



MAY 2017 FACEBOOK POSTS

May 1

May is the beginning of the National Bike Challenge. The Challenge lasts May through September. Check out nationalbikechallenge.org to learn more and sign up for a fun way to be active during the summer.



May 2

Listen in today on The American Speech-Language-Hearing Association's 15 minute webinar from 1:00-1:15pm. <https://ncham.adobeconnect.com/bhsm/>

This series, going on May 2-9, informs about the use of assistive technology and importance of early intervention for communication disorders. <http://www.kansasmch.org/webinars.asp>

MAY IS BETTER HEARING AND SPEECH MONTH

LISTEN IN TODAY (no pre-registration required)

The American Speech-Language-Hearing Association's 15 minute webinar series will focus on raising awareness about the use of assistive technology and the importance of frequent hearing screenings.

Tuesday, May 2, 1:00-1:15 p.m. CT

Debunking Common Myths about Using Assistive Technology with Young Children

Director, Simon Technology Center PACER Center Bridget Gilormini

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

May 3

Listen in today on The American Speech-Language-Hearing Association's 15 minute webinar from 1:00-1:15pm. <https://ncham.adobeconnect.com/bhsm/>
The series continues from May 2-9 <http://www.kansasmch.org/webinars.asp>

MAY IS BETTER HEARING AND SPEECH MONTH

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The American Speech-Language-Hearing Association's 15 minute webinar series will focus on raising awareness about the use of assistive technology and the importance of frequent hearing screenings.

Wednesday, May 3, 1:00-1:15 p.m. CT

Don't Wait to Communicate! Augmentative and Alternation Communication (AAC)

Jacqueline Hess, Director, Disabilities Studies and Services & Early Care and Education

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



NATIONAL GET FIT DON'T SIT DAY™
GET UP & MOVE!
MAY 3, 2017
American Diabetes Association.

Today is National Get Fit Don't Sit Day! Try out these great exercise moves at your desk from the American Diabetes Association. Being physically active is part of a healthy lifestyle.

Desk Moves

Got 10 minutes? Try these seated moves to improve your fitness.
By Lindsey Wabowick | Illustrations by David Preiss

NATIONAL GET FIT DON'T SIT DAY™
GET UP & MOVE!
MAY 3, 2017
American Diabetes Association.

- 1. GET READY:** Focus on posture: Sit on your sitz bones (if you sit on your hands, you can probably feel them) rather than your tailbone. Tighten your belly (think about bringing your belly button toward your spine), lift the rib cage, hold your neck long and straight, and lock your chin down and back so you feel a long stretch on the back of your neck. "Feel like you have a string pulling on the back of your head," suggests Mary Ann Wilson, RN, an ACE-certified trainer and host of Sit and Be Fit on PBS for almost 27 years. Breathe from the belly (you want your diaphragm to expand, not just your chest).
- 2. MARCH IN PLACE:** While you're holding an upright posture, march in place with your feet firmly planted. Swing the opposite arms as you march each foot forward. Anna Frings-Burnell, an ACE and AHA-certified and Fitness Association of America-certified trainer and founder of Stronger Seniors, suggests alternating marches with toe taps and heel taps. "An easy choice for balancing exercises is when you reach and tap one toe forward, reach hands forward at the same time," Burnell says. "You can reach higher and higher or do a little being maneuver with jabs, squats, a cross punch, and a hook." If you're new to exercise, marching in place with arm movements for 22 minutes will get your heart rate pumping to aerobic levels.
- 3. SEATED JUMPING JACK:** Nicole Nichols, an ACE-certified personal trainer and fitness expert at SportsLogic.com, recommends the seated jumping jack. Start with knees bent and arms resting at your sides, then extend your legs, straight and wide, with heels on the floor, and raise your arms in V. Keeping your torso back to the center. Repeat for several minutes. "It does a really nice job of elevating the heart rate and give you an aerobic benefit, but the key is to do it long enough—at least 10 minutes or so," Nichols says.
- 4. DO THE "WEEBABOO":** This will work your entire upper body, says Lisa Ann Langdon, an ACE-certified personal trainer. Form a gap seat with your arms. Keep your upper arms (shoulders to elbow) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat so long as you can hold proper form. Your back, chest, and arms will get a workout.

BROUGHT TO YOU BY **nrg** A national sponsor of National Get Fit Don't Sit Day™ and Wellness Lives Here™, an American Diabetes Association initiative designed to inspire and fuel our nation's healthiest habits at work and beyond.

