




KANSAS
MATERNAL &
CHILD HEALTH

OCTOBER 2017

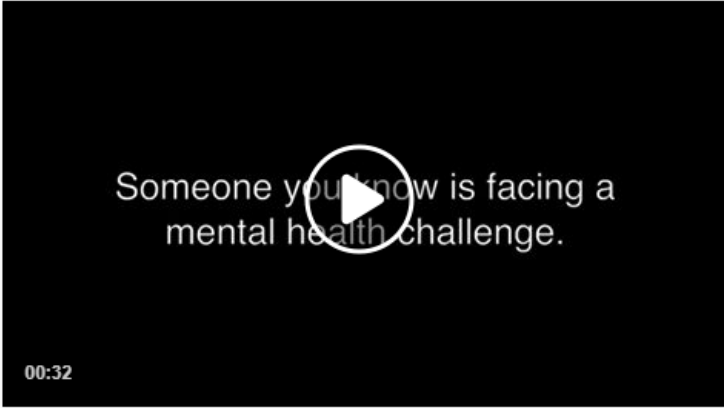
FACEBOOK POSTS

October 3

 **Kansas Maternal & Child Health** shared Mental Health First Aid USA's video. ...

October 3 · 🌐

"Mental Health First Aid is a public education program that introduces participants to risks factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports." Find a course near you at www.mentalhealthfirstaid.org/take-a-course/find-a-course/.



4,868 Views

Mental Health First Aid USA added a cover video.
June 30 · 🌐

October 4

October is SIDS Awareness Month. Find more information and resources to spread the word about SIDS prevention visit www.kidsks.org/sids.

Did you know?

Breastfeeding is recommended as added protection against SIDS. After feeding, parents should move baby to a separate sleeping place, preferably a crib or bassinet in the parent's room.



October 5

 **Kansas Maternal & Child Health** ...
October 5 · 🌐

National Depression Screening Day is an effort to reach individuals across the nation with important mental health education and connect them with support services. Take an anonymous screening at <http://helpyourselfhelpothers.org/>.



Fact Sheet: National Depression Screening Day®
October 5, 2017

Visit www.HelpYourselfHelpOthers.org to locate a mental health screening site or take an online screening (beginning September 1, 2017).

MENTALHEALTHSCREENING.ORG

October 8

SIDS is the major cause of death in infants from 1 month to 1 year of age. Find resources to quit smoking at www.women.smokefree.gov.



SIDS Facts:
PROTECT BABY - DON'T SMOKE

- 3¹/₂ TIMES** If both parents smoke, baby's SIDS risk is 3¹/₂ times greater than if neither parent smokes.
- 2 TIMES** If mom smokes, but dad doesn't, baby's risk is 2 times greater.
- 1¹/₂ TIMES** If dad smokes, but mom doesn't, baby's risk is 1 1/2 times greater.

#SafeSleep #QuitSmoking

October 11

 **Kansas Maternal & Child Health** ...
 October 11 · 🌐

October is Dental Hygiene Month! Read up on how to take care of your baby or child's teeth including topics like teething, their first dental visit, fluoride, and pacifiers. (American Dental Association)



Healthy Children's Dental Habits

Teaching your children good dental habits early can lead to a healthy smile. Learn oral health tips and how to clean your child's teeth and prevent cavities.

MOUTHHEALTHY.ORG

October 13

Check out these highlights from the Kansas Department of Health and Environment's 2016 Annual Vital

Annual Summary of Vital Statistics Kansas, 2016


* A FEW HIGHLIGHTS *

KANSAS BIRTHS

In 2016, the total live births were:

38,048 births

A decrease of 2.8% from 39,126 births in 2015.



Kansas Annual Summary of Vital Statistics, 2016


VITAL EVENTS & PERCENTAGE CHANGE

	2016	2015	%Change
Infant Deaths	145	160	-9.4
Deaths Neonatal Deaths	374	369	1.4
Deaths Perinatal Period III	119	132	-9.8
Marriages	26,129	26,611	-1.8

Kansas Annual Summary of Vital Statistics, 2016
www.kdheks.gov/phi/AS_Tables/AS_2016.htm


Prenatal Care Status

Of the 47,926 Kansas resident live births in 2016 for which the adequacy of prenatal care utilization (APNCU) category could be determined:



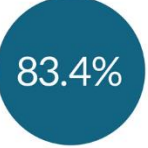
10.9%

INADEQUATE CARE



16.7%

LESS THAN ADEQUATE CARE



83.4%

ADEQUATE OR BETTER CARE

Kansas Annual Summary of Vital Statistics, 2016

Statistics Summary. More information: www.kdheks.gov/phi/AS_Tables/AS_2016.htm?panel=4#undefined

October 17

Here are some fun tips for getting the kids to be outdoors!

