



KANSAS  
MATERNAL &  
CHILD HEALTH

# AUGUST 2017

## FACEBOOK POSTS

### August 1

“One of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed.” (CDC)

<https://www.cdc.gov/breastfeeding/promotion/index.htm>



### August 3

Most childhood vaccines are given during baby's first two years of life. Following the recommended vaccine schedule is the best protection you can give your child from 14 serious diseases – it's designed to work with the infant immune system. Learn more: <http://go.usa.gov/xquCh> #NIAM17



national  
**IMMUNIZATION**  
awareness month

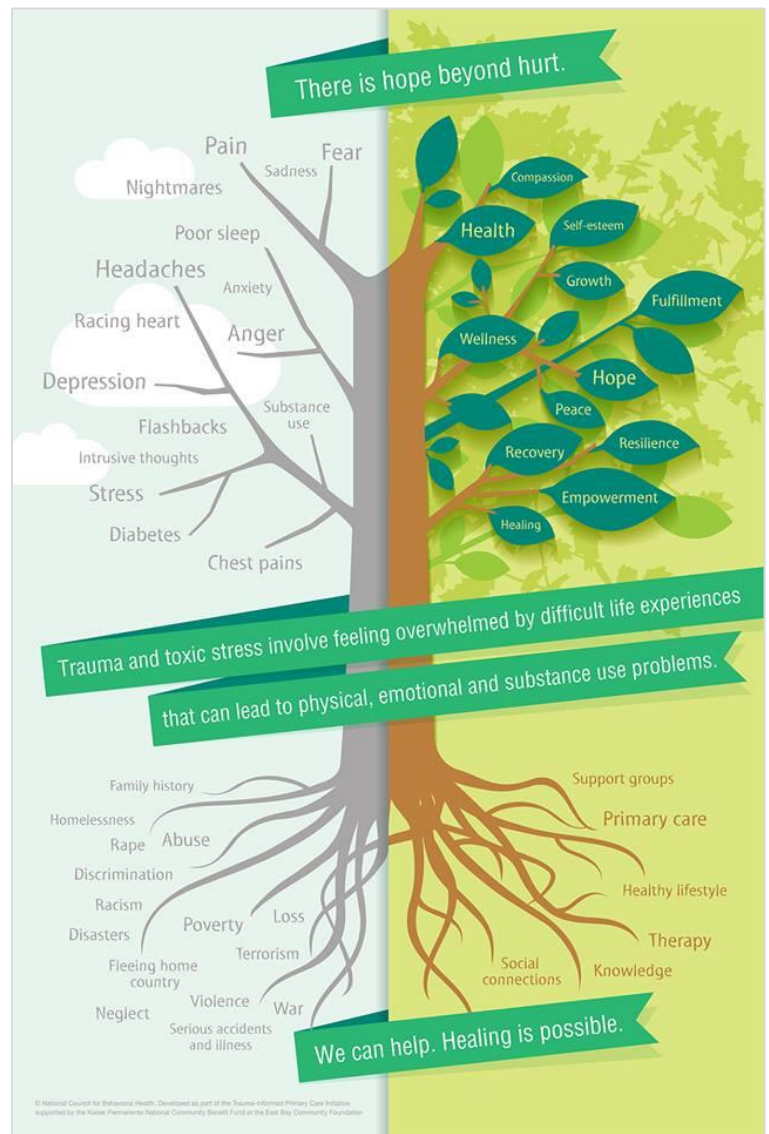
Vaccines give  
parents the safe,  
proven power to  
protect their children.



**A HEALTHY START**  
*begins with on-time vaccinations.*

## August 7

"An individual's experience of trauma impacts every area of human functioning — physical, mental, behavioral, social, spiritual." - National Council for Behavioral Health. Find trauma-informed care toolkits & resources at <http://www.kansasmch.org/aces.asp>.



## August 9

 **Kansas Maternal & Child Health** August 9 - 🌐

August is National Immunization Month! Vaccines are key to protecting your child from vaccine preventable diseases. For more information and resources from the CDC on vaccines check out: [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)

 **Vaccination: A Key Piece of the Puzzle**  
Parents work hard to keep their babies healthy and safe. But, even healthy babies need vaccines to protect them from...  
YOUTUBE.COM

**August 11**

For Kids Eat Right Month encourage and find ways the whole family to get involved with healthy meal prep! [tinyurl.com/Kids-Kitchen-Tasks](http://tinyurl.com/Kids-Kitchen-Tasks)

**August 14**

Today is National Health Center Week (13th-19th). We value our nation's health centers for providing access to primary, behavioral, and dental health care. #NHCW17



**KID-FRIENDLY KITCHEN TASKS FOR EVERY AGE**

Help your kids start young and master simple cooking tasks before moving on to more complex skills. Use these age-appropriate ideas to keep your kids excited, safe and well-educated in the kitchen!

**AGE-APPROPRIATE KITCHEN TASKS**

**3-5 YEARS OLD**

Children at this age love to help in the kitchen, but be sure to supervise them closely.

- Use cookie cutters
- Use pre-cut or large food items with care
- Chop vegetables
- Use whole eggs in recipes
- Use a spoon or spatula to stir, blend, mash and other tasks
- Use a plastic knife to cut soft fruit or vegetables or cutting board
- Use pieces of fruit to add flavor to a dish

**6-7 YEARS OLD**

Kids can start to handle more complex kitchen tasks as their fine motor skills further develop around this age range.