RELEASE SOME TENSION. "Take a little break during the day!" Burnell says. With the best posture you can muster, stretch and reach your arms overhead so that you're lengthening your spine. Alternate moving your hands as though you're climbing a rope, pulling yourself up. You'll notice that you're getting movement in your rib cage and spine. "This is a great exercise to get people to not squish their spines," Burnell says.

MOVE YOUR JOINTS. "We need to lubricate the joints, which means moving those joints in a gentle way," says Wilson. She says to get **spinal fluid** (the liquid that protects joints) moving, picture a sponge between each joint. When you flex, you're wring fluid, and when you relax it, liquid is let back in. Shoulder rolls are great for this because they make four major muscle groups meet. Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good before you switch to your shoulder backwards. Wilson suggests letting your arms hang and swing gently, like pendulums. "It's great for the rotator cuff," she says.

FOCUS ON EXTREMITIES. Work the wrists first. Hold your arms straight in front of you and flex the wrist, as though you're saying "uh!" Then rotate your palm so your fingertips point toward the floor. Repeat until you feel the stretch. When working the ankles, draw letters of the alphabet with each foot.

GET HEAVY. Adding some light exercise weights (dumbbells, weighted balls, or even a soup can) or resistance bands is an important way to gain strength. Nichols suggests getting a resistance band (found at some discount stores for as little as \$3) and anchoring it by sitting on it. Now you can work your entire upper body—making the ends of the band in your hands, try starting with bicep curls.

Safety Note Talk to your doctor before making any big change in your exercise plan.

If you put all of these moves together, you can work up to the recommended 30 minutes of exercise per day. But if you have too little time for a full workout, don't fret. You can exercise in 10-minute chunks.

Brought to you by the American Diabetes Association. For answers to your questions about prediabetes and diabetes, call 1-800-DIABETES (1-800-342-2383). www.WellnessLivesHere.org

NATIONAL GET FIT DON'T SIT DAY™
GET UP & MOVE!
MAY 3, 2017
American Diabetes Association

wellnessliveshere.org
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May 4

National Children's Mental Health Awareness Day

This year's focus is on the importance of integrating behavioral health and primary care for children, youth, and young adults with mental and/or substance use disorders. <http://tinyurl.com/AwarenessDay2017>



May 5

May is Better Hearing and Speech Month

Join The American Speech-Language-Hearing Association's webinar from 1:00-1:15pm today! Learn about quality hearing screening practices for young children. <https://ncham.adobeconnect.com/bhsm/>

Find the entire webinar series at: <http://www.kansasmch.org/webinars.asp>

MAY IS BETTER HEARING AND SPEECH MONTH

LISTEN IN TODAY (no pre-registration required)

The American Speech-Language-Hearing Association's 15 minute webinar series will focus on raising awareness about the use of assistive technology and the importance of frequent hearing screenings.

Friday, May 5, 1:00-1:15 p.m. CT

Quality Hearing Screening Practices for Children Birth to 5 Years of Age

Will Eiserman, Early Childhood Hearing Outreach (ECHO) Initiative

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

May 5

It's Kansas Kids Fitness and Safety Day! This statewide event reinforces to children the fun and health benefits of physical activity. Try a spring activity from Get Active Kansas today!

Outdoor Family Activities for Spring



Backyard Games: Have a blast playing the classic, outdoor games together such as hide-and-seek, freeze tag, Red Rover, and more. Encourage children to be creative and come up with their own variations of the different games. The opportunities are endless!

Take a Family Walk: Whether you take a challenging nature hike, or a simple stroll around the block, walking doesn't have to be boring. Incorporate games such as "I Spy" or a scavenger hunt activity to keep children engaged.

Go Geo-caching: As a family, search for a geocache by using a hand-held GPS device to find a cache near you. These can be found at geocache.com. When you find one, pick up a prize and leave your own for someone else to find.

Skate or Rollerblade: Kids love moving with wheels, so strap on some skates and find an open area or skate park to go roller skating. Safety first though, ensure children are well protected with pads and a helmet.

Play Catch: It may be simple, but a game of catch can provide hours of active entertainment. Try playing catch with different objects, such as footballs, Frisbees, boomerangs, and more.

Take a Bike Ride: Strap your helmets on, and explore your neighborhood, park, or local trails together on a family bike ride.

