



KANSAS
MATERNAL &
CHILD HEALTH

DECEMBER 2016

FACEBOOK POSTS

December 1

How does smoking during pregnancy harm my health and my baby? Are e-cigarettes safer than regular cigarettes in pregnancy? What are the benefits of quitting? <http://tinyurl.com/harmfulsmokingeffects>

Visit the link to learn more about the harmful effects of smoking during pregnancy and get the tools you need to quit today, courtesy of the CDC.



December 3



Kansas Maternal & Child Health

December 3, 2016 · 🌐



Today is International Day of Persons with Disabilities

This annual observance aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities.



International Day of Persons with Disabilities

UNICEF is committed to doing all it can to achieve the Sustainable Development Goals (SDGs), in partnership with governments, civil society,...

UNICEF.ORG

December 5



Kansas Maternal & Child Health shared American Academy of Pediatrics's post.

December 5, 2016 · 🌐



American Academy of Pediatrics

👍 Like Page

December 5, 2016 · 🌐

This week is National Influenza Vaccination Week #NIVW. It's not too late to get the flu vaccine and #FightFlu! Learn more about the 2016-2017 #fluvax.



10 Things for Parents to Know About the 2016-2017 Flu Vaccine

Flu season just is around the corner! While you can catch the flu any time of the year, the virus is most common in the US between October and...

HEALTHYCHILDREN.ORG

Kansas

Annual Summary of Vital Statistics, 2015



December 6

The 2015 Kansas Annual Summary of Vital Statistics is now available. The report is a summary of births, deaths, marriages, marriage dissolutions, and abortions in Kansas. An important note of 2015 was that the Kansas infant mortality rate has decreased from 6.3 deaths per 1,000 live births in 2014 to 5.9 in 2015. View the report at <http://www.kdheks.gov/hci/AS2015.htm>

December 8

Devote some thought and energy to the following question in order to maintain a supportive, emotionally healthy family environment. See more questions from Healthy Children at <http://tinyurl.com/maintaining-a-healthy-family>.

Maintaining a Healthy Family



Do you treat each child as an individual?

Each child has his own temperament, his own way of viewing and interacting with the world around him. Parents may love their children equally, but naturally will have different sorts of relationships with each of them. Individualize your relationship with each of your children, reinforcing their strengths and talents and avoiding making unflattering comparisons with their siblings or friends.

December 9

To promote a supportive, emotionally healthy family environment, devote some thought and energy to the following question. See more questions like this at <http://tinyurl.com/maintaining-a-healthy-family>.

Maintaining a Healthy Family



Does your family have regular routines?

Children and parents benefit from having some predictable day-to-day routines. Morning schedules, mealtimes and bedtimes are easier for everyone when they follow a pattern. Children also appreciate family rituals and traditions around birthdays, holidays and vacations.

December 13

The American Academy of Pediatrics recommends active family participation with extended family to promote a supportive, emotionally healthy family environment. Visit <http://tinyurl.com/maintaining-a-healthy-family> for more tips.

Maintaining a Healthy Family



Is your family an active participant in your extended family and the community?

Families work better when they feel connected and supported by friends and relatives. Usually such relationships require that parents make an active effort to get together with others socially or for civic projects.

December 14

"How can I keep my baby healthy this winter?"

You can help protect your baby from some viruses and bacteria simply by making sure his vaccinations are up to date! Use the tool at <http://www.babycenter.com/immunization-scheduler> to get a personalized immunization schedule using your child's information.

1

Enter birth date

Immunization Scheduler

Your child's birth date:

October 2016

Your child's name:

Cameron

Go

Visit the post link to get your child's personalized schedule using the CDC's vaccine recommendations.

