunization Week highlights the importance of protecting infants from vaccine-preventable diseases and celebrates the achievements of immunization programs in promoting healthy communities.
<https://www.cdc.gov/vaccines/parents/index.html>



National Infant Immunization Week

**IMMUNIZATION.
POWER TO PROTECT.**

April 23

National Infertility Awareness Week is a time to educate others about infertility, share your story, advocate for the infertility community, and support those who are going through the journey. <https://infertilityawareness.org/>
For more resources and information on Men's Health: www.menshealthmonth.org

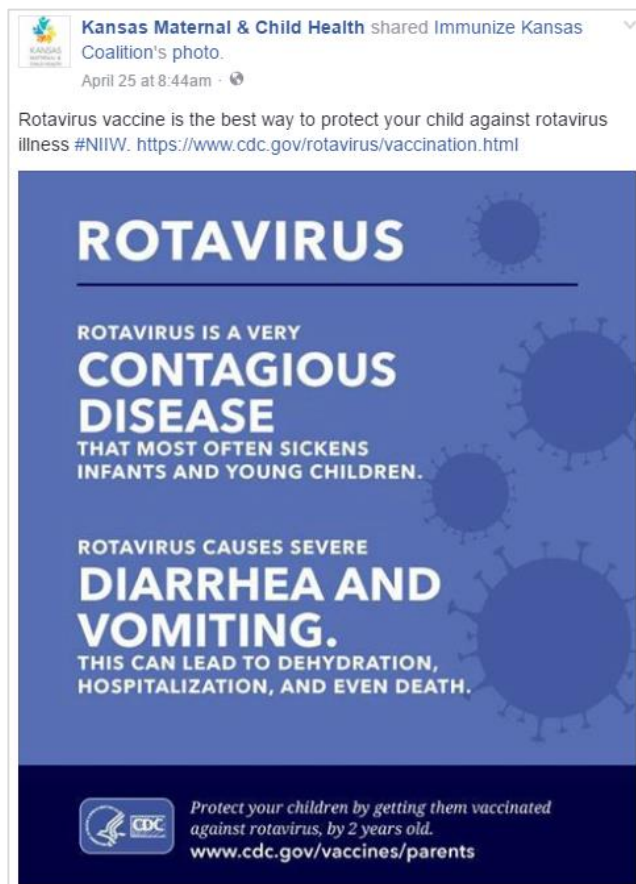
niaw

NATIONAL INFERTILITY
AWARENESS WEEK

April 23-29, 2017



April 25



April 26

May is Better Hearing and Speech Month!

There is a critical need to intervene early when young children are identified with communication disorders. Please join the The American Speech-Language-Hearing Association webinar series to learn more about assistive technology and hearing screening. <https://ncham.adobeconnect.com/bhsm/>

MAY IS BETTER HEARING AND SPEECH MONTH

This month raises awareness about the critical need to intervene early when young children are identified with communication disorders. The American Speech-Language-Hearing Association's Coffee Break Webinars will focus on raising awareness about the use of assistive technology and the importance of frequent hearing screenings.

Please join the webinar series to learn more!

WEBINAR SCHEDULE

Sign Up! <https://ncham.adobeconnect.com/bhsm/>
More Information: www.asha.org

Webinars are 1:00-1:15pm CT each day listed

- MAY 2** : Debunking Common Myths about Using Assistive Technology with Young Children
- MAY 3** : Don't Wait to Communicate! Augmentative and Alternative Communication (AAC)
- MAY 5** : Quality Hearing Screening Practices for Children Birth to 5 Years of Age
- MAY 8** : Using a Multi-Modal Approach to Support Children with Hearing Loss
- MAY 9** : Center on Technology and Disability: Free Resources to Support the Use of Assistive Technology in Young Children with Disabilities

April 26

Every Kid Healthy Week is a movement working to make schools healthier places so kids can learn to eat right, be physically active and equipped for success. Because healthy kids are better learners!
<http://www.everykidhealthyweek.org/>

Every Kid Healthy Week April 24-28, 2017



April 27



Kansas Maternal & Child Health

April 27 at 9:50am · 🌐

National Infant Immunization Week is the perfect time to learn about the vaccines your baby needs! Visit CDC's site to learn about the 14 diseases vaccines prevent, view the latest immunization schedule, and get tips on how to comfort your baby during vaccine visits. #NIIW
www.cdc.gov/vaccines/parents/index.html



Parents | Home | Vaccines for Your Children | CDC

For Parents: What YOU Need to Know about Vaccinating or Choosing Not to
CDC.GOV

April 28

Alcohol use during pregnancy can cause fetal alcohol spectrum disorders (FASDs), which are physical, behavioral, and intellectual disabilities that last a lifetime. #AlcoholAwarenessMonth

<https://www.cdc.gov/vitalsigns/fasd/index.html>

Alcohol use during pregnancy can lead to lifelong effects.

Up to **1 in 20** US school children may have FASDs.



People with FASDs can experience a mix of the following problems:

Physical issues

- low birth weight and growth
- problems with heart, kidneys, and other organs
- damage to parts of the brain



Which leads to...

Behavioral and intellectual disabilities

- learning disabilities and low IQ
- hyperactivity
- difficulty with attention
- poor ability to communicate in social situations
- poor reasoning and judgment skills



These can lead to...

Lifelong issues with

- school and social skills
- living independently
- mental health
- substance use
- keeping a job
- trouble with the law



Drinking while pregnant costs the US **\$5.5 billion** (2010).



SOURCES: CDC Vital Signs, February 2016. American Journal of Preventive Medicine, November 2015.