Get out on the Water: It may not be warm enough to swim during the spring, but the weather can be perfect for boating or paddling out on the water. Find a lake or river near you and try canoeing, kayaking, or row boating as a family.

Swing a Racket: Play a game of tennis, racquetball, or badminton together as a family. If you have younger children, start by teaching them how to swing and practice volleying back and forth.

Fly a Kite: Spring is infamous for windy days, so take advantage of this by flying kites as a family! Simple kites are inexpensive to buy, easy to operate, and are an excellent source of physical activity, as kids will run back and forth trying to get their kite in the air.

Plant a Garden: Outdoor activities don't have to be ALL fun and games. Put children to work in the garden by having them help plant, weed, rake, dig, or water. Most likely, they will learn to love it, especially when they are rewarded with fresh garden foods to eat.



Adapted from the following sources:
About.com Family Fitness. Retrieved Mar 27, 2014 from http://familyfitness.about.com/od/waystoplay/tp/outdoor_activities_kids_01.htm

Get Active Kansas
get it. get it right.

May 8

From 1:00-1:15pm join The American Speech-Language-Hearing Association's webinar today! Learn about supporting children with hearing loss. <https://ncham.adobeconnect.com/bhsm/>
Learn more at: <http://www.kansasmch.org/webinars.asp>

MAY IS BETTER HEARING AND SPEECH MONTH

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The American Speech-Language-Hearing Association's 15 minute webinar series will focus on raising awareness about the use of assistive technology and the importance of frequent hearing screenings.

Monday, May 8, 1:00-1:15 p.m. CT

Using a Multi-Modal Approach to Support Children with Hearing Loss

Karen Latimer, Assistive Technology Specialist, Delaware Assistive Technology Initiative, Center for Disabilities Studies

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

May 8

This week is Children’s Mental Health Awareness Week

Adverse Childhood Experiences (ACEs) are serious childhood traumas that result in toxic stress and can harm a child’s brain. Check out these 6 points on what resilience from ACEs looks like.

STRESS & EARLY BRAIN GROWTH
Understanding Adverse Childhood Experiences (ACEs)

What are ACEs?
ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Adverse Childhood Experiences can include:

1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witnesses a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

How do ACEs affect health?
Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.

Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

Lowers tolerance for stress, which can result in behaviors such as fighting, checking out or defiance.

Increases difficulty in making friends and maintaining relationships.

Increases problems with learning and memory, which can be permanent.

Increases stress hormones which affects the body's ability to fight infection.

May cause lasting health problems.

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

A Survival Mode Response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked offline. Self-protection is their priority. In other words: "I can't hear you! I can't respond to you! I am just trying to be safe!"

The good news is resilience can bring back health and hope!

What is Resilience?
Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

Resilience trumps ACEs!

Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods

What does resilience look like?

- 1. Having resilient parents**
Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.
- 2. Building attachment and nurturing relationships**
Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.
- 3. Building social connections**
Having family, friends and/or neighbors who support, help and listen to children.
- 4. Meeting basic needs**
Providing children with safe housing, nutritious food, appropriate clothing, and access to health care and good education.
- 5. Learning about parenting and how children grow**
Understanding how parents can help their children grow in a healthy way, and what to expect from children as they grow.
- 6. Building social and emotional skills**
Helping children interact in a healthy way with others, manage their emotions and communicate their feelings and needs.

Resources:

ACES 101
<http://aces101high.com/aces-101/>

Triple-P Parenting
www.triple-p-parenting.net/gb/en/home/

Resilience Trumps ACEs
www.resiliencestrumpsACEs.org

CDC-Kaiser Adverse Childhood Experiences Study
www.cdc.gov/violenceprevention/acestudy/

Zero to Three Guides for Parents
<http://www.zerotothree.org/about-us/areas-of-expertise/free-parent-brochures-and-guides/>

Thanks to the people in the Community & Family Services Division at the Spokane (WA) Regional Health District for developing this handout for parents in Washington State, and sharing it with others around the world.

May 9

Listen in on last webinar of The American Speech-Language-Hearing Association's series part of Better Hearing and Speech Month. Join now! <https://ncham.adobeconnect.com/bhsm/>
For more information visit: www.asha.org

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Tuesday, May 9, 1:00-1:15 p.m. CT

Center on Technology and Disability: Free Resources to Support the Use of Assistive Technology in Young Children with Disabilities

Jacqueline Hess, Director, Disabilities Studies and Services & Early Care and Education

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

May 11

Join May 18th! This upcoming webinar tells how Cradle Cincinnati is working to reduce infant mortality and preterm birth rates by focusing on spacing between pregnancies, reducing tobacco use during pregnancy, and promoting safe sleep practices.