<http://www.babycenter.com/immunization-scheduler>

2

Receive Your Child's Personalized Schedule

Cameron's recommended immunization schedule

October 2016 (Birth)

Hepatitis B

November 2016 (1 to 2 months)

Hepatitis B

December 2016 (2 months)

DTaP

Hib

Polio (IPV)

Pneumococcal (PCV)

Rotavirus

February 2017 (4 months)

DTaP

Hib

Polio (IPV)

Pneumococcal (PCV)

Rotavirus



December 16



Kansas Maternal & Child Health

December 16, 2016 at 9:22am

These easy ways to boost your baby's language and communication skills can have a big impact later on!



Let's Talk About It: 5 Ways to Build Babies' Language and Communication Skills from Birth

A growing body of research reveals just how important it is for babies to be exposed to lots of language, starting at birth. Here are five ways to build strong...

ZEROTOTHREE.ORG

December 19

When life gets overwhelming and pressure starts to build, it's important to take time to focus on your emotional wellness. Breathe through it. Practice gratitude. Unplug to recharge.



How you feel in your head affects how you feel in your body. When life gets overwhelming and pressure starts to build, it's important to take time to focus on your emotional wellness.

Seize the days and be good to yourself

Discover simple ways to tame tension, beat stress, and feel happy.

Breathe through it.

1 minute of mindful breathing is like hitting the reset button on your day. Breathe slowly and deeply, and focus on each breath to feel calm, focused, and grounded.

Practice gratitude.

People who make it a habit to count their blessings report feeling happier and healthier. So the more grateful you are today, the more reasons you'll have to be grateful tomorrow.

Unplug to recharge.

Spend an evening offline. Play a board game, take a walk, or catch up with an old friend for a relaxing, rewarding experience.

Explore more tips for living a balanced, happy life at kp.org/mindbody.

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December 20

December is Safe Toys and Gifts Month
 Careful toy selection is important for happy and healthy gift-giving. Here are some tips to shop with safety in mind. Visit <http://tinyurl.com/safetoyselection> for more information

SELECTING SAFE TOYS

When you give a child a toy as a gift, the toy story you want to hear is how much the child enjoys playing with it — not how it sent Junior to the ER. Careful toy selection is important for happy and healthy gift-giving. Here are some tips to shop with safety in mind.

<p>CHECK THE MATERIAL</p> <p>Fabric toys should be washable and flame retardant/flame resistant. Stuffed toys and dolls should also be well-constructed with no removable eyes, noses or other small parts that could cause choking. Crayons and paints should be nontoxic.</p>	<p>CONSIDER AGES OF THE WHOLE FAMILY</p> <p>Age labels on toys are determined by safety factors. Small pieces are a choking hazard for children under age 3, so give extra thought to games or toy sets that you choose for older siblings if there's a toddler or baby in the family. Consider family pets, too.</p>
<p>LOOK OUT FOR MOVEMENT</p> <p>Flying and propelled toys can pose a danger, especially to the eyes. Make sure darts for children have soft tips such as cork or suction cups to prevent injury. Gifts of bikes, scooters, skateboards, roller skates, etc., should include a helmet.</p>	<p>CHOOSE NEW OVER USED</p> <p>A used toy may seem more economical or have sentimental value, but it may be worn from play and break easier, or it may not meet today's safety standards.</p>
<p>BEWARE OF BALLOONS</p> <p>According to the U.S. Consumer Product Safety Commission, more children have suffocated on uninflated balloons or pieces of broken balloons than on any other type of toy.</p>	<p>MIND THE MAGNETS</p> <p>Avoid toys with magnets and keep refrigerator magnets away from young children. If swallowed, magnets can cause serious damage to the intestines.</p>

Sources: Consumer Product Safety Commission, epsc.gov, and The Nemours Foundation, kidshealth.org

December 21

Kansas Maternal & Child Health shared Immunize Kansas Coalition's photo.
 December 21, 2016 at 12:24pm

Protect Babies from Whooping Cough

Whooping cough (pertussis) is a respiratory infection that can cause severe coughing or trouble breathing.

About half of infants who get whooping cough are hospitalized!

Whooping cough is deadly for babies.

