



KANSAS
MATERNAL &
CHILD HEALTH

DECEMBER 2017

FACEBOOK POSTS

December 1

"For many, the holiday season means spending time with family, enjoying holiday parties and seeing old friends. But the holiday season can also trigger symptoms of anxiety and depression. Check out and share this infographic for tips on how to beat the holiday blues." - Mental Health First Aid USA

5 TIPS FOR BEATING THE HOLIDAY BLUES

- CHILL OUT.** Avoid overbooking yourself and make sure to take time for self-care.
- HIBERNATE.** Make sure you get enough sleep.
- BREAK OUT THE ICE SKATES.** Take time to exercise, even if it's just taking a spin around the rink.
- DON'T FREEZE PEOPLE OUT.** Spend time with people who love and support you.
- MODERATE THE MERRIMENT.** Eat and drink in moderation, and don't drink alcohol if you are feeling down.

WWW.MENTALHEALTHFIRSTAID.ORG

IT'S NOT TOO LATE TO GET YOUR FAMILY VACCINATED!

Vaccinate your family this flu season. It's the best way to fight flu.

If you haven't already, you can still get vaccinated. As long as flu viruses are circulating, it's not too late to get vaccinated.

Vaccination is especially important for protecting people at high risk of serious flu complications, including:

- young children
- pregnant women
- adults 65 years and older
- anyone with chronic health conditions like asthma, diabetes, or heart disease.

#FIGHT FLU

National Influenza Vaccination Week (NIVW)
December 3-9, 2017
www.cdc.gov/flu/nivw

Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases

December 4

This week is National Influenza Vaccination Week (NIVW)! #NIVW highlights the importance of continuing flu vaccination through the holiday season and beyond. For more information visit: <https://www.cdc.gov/flu/nivw/index.htm>

December 5

It's National Handwashing Week! Washing your hands is one of the most effective ways to prevent the spread of germs and protect yourself and your family from getting sick.

www.cdc.gov/features/handwashing/



December 8

 **Kansas Maternal & Child Health** ...

December 8 at 6:09am · 🌐

December is Safe Toys and Gifts Month. To keep your child safe, follow these guidelines when choosing toys!



Toy safety guidelines | BabyCenter

Here are some guidelines to consider when choosing a toy for your child.

BABYCENTER.COM

December 12

One way to help prevent SIDS is sleeping in a different bed than your baby, yet still keeping them safely close by. For more information, visit <http://www.kidsks.org/>

**Same Room
Separate Bed**

Place baby's
crib near your
bed. This makes
it easier to
breastfeed and
to bond with
your baby.



December 15



Kansas Maternal & Child Health



December 15 at 7:32am · 🌐

Find age-appropriate toys for the babies and toddlers in your life. This guide also includes information about children's development, so you'll know why a toy makes sense at a particular age.



Age-appropriate toys | BabyCenter

Check out BabyCenter's guides to help you find age-appropriate toys that will bring joy to the babies and toddlers in your life.

BABYCENTER.COM

December 19

Breastfeeding is the best way of providing young infants with the nutrients they need for healthy growth and development!



December 21

Whooping Cough Vaccinate To Protect

Who Needs Whooping Cough Vaccines?

- Pregnant women
- Infants and young children
- Preteens and teens
- Adults of all ages

Whooping cough is most deadly for infants.
Get vaccinated. Protect yourself. Protect babies.



December 25

Merry Christmas to you and your family!



December 27

More info at www.kidsks.org/safe-sleep.



December 28



Kansas Maternal & Child Health



December 28, 2017 at 11:30am · 🌐

Breastfeeding is not only healthy for a baby, it has many benefits for the mother. Benefits include a faster recovery from childbirth, reduced rates of breast and ovarian cancer later in life, and strong maternal connection between baby and mother.



Benefits of Breastfeeding for Mom

Breastfeeding provides health benefits for mothers beyond emotional satisfaction. Mothers who breastfeed recover from childbirth more quickly and easily. There are quite a few practical advantages to breastfeeding as well; bonuses the entire family can

HEALTHYCHILDREN.ORG

Like Comment Share