Register here: <http://tinyurl.com/mtfk2u9>

Image may contain: one or more people and close-up



Webinar: Maternal, Infant, and Child Health


Join on Thursday, May 18 to learn how Cradle Cincinnati is working to reduce infant mortality and preterm birth rates.

Register Now! <http://tinyurl.com/mtfk2u9>


May 12

Measles is a highly contagious disease and can be serious for young children. Make sure your child is up to date on vaccinations, especially before traveling abroad. www.cdc.gov/features/measles/


Protect your child from measles

 Measles is still common in many parts of the world. Unvaccinated travelers who get measles in other countries continue to bring the disease into the United States.

Give your child the best protection against measles with **two** doses of measles-mumps-rubella (MMR) vaccine:

 **1st dose at 12-15 months** **2nd dose at 4-6 years**

Traveling abroad with your child?
Infants 6 to 11 months old need 1 dose of measles vaccine before traveling abroad. Children 12 months and older should receive 2 doses before travel. Check with your pediatrician before leaving on your trip to make sure your children are protected.



May 14



May 15

National #WomensHealth Week shines a light on the importance of preventative screenings, exercise, healthy eating, mental wellness, and practicing safe behaviors!

Eat Healthy

Did you know? We make 200 decisions about food each day! That's a lot of chances to eat healthy every day. All of your food and drink choices matter!

Nearly **2 out of 3** women in the United States die from chronic diseases like heart disease, cancer, or diabetes.¹ A healthy diet and weight can help protect you from many chronic diseases. Choose lots of fruits, vegetables, whole grains, low-fat dairy, and lean proteins to keep you healthy.

Fruits and vegetables are a great way to get the vitamins and nutrients you need!²

- **Potassium** can help lower blood pressure.
- **Fiber** from fruits and vegetables can help lower cholesterol.
- **Vitamin A** keeps eyes and skin healthy and helps to protect against infections.

Tips

Switch some of your everyday foods for healthier options.

- ✔ Eat whole-grain bread instead of white bread, and brown rice instead of white rice.
- ✔ Try whole fruit, like apples and oranges, instead of fruit bars or fruit-flavored snacks.
- ✔ Drink water, seltzer, or unsweetened tea instead of energy or fruit drinks or soda.

Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and obesity
- ▶ Set health goals, such as being active and maintaining a healthy weight

▶ Learn more about healthy eating habits at ChooseMyPlate.gov.

▶ Track your daily food plan with SuperTracker.usda.gov.

▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw

Sources:
¹ www.crrp.usda.gov/sites/default/files/dietary_guidelines_for_americansDGAC-MIG3-Minutes-Final.pdf
² www.fda.gov/oc/ohrt/food2013/index.htm
³ www.choosemyplate.gov/vegetables-nutrients-health

Get Active

Did you know? Women of all ages who get enough physical activity can reduce their risk of heart disease and cancer — the most common diseases women have to worry about. Men get more physical activity than women. We can change this — let's move!

Women need 2.5 hours of moderate-intensity physical activity every week — about **30 minutes a day**.¹ But fewer than 50% of women are getting enough aerobic activity, and only 20% get enough muscle-strengthening activity.²

Just **30 minutes** of brisk walking a day is enough to **lower your risk of breast cancer**.³

The more exercise you do, the more your risk of early death goes down. A woman who exercises 30 minutes every day can lower her risk of dying early by 27% compared with someone who exercises just 30 minutes once a week.⁴

Tips

Try these ideas for fitting more physical activity into your daily routine.

- ✔ Add walking or biking to your commute.
- ✔ Take the stairs instead of the elevator.
- ✔ Turn on your favorite music and dance.


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- ▶ Set health goals, such as being active and maintaining a healthy weight

▶ Learn more about how to fit physical activity into your daily life at www.health.gov/PAGuidelines.

▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw

Sources:
¹ www.health.gov/paguidelines/pdf/paguide.pdf
² www.cdc.gov/nchs/data/nuw/014063.pdf
³ www.cancer.gov/oncortopic/factheet/prevention/physicalactivity
⁴ www.health.gov/paguidelines/guidelines/chapter2.aspx

Pay Attention to Your Mental Health

Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.