I get my whooping cough vaccine and will encourage everyone caring for my baby to get a shot, too!

This vaccine helps prevent you from whooping cough and passes some protection to your baby.

Whooping cough causes more than 100,000 cases in the U.S. every year. In the last year alone, 1,100 babies died.

4 out of 5 babies who get whooping cough die.

Everyone needs whooping cough vaccine:

- Parents
- Brothers & sisters
- Childcare providers
- Grandparents

Your baby needs whooping cough vaccine at:

- 2 months
- 4 months
- 6 months
- 15-18 months
- 4-6 years

Make sure your baby gets all 5 doses of whooping cough vaccine on time.

You can get whooping cough vaccines at a doctor's office, local health department, or pharmacy.

Like it? Tell a friend! It's important!

www.cdc.gov/whoopingcough

U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention
 NCIRD 10/101, p04 | 3.11.13

Immunize Kansas Coalition

December 20, 2016 at 7:51am

Whooping cough (pertussis) is deadly for babies. Especially during the holidays, everyone needs the Tdap vaccine to protect babies and each other from catching ...

December 23

Pregnancy and childbirth can bring a mix of emotions, including feeling sad and feeling overwhelmed. Many women experience these emotions, which may be signs of depression and anxiety, before and after birth. To learn more visit: www.Nichd.nih.gov/MaternalMentalHealth.

¿Qué tal si en el “momento más feliz de su vida” no se siente tan feliz?



Parece que en todas partes hay mamás felices. Pero la verdad es que el embarazo y el parto pueden traer muchas emociones, como sentirse triste y agobiada. Muchas mujeres pueden tener estas emociones antes y después del parto, lo que podría ser una señal de depresión y ansiedad.

Comuníquese con un proveedor de servicios de salud si usted siente:



Sentimientos intensos de enojo, preocupación o infelicidad



Cambios extremos en el estado de ánimo



Dificultad para cuidarse a sí misma o a su bebé



Menos interés en las cosas que antes disfrutaba



Cambios en sus hábitos de alimentación o de sueño

Obtenga ayuda si no se siente bien.

Para aprender más, visite nichd.nih.gov/MaternalMentalHealth (en inglés). Para encontrar un proveedor de servicios de salud mental cerca de usted, llame al 1-800-662-4357 (1-800-662-HELP).



Eunice Kennedy Shriver National Institute of Child Health and Human Development



What if the “happiest time of your life” doesn’t feel so happy?



It seems like everywhere you look, you see happy moms. But the truth is, pregnancy and childbirth can bring a mix of emotions, including feeling sad and feeling overwhelmed. Many women may experience these emotions, which may be signs of depression and anxiety, before and after birth.

Contact a health care provider if you experience:



Intense anger, worry, or unhappiness



Extreme mood swings



Difficulty caring for yourself or your baby



Less interest in things you used to enjoy



Changes in your eating or sleeping habits

Reach out if you don't feel right.

To learn more, visit nichd.nih.gov/MaternalMentalHealth. To find a mental health provider in your area, call 1-800-662-HELP (4357).



Eunice Kennedy Shriver National Institute of Child Health and Human Development



December 25

Merry Christmas to you and your family!



December 27

Here are some great tips from the World Health Organization (WHO) on breastfeeding. For the full article check out: www.who.int/features/factfiles/breastfeeding/facts/en/



WHO Recommendations

WHO recommends exclusive breastfeeding for the first six months of life. At six months, solid foods, such as mashed fruits and vegetables, should be introduced to complement breastfeeding for up to two years or more. In addition:

- * breastfeeding should begin within one hour of birth
- * breastfeeding should be "on demand", as often as the child wants day and night
- * bottles or pacifiers should be avoided.

Health Benefits for Infants

Breast milk is the ideal food for newborns and infants. It gives infants all the nutrients they need for healthy development. It is safe and contains antibodies that help protect infants from common childhood illnesses such as diarrhea and pneumonia. Also, breast milk is readily available and affordable, which helps to ensure that infants get adequate nutrition.