TEACH YOUR KIDS TO LOVE THE OUTDOORS!

Spending time in the outdoors leads to greater physical activity and has also been shown to improve concentration and some mental health conditions. Here are some ideas for getting outside with your kids:

Camp out in the back yard

Make a daisy chain

Watch wildlife

Take a nature scavenger hunt

Make a bird feeder and learn about the different types that come feed at it

Jump in a pile of leaves

Make crafts out of pine cones, rocks, and seeds

Go on a treasure hunt

Take a family walk every night

Skip stones

Information from www.goodhousekeeping.com/life/parenting/tips/g2098/play-outside-47060105/

October 19



October is National Bullying Prevention Month. Find practical tips about noticing warning signs of cyberbullying and talking to your child about appropriate digital behavior at StopBullying.gov.



#Cyberbullying is public but you may not know when it's happening. Check out the new content on StopBullying.gov to learn more about where cyberbullying takes place, what it is, how to spot it, and what to do: <http://bit.ly/2xQXY1> #bullyingpreventionmonth #stopbullying



What Is Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.

STOPBULLYING.GOV



Is it okay to give my baby a pacifier at night?

YES! Binkies actually reduce the risk of SIDS, possibly by preventing babies from falling into an extremely deep sleep. The American Academy of Pediatrics recommends that you consider giving your child a pacifier at night and for naps during his first year. If you're breastfeeding, don't introduce a pacifier until baby is 1 month old and nursing well.

October 20

Giving a baby a pacifier at night may actually reduce the risk of SIDS. For more information about SIDS, visit:
<http://www.kidsks.org/>

October 23

Find research-based resources that give community leaders concrete tools to address, and ultimately, take steps to prevent bullying at <https://mchb.hrsa.gov/maternal-child-he.../bullying-prevention>.



October 24

Every time your baby sleeps the crib should be free from soft bedding, blankets, pillows, and toys. Learn more about the best ways to ensure safe sleep at <http://www.kidsks.org/safe-sleep.html>.



Create a safe sleep environment when the temperatures cool down by placing baby in a wearable blanket or other sleeper at nap time and night time.

KidsKS.org

October 26

Find resources for #bullyingprevention for parents, educators, youth, health departments, and community members to assess and prevent bullying at www.stopbullying.gov/prevention/

How to Prevent Bullying

Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

Help kids understand bullying.

Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.

Keep the lines of communication open.

Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.

Encourage kids to do what they love.

Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.

Model how to treat others

with kindness and respect.

October 30

Practicing safe sleep habits helps prevent SIDS. To find out more about safe sleep, please visit:

<http://www.kidsks.org/safe-sleep.html>



October 31

To learn more about supporting people with mental health or substance abuse problems get trained in Mental Health First Aid! MentalHealthFirstAid.org

Helping People Isn't Scary

Too often, people avoid offering support to someone experiencing a mental health or substance use crisis out of **FEAR** of doing the wrong thing or stepping out of bounds. But helping people doesn't have to be **SCARY**.

- Mental illness isn't MAKE-BELIEVE.**
1 in 5 people will have a mental health disorder in their lifetime. You probably know someone experiencing one.
- Get out of the DARK.**
Learning about different types of mental health and substance use problems helps you understand and empathize with someone experiencing one.
- Listen for a SPELL.**
Lending a non-judgmental ear can help someone open up and explain how they're feeling.
- Don't be GRIM.**
Recovery is possible for people with mental illnesses or substance use disorders. Offer hope for recovery and reassurance that help is available.
- Keep your SPIRITS high.**
Make sure you take time out for a little self-care! Go for a walk, do breathing exercises, get enough sleep, recharge. After all, you can't pour from an empty cup.

To learn more about supporting people with mental health or substance use problems, get trained in Mental Health First Aid! Find a course near you at www.MentalHealthFirstAid.org.

USA MENTAL HEALTH FIRST AID®