Each year, **1 in 5** women in the United States has a mental health problem such as depression, post-traumatic stress disorder, or an eating disorder.¹

More than **twice** as many women as men have been diagnosed with **anxiety**.² Women are almost **twice** as likely as men to experience **depression**.³

Tips

Take time for yourself with activities you enjoy like dancing, reading, or talking with friends!

- ✔ Yoga can lower stress while helping with anxiety, depression, or insomnia.⁴
- ✔ Reach out to friends and family for help when you need it.
- ✔ Call 1-800-662-4357 for confidential treatment referral and information on mental health and substance abuse.

Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for depression or alcohol and tobacco use
- ▶ Discuss whether you should consider medicine, therapy, or other treatments for mental health and substance use disorders
- ▶ Set health goals, such as being active and maintaining a healthy weight

▶ For support and help finding mental health services near you, visit findtreatment.samhsa.gov.

▶ Learn more about mental health at nimh.nih.gov or mentalhealth.gov.

▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw

Sources:
¹ www.samhsa.gov/statistics/infographics/NSDUH-DR-NM-mentalDis-2014-1/Week/
² NSDUH-DR-NM-mentalDis-2014.html
³ www.nccih.nih.gov/health/yoga/introduction.htm

Engage in Safe Behaviors

Did you know? Risky behaviors can put you, your loved ones, and the people around you in danger. It's up to you to take control!

Seat belts lower your risk of dying in a car crash by **45%** and cut your risk of serious injury by **50%**.¹

Women are more likely than men to talk on the phone while driving.² You're more than **2x** as likely to crash (or have a near miss) when dialing a cell phone.³

Smoking causes **80%** of lung cancer deaths among women.⁴

Tips

Start engaging in safe behaviors today to improve your health and lower your risk for injury and illness!

- ✔ Wear a helmet when you bike.
- ✔ Pull over if you need to use your phone.
- ✔ Call 1-800-784-8669 for help quitting smoking.

Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for sexually transmitted infections and more
- ▶ Set health goals, such as being active and maintaining a healthy weight

▶ Learn more about how to quit smoking at womens.smokefree.gov.

▶ Get tips on distraction-free driving at distraction.gov.

▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw

Sources:
¹ www.nrdhhsa.dot.gov/Pubs/811382.pdf
² www.nrdhhsa.dot.gov/Pubs/812197.pdf
³ www.vepr.org/doc/113105616_M_Article124142
⁴ www.cancer.gov/cancertopics/tobacco/statisticsenaphot

May 16

This week is Alcohol- and Other Drug-Related Birth Defects Awareness Week. Alcohol can disrupt fetal development at any stage during a woman's pregnancy. <http://tinyurl.com/alcohol-pregnancy>.



AN ALCOHOL-FREE PREGNANCY IS THE BEST CHOICE FOR YOUR BABY.

- Fetal alcohol spectrum disorders (FASDs) are completely preventable if a woman does not drink alcohol during pregnancy.
- There's no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- All types of alcohol are equally harmful, including all wines and beer.
- Alcohol can cause problems for a developing baby throughout pregnancy, including before a woman knows she's pregnant.



For more information, visit www.cdc.gov/fasd or call 800-CDC-INFO.

When a pregnant woman drinks alcohol, so does her baby. Why take the risk?

May 18

Join Today at 11:00 a.m. CT!

This webinar tells how Cradle Cincinnati is working to reduce infant mortality and preterm birth rates by focusing on spacing between pregnancies, reducing tobacco use during pregnancy, and promoting safe sleep practices.

Register here: <http://tinyurl.com/mtfk2u9>



Webinar: Maternal, Infant, and Child Health

Join on Thursday, May 18 to learn how Cradle Cincinnati is working to reduce infant mortality and preterm birth rates.


Register Now! <http://tinyurl.com/mtfk2u9>

May 19

Ready, set, play! Tomorrow is #KidstoParks Day! Find a park near you by visiting <http://ksoutdoors.com/State-Parks> and try these 9 games for hiking. <http://tinyurl.com/KidsToParks>

Boredom Busters

You have been hiking and your kids are getting ready to have a melt down. You need to save the mood quickly so that the hike can be enjoyed. Try out these boredom busters to occupy your kids' mind!