Information taken from www.who.int/features/factfiles/breastfeeding/facts/en/index.html

Benefits for Mothers

Breastfeeding also benefits mothers. Exclusive breastfeeding is associated with a natural (though not fail-safe) method of birth control (98% protection in the first six months after birth). It reduces risks of breast and ovarian cancer, type II diabetes, and postpartum depression.

Long-Term Benefits for Children

Beyond the immediate benefits for children, breastfeeding contributes to a lifetime of good health. Adolescents and adults who were breastfed as babies are less likely to be overweight or obese. They are less likely to have type-II diabetes and perform better in intelligence tests.

December 28

Part 2 of facts from the World Health Organization (WHO) on breastfeeding. For the full list of facts check out: www.who.int/features/factfiles/breastfeeding/facts/en/



Why Not Infant Formula?

Infant formula does not contain the antibodies found in breast milk. The long-term benefits of breastfeeding for mothers and children cannot be replicated with infant formula. When infant formula is not properly prepared, there are risks arising from the use of unsafe water and unsterilized equipment or the potential presence of bacteria in powdered formula. Malnutrition can result from over-diluting formula to "stretch" supplies. While frequent feeding maintains breast milk supply, if formula is used but becomes unavailable, a return to breastfeeding may not be an option due to diminished breast milk production.

Information taken from www.who.int/features/factfiles/breastfeeding/facts/en/index.html

HIV and Breastfeeding

An HIV-infected mother can pass the infection to her infant during pregnancy, delivery and through breastfeeding. However, antiretroviral (ARV) drugs given to either the mother or HIV-exposed infant reduces the risk of transmission. Together, breastfeeding and ARVs have the potential to significantly improve infants' chances of surviving while remaining HIV uninfected. WHO recommends that when HIV-infected mothers breastfeed, they should receive ARVs and follow WHO guidance for infant feeding.

Regulating Breast-Milk Substitutes

An international code to regulate the marketing of breast-milk substitutes was adopted in 1981. It calls for:

- * all formula labels and information to state the benefits of breastfeeding and the health risks of substitutes;
- * no promotion of breast-milk substitutes;
- * no free samples of substitutes to be given to pregnant women, mothers or their families; and
- * no distribution of free or subsidized substitutes to health workers or facilities.



December 29

Part 3 of breastfeeding facts from World Health Organization (WHO).

For the full article check out: www.who.int/features/factfiles/breastfeeding/facts/en/

Facts on Breastfeeding

from the World Health Organization (WHO)

Support for Mothers is Essential

Breastfeeding has to be learned and many women encounter difficulties at the beginning. Many routine practices, such as separation of mother and baby, use of newborn nurseries, and supplementation with infant formula, actually make it harder for mothers and babies to breastfeed. Health facilities that support breastfeeding by avoiding these practices and making trained breastfeeding counselors available to new mothers encourage higher rates of the practice.

Work and Breastfeeding

Many mothers who return to work abandon breastfeeding partially or completely because they do not have sufficient time, or a place to breastfeed, pump and store their milk. Mothers need a safe, clean and private place in or near their workplace to continue breastfeeding. Enabling conditions at work, such as paid maternity leave, part-time work arrangements, on-site nurseries, facilities for pumping and storing breast milk, and breastfeeding breaks, can help.

The Next Step: Phasing in Solid Foods

To meet the growing needs of babies at six months of age, mashed solid foods should be introduced as a complement to continued breastfeeding. Foods for the baby can be specially prepared or modified from family meals. WHO notes that:

- * *breastfeeding should not be decreased when starting on solids*
- * *food should be given with a spoon or cup, not in a bottle*
- * *food should be clean and safe*
- * *ample time is needed for young children to learn to eat solid foods*



Information taken from www.who.int/features/factfiles/breastfeeding/facts/en/index9.html