- Crack eggs into a bowl
- Use a separate pan to fry
- Use a spatula to flip
- Wash and chop soft vegetables
- Use a spoon to stir
- Use a plastic knife to cut soft fruit or vegetables or cutting board
- Use a spoon to stir

**8-9 YEARS OLD**

Skills and abilities within this age range tend to vary. Tailor cooking tasks to the child's maturity level.

- Chop and chop vegetables
- Use a spatula to flip
- Use a spoon to stir
- Use a plastic knife to cut soft fruit or vegetables or cutting board
- Use a spoon to stir

**10-12 YEARS OLD**

Help teenagers feel independent in the kitchen by providing them with more responsibilities. Don't stop keeping an eye on them!

- Read recipe instructions
- Follow instructions on the stove
- Follow a recipe step by step
- Use a spatula to flip
- Use a plastic knife to cut soft fruit or vegetables or cutting board

**DON'T FORGET FOOD SAFETY BASICS**

- Clean all countertops and kitchen surfaces before cooking
- Never touch food until it is done cooking
- Put food on a plate
- Always cook with an adult supervisor
- Wash hands in warm, soapy water before and after handling food
- Always use clean utensils

**HELPFUL TIP:** To maximize your child's developmental benefit, encourage an open-ended learning style. "How did that turn out?"

When kids help out in the kitchen, they not only have fun, but also learn cooking skills, food safety basics and proper nutrition. Plus, they can further develop math, reading, science and fine motor skills — all while spending time together as a family.

**KIDS eat right.** [www.kidseatright.org](http://www.kidseatright.org)

Kids Eat Right: www.kidseatright.org  
 Home Food Safety: www.foodsafety.gov  
 Academy of Nutrition and Dietetics: www.eatright.org

**August 17**

You have the power to protect yourself and the ones you love. Take CDC's adult vaccine quiz and bring the customized printout with you to discuss at your next medical appointment. <http://go.usa.gov/xqtz4> #NIAM17



The poster features the National Immunization Awareness Month logo at the top left, which includes a stylized human figure in green and orange. Below the logo, the text reads "national IMMUNIZATION awareness month". A prominent orange banner on the left contains the text "VACCINES are not just for kids." To the right of the banner, the text "We need vaccines throughout our lives." is displayed. At the bottom of the poster is a photograph of a diverse group of people of various ages, including a baby, a young girl, and several adults, all smiling.

**August 22**



The image shows a Facebook post from "Kansas Maternal & Child Health". The post header includes the organization's logo, name, and the date "August 22". The main text of the post states: "Children's eyes should be checked regularly by an eye doctor or pediatrician. Your child's eye doctor can help detect refractive errors such as nearsightedness, farsightedness and astigmatism as well as diseases." Below the text is a photograph of a young girl with blonde hair, wearing a pink shirt and a dark polka-dot bow tie, looking through a large white ophthalmoscope. The post footer contains the text "August is Children's Eye Health and Safety Month", a paragraph about scheduling eye exams during back-to-school shopping, and the website "YOURSIGHTMATTERS.COM".

August 23

 **Kansas Maternal & Child Health** August 23 · 🌐

Smoking during pregnancy puts unborn babies at risk for many health complications and even death. Pregnant smokers can find the personal support they need to quit at [BabyandMeTobaccoFree.org](http://BabyandMeTobaccoFree.org) & [KanQuit.com](http://KanQuit.com).




**Smoking increases risk of infant death by nearly 40 percent, doctors say**

Experts say too many women in Kansas and Missouri are smoking during pregnancy, and it puts unborn babies at risk.

KCTV5.COM


August 25

While your preteens and teens are thinking about all the fun things they did this summer, you are probably thinking about keeping them healthy and safe for the upcoming school year. HPV vaccination is recommended at ages 11-12 to protect against cancer-causing HPV infections. Is HPV vaccination on your back-to-school checklist? <http://go.usa.gov/chHS9> #NIAM17



national  
**IMMUNIZATION**  
awareness month

Vaccines help preteens and teens stay healthy.



**ENSURE**  
*a healthy future with vaccines.*

August 28

 **Kansas Maternal & Child Health** ...  
August 28 · 🌐

Our thoughts are with those in Texas who are battling Hurricane Harvey. In circumstances like this, it is essential for your family to know what to do. The following link provides tools to help your family develop a disaster plan of your own.



**American Red Cross**

### Disaster Preparedness Plan | Make a Plan | Red Cross

Make a plan so your entire family is prepared in the event of an emergency or disaster. The Red Cross can help you make an Emergency Preparedness Plan.

REDCROSS.ORG

August 29

Join the Kansas Special Health Care Needs program in a discussion around engaging families as professional partners! Learn more and pre-register at <http://www.kdheks.gov/shcn/meetings/>.

Are you interested in...

- ... increasing Family Professional Partnerships among the CYSHCN population
- ... engaging families in a meaningful way
- ... serving children and youth with special health care needs (CYSHCN)\*

If so, we want to hear from you!



**Kansas Systems of Care for CYSHCN Regional Meetings**  
*assessing the capacity of Kansas to meet the needs of CYSHCN and their families*

Join the Kansas Special Health Care Needs (KS-SHCN) program in a discussion around engaging families as professional partners.



**August 1 – Overland Park**  
August 15 – Garden City

August 16 – Hays

**August 24 – Independence**

**August 31 – Salina**  
September 7 – Wichita