9 games for hiking

- One Word Stories**
One person begins a story by saying one word, and then the story is passed on to the next person, and the next, and so on, with each person building to the plot of the story. Since each person can only say one word at a time, the story becomes really silly and fun, and this game allows your kid's imagination to run wild.
- The Ants Go Marching**
This is a classic song that is easily adapted to hiking. Everyone sings the beginning of the song: "The ants go marching... and then each person gives one thing that the little ant does. After everyone gives one, you move on to the next verse. This activity helps kids with their vocabulary and rhyming skills, as well as giving them something to think about while walking."

Example:
Ant: "The ants go marching one by one, hurrah, hurrah. The ants go marching one by one, the little one stops too..."
Person 1: Eat a plumb
Person 2: Have some fur
Person 3: Eat a ton
- ABC Game**
Start at the beginning of the alphabet and find something on the trail that begins with the letter "A." Work your way through the rest of the alphabet.
- Twenty Questions**
One person thinks of a noun (person, place, or thing). All the other hikers ask yes or no questions to try to guess the noun.
- I'm going on a hike and I'm bringing...**
One person starts and says what they are bringing on a hike, beginning with the letter "A." The next person says what the first person is bringing, and something else beginning with the letter "B." You work through the rest of the alphabet this way. This game helps kids with their memory and gives them a fun way to think about hiking.

Example:
Person 1: "I'm going on a hike and I'm bringing **apples**"
Person 2: "I'm going on a hike and I'm bringing **apples** and a **backpack**"
Person 3: "I'm going on a hike and I'm bringing **apples**, a **backpack**, and a **canteen**"
- Categories**
Choose one category, such as types of fruit, animals, TV shows, etc. One by one everyone identifies something in the category until no one can think of any more. Then pick another category and play again.
- Riddles**
Write down your favorite age appropriate riddles and pull them out when your kids start to get tired and grumpy. Riddles will keep their minds occupied.
- Sing Songs**
This one is very simple. Before hiking come up with a list of songs that everyone in the family knows and enjoys. When your kids start to get bored and tired, start singing songs to bring back the mood.
- Exploring Breaks**
When people are tired, stop walking and explore your area. Turn over logs and rocks and record what you see.



Boredom Busters

You have been hiking and your kids are getting ready to have a melt down. You need to save the mood quickly so that the hike can be enjoyed. Try out these boredom busters to occupy your kids' mind!



to do at the park

- Pack a picnic
- Play catch
- Explore/Scavenger Hunt
- Learn about nature
- Hike
- Play Tag
- Hide and go seek
- Frisbee
- Make your own Olympic Games
- Watch clouds



to do at the beach

- Build sandcastle
- Paint shells
- Make necklace out of shells
- Pretend to be pirate and hunt for buried treasure
- Jump over waves
- Chase birds
- Bury someone in sand
- Explore tide pools
- Make a drip castle
- Fly kites

to do while camping

- Go "hunting" for firewood**
It is important to have a good fire - so get your kids involved by having them gather sticks for the fire. Even if they can only carry very tiny ones, they will still feel like they helped build the fire.
- Make campfire**
Materials: firewood, matches/lighter
Nothing says camping like a campfire. So start gathering wood and make a fire! Need help? Check out: <http://www.smokeybear.com/build-campfire.asp>
- Tell stories**
Gather around the campfire and tell all the stories you can. Let your kids tell stories - made up or not. If your kids can handle it, tell ghost stories!
- Make binoculars**
Materials: paper towel/toilet paper tubes, tape/glue, decorating materials
Before you leave, have your kids decorate two cardboard tubes and tape the sides together. When you get to your campsite look through the "binoculars" and see what there is to see!
- Squirt guns**
Materials: squirt guns/spray bottles
Let's face it. Camping means dirt. Instead of fusing over your kids playing in the dirt, start the cleaning process with a fun game. Fill two spray bottles with water and let your kids battle it out as they clean themselves.
- Make maps**
Materials: canoe, paddles, life jacket
If you can rent a canoe, take a ride with your kid! You can even rent little paddles and have your kid help you paddle.
- Canoe ride**
Materials: canoe, paddles, life jacket
If you can rent a canoe, take a ride with your kid! You can even rent little paddles and have your kid help you paddle.
- Swimming**
Cool off by jumping in the water and going for a swim.
- Make s'mores**
Materials: graham crackers, chocolate, marshmallows
No camping trip is complete without s'mores. Make a fire and help your kids roast marshmallows. This treat will be a great reward after a long day.
- Keep a Journal**
Materials: journal, writing tool
You think that you will remember your trip, but it will slip away. Have your kids write in a journal to record your activities and their thoughts. It will be something to look back on as a record of activities written in your kids own voice and hand.



