

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

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

# 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.

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

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

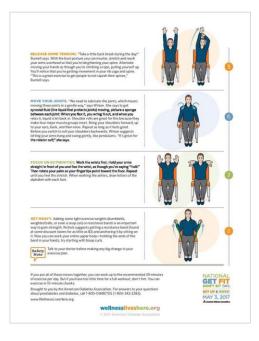
Jacqueline Hess, Director, Disabilities Studies and Services & Early Care and Education

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



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.





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

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 challeng ing nature hike, or a simple stroll around the block, walking doesn't have to be boring. Incorporate game 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.

Adapted from the following sources:

About.com Family Fitness. Retrieved Mar 27, 2014 from http://familyfitness.about.com/od/waystoplay/tp/oudoor\_activities\_kids.01.htm

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.





Get Active Kansas!

#### 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

# 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.

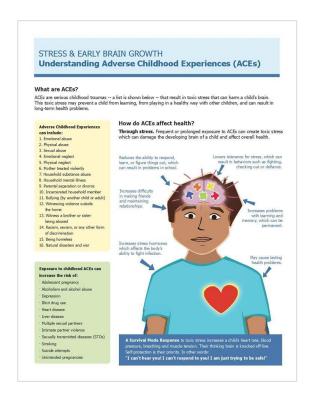
# Monday, May 8, 1:00-1:15 p.m. CT

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

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.





#### 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



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/

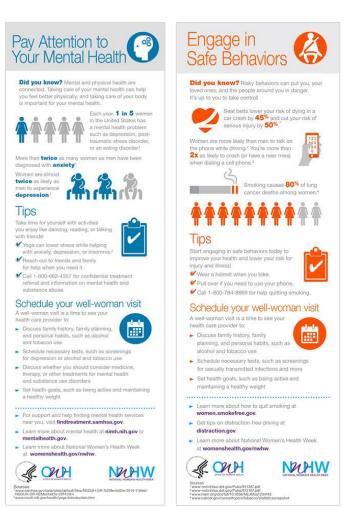




#### May 15

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





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.



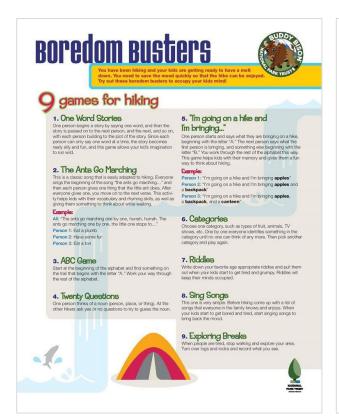
### May 18

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



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



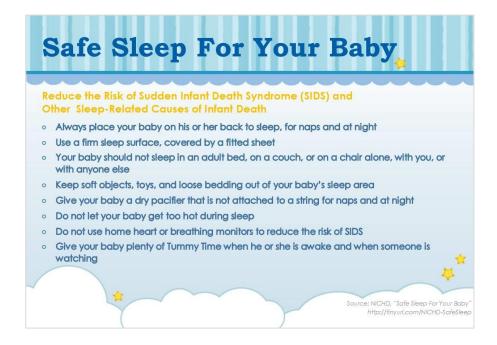


#### May 23

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



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



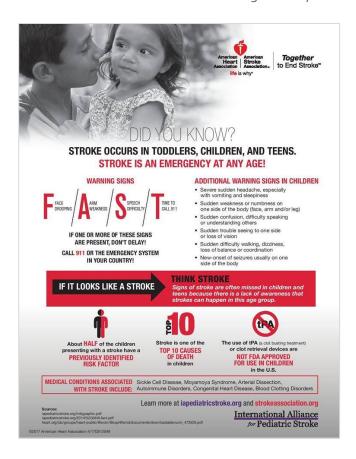
#### **May 25**

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





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



#### 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