May 23

Help kids build healthy habits for life by making these simple changes! Provided by the Kansas Action for Children.

THINK BIG.

Start Small.

Kids learn healthy habits while they're small that persist through adulthood (when they're BIG). Let's help Kansas kids build lifelong healthy habits by making a few simple changes related to food, drinks and activity. These small changes can have a BIG impact on health—for all Kansans.

- BETTER BEVERAGES**
Beverages play a big role in kids' health. Choosing better beverages—like water or low-fat milk—is best for healthy development.
- UNPLUG UNDER 2**
Screentime interferes with healthy brain development. Limit screen time to less than 2 hours a day for kids over the age of 2.
- BREASTFEEDING BENEFITS**
Breastfeeding has many benefits—it reduces infants' risk of infection and disease, and moms have a lower risk of health problems like diabetes.
- RIGHT REWARDS**
Teach kids healthy habits. Don't reward good behavior with unhealthy foods and don't limit physical activity as punishment.

Early environments matter—
YOU CAN HELP KIDS BUILD HEALTHY HABITS FOR LIFE!

May 24

Creating a safe sleep environment for your baby reduces the risk of Sudden Infant Death Syndrome (SIDS). Learn more: <http://tinyurl.com/NIH-SleepSafe>.

Safe Sleep For Your Baby

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

- Always place your baby on his or her back to sleep, for naps and at night
- Use a firm sleep surface, covered by a fitted sheet
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else
- Keep soft objects, toys, and loose bedding out of your baby's sleep area
- Give your baby a dry pacifier that is not attached to a string for naps and at night
- Do not let your baby get too hot during sleep
- Do not use home heart or breathing monitors to reduce the risk of SIDS
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching

Source: NICHD, "Safe Sleep For Your Baby"
<http://tinyurl.com/NICHDSafeSleep>

May 25

In order to reverse the trend of overweight youth in America, it is crucial that parents have the information they need to help teach children the importance of healthy eating and being physically active.

<http://tinyurl.com/we-can-be-healthy>

NEARLY
1 IN 3
CHILDREN IN AMERICA IS
**OVERWEIGHT
OR OBESE.**

WHAT CAN WE DO TOGETHER?

BE ACTIVE

WALK INSTEAD OF DRIVE.

TAKE THE STAIRS INSTEAD OF THE ESCALATOR OR ELEVATOR.

DO YARD WORK. GET YOUR CHILDREN TO HELP DIG, WEED OR PLANT.

FINISH LINE

TRAIN TOGETHER FOR A CHARITY WALK OR RUN.

EAT RIGHT

MAKE A LIST BEFORE GOING GROCERY SHOPPING.

EAT TOGETHER AS A FAMILY AS OFTEN AS POSSIBLE.

TRY A NEW FRUIT OR VEGETABLE WITH DINNER EACH NIGHT.

SERVE WATER OR FAT-FREE MILK AT MEALS.

CHALLENGE YOUR KIDS TO BE HEALTHY AND SEE WHAT THEY CAN DO!

HERE'S HOW

1
THINK ABOUT WHAT YOUR FAMILY EATS AND HOW ACTIVE THEY ARE.

2
START SMALL. TRY TO MAKE JUST ONE HEALTHY CHANGE EACH WEEK.


3
KEEP TRYING EVEN IF YOU HAVE CHALLENGES. BEING A GOOD ROLE MODEL WILL HELP YOU AND YOUR FAMILY BE HEALTHY.

We can!

BE ACTIVE, EAT HEALTHY. SEARCH "WE CAN" FOR MORE WAYS YOU AND YOUR FAMILY CAN GET HEALTHY TOGETHER.

May 29

It's National Stroke Awareness Month. Stroke can happen to anyone, at any age including infants and children. Know the risk factors and the warning signs of stroke in children. For more information and resources on stroke from the American Stroke Association go to: tinyurl.com/stroke-in-children



DID YOU KNOW?
STROKE OCCURS IN TODDLERS, CHILDREN, AND TEENS.
STROKE IS AN EMERGENCY AT ANY AGE!

WARNING SIGNS

F FACE DROOPING / **A** ARM WEAKNESS / **S** SPEECH DIFFICULTY / **T** TIME TO CALL 911

IF ONE OR MORE OF THESE SIGNS ARE PRESENT, DON'T DELAY!
 CALL 911 OR THE EMERGENCY SYSTEM IN YOUR COUNTRY!

ADDITIONAL WARNING SIGNS IN CHILDREN

- Severe sudden headache, especially with vomiting and sleepiness
- Sudden weakness or numbness on one side of the body (face, arm and/or leg)
- Sudden confusion, difficulty speaking or understanding others
- Sudden trouble seeing to one side or loss of vision
- Sudden difficulty walking, dizziness, loss of balance or coordination
- New-onset of seizures usually on one side of the body

IF IT LOOKS LIKE A STROKE → THINK STROKE
Signs of stroke are often missed in children and teens because there is a lack of awareness that strokes can happen in this age group.

TOP 10
 Stroke is one of the **TOP 10 CAUSES OF DEATH** in children

tPA
 The use of tPA (a clot busting treatment) or clot retrieval devices are **NOT FDA APPROVED FOR USE IN CHILDREN** in the U.S.

MEDICAL CONDITIONS ASSOCIATED WITH STROKE INCLUDE: Sickle Cell Disease, Moyamoya Syndrome, Arterial Dissection, Autoimmune Disorders, Congenital Heart Disease, Blood Clotting Disorders

Learn more at lapediatricstroke.org and strokeassociation.org

International Alliance for Pediatric Stroke

Sources: lapediatricstroke.org/infographic.pdf, lapediatricstroke.org/2015/02/04/44-lect.pdf, heart.org/gst/groups/heart-public/1/0com/180sp/180md/documents/downloadable/ucm_472920.pdf

May 31

Today is World No Tobacco Day. Check out the immediate benefits of quitting smoking, how to make a plan to quit, and tips for success. Learn more: heart.org/BenefitsOfQuitting



What can we do to stop smoking?

Start with these 3 steps.

1 Educate Yourself.
 The first step to quitting smoking is to understand your risks associated with tobacco use, but there's a lot more to quitting than figuring statistics. Our journey to smoke-free living will help us turn our lives around in many positive ways. heart.org/lifecheck/Quitting

Benefits of Quitting Smoking:

- 20** after quitting, your blood pressure and heart rate recover from the cigarette-induced spike.
- 12** of smoke-free living, the carbon monoxide levels in your blood return to normal.
- 2** to three months of smoke-free living, your circulation and lung function begin to improve.
- 1** to nine months of smoke-free living, clear and deeper breathing gradually returns.
- 1** after quitting, a person's risk of coronary heart disease is reduced by 50 percent.
- 5** after quitting, a person's risk of stroke is similar to that of a nonsmoker.

2 Make a Plan to Quit.
 We're more likely to quit smoking for good if we prepare by creating a plan that fits our life and lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a healthcare provider or nicotine replacement.

PREPARE For your quit day by preparing for cravings and urges to smoke.

QUIT on your quit day.

3 Tips For Success:
 Setting realistic goals and making slow changes over time are the best ways to set ourselves up for success, feel our best and live a healthy life.

- **Deal with Urges to Smoke.** Whether physical or mental, we must learn our triggers and make a plan to address them. We should avoid situations that make us want to smoke until we feel confident that we can make it through the urges.

"I used to smoke after every meal, but once I learned to replace that niche with something new, the cravings stopped."
- **Stay Physically Active.** Physical activity helps us manage our stress level so keeping active while trying to quit can help with the stress of not smoking. Plus it helps manage our weight and strengthen our heart! heart.org/PhysicalActivity
- **Learn to Handle the Stress.** Quitting smoking may cause us to feel stress. We also may be more tempted to give in to cravings when we are stressed. Learning how to handle stress can help us make it through the first few months of learning healthier habits to replace smoking. heart.org/StressManagement
- **Develop a Support System.** Some of us have a "quit smoking buddy" and others have a support program. Both can help smokers identify and cope with problems we may have when trying to quit. 1-800-QuitNow
- **Stick with it.** Quitting smoking takes a lot of will power. We should reward ourselves when we reach milestones and forgive ourselves if we take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

Learn more at heart.org/MyLifeCheck and heart.org/QuitSmoking.