

Hand In Hand

June-July 2016

Summer Safety Tips for Kids

The final school bell has rung, the pencils and notebooks are packed away and the kids are ready for some summer fun! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone, no matter how young or old. Please keep in mind that this is a brief list of tips.

Water Safety

- Adult supervision is of paramount importance. Parents need to focus on their children 100% of the time. No distractions!
- Practice "touch supervision" (a term used by the American Academy of Pediatrics). This means that at all times, the supervising adult is within an arm's length of the child being watched, when near or in the water.
- Remember, no child or adult is "drown proof."
- Keep in mind that children can drown in many different water sources including: bathtubs, toilets, buckets, baby pools, backyard swimming pools, community pools, streams, creeks, lakes, rivers, oceans and other places.

Sun Protection

- Avoid sun exposure during peak sun hours (10 AM – 6 PM).
- Wear protective clothing and a wide brimmed hat and sunglasses (with 99-100% UV protection).
- Sunscreen is a must (on sunny and cloudy days)! Look for products with UVA and UVB protection and an SPF of at least 15 (according to the American Academy of Pediatrics and American Association of Dermatology).
- Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming, sweating or toweling off.

Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important.
- Children (and adults) must remember to drink water.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of fluids before going outside, while out in the heat and afterwards.
- Playing in the hot summer sun means lots of fluid losses, so avoid strenuous activity during peak sun hours (10 am-6 pm). Look for shade and take lots of breaks. Seek medical attention immediately for any signs of heat-related illness.



Helmet Safety

- An appropriate helmet must be worn whenever a child is "on wheels." This means bicycles, scooters, skates, rollerblades, skateboards and more!
- The helmet must fit properly.
- Helmets can be lifesaving and can protect a child from serious injury.
- Be sure the right type of helmet is being used. For example, a bike helmet needs to be used for biking.
- Moms and dads should wear helmets as well.



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Hosted by Asotin County WIC Program and Garfield County WIC program,

The Big Latch On is a national event to celebrate breastfeeding.

Join us...

Friday, August 5th @ 10 am

At Chief Looking Glass Park in Asotin.

Park is next to the white church on 1st Street in Asotin.

Sign-in and Register your breastfeeding child at 10 am.

Enjoy the company of other breastfeeding moms while raising awareness and support for breastfeeding.

Door prizes • Raffle

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn't discriminate.

Nurses News

What You Should Know About **LEAD**:

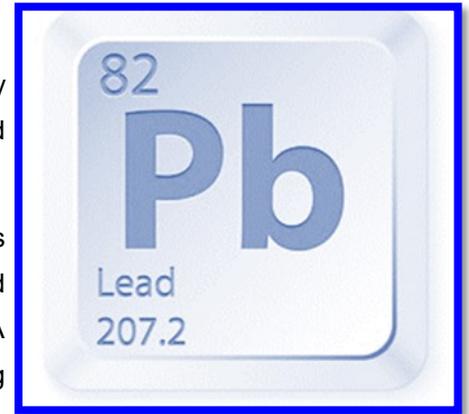
Did you know? Even low levels of lead in blood can affect a child's IQ, ability to pay attention, and academic achievement. There is no safe level of lead exposure, and what's more, the effects of a lead exposure cannot be corrected.

Lead can affect almost any part of the body, however, there may not be any obvious symptoms of lead poisoning. Vague symptoms, like constipation and decreased appetite, are often mistaken for other illnesses such as an upset stomach or the flu. A child with lead poisoning may experience behavior and learning problems, have hearing difficulty, slowed growth, or anemia. In rare cases, the ingestion of lead can cause seizures, coma, and even death.

In the U.S., children are more likely to be exposed to lead from deteriorating lead-based paint in houses built before 1978, or from the decay of lead pipes and fixtures in the home. Lead is dangerous for children six-years-old and younger because their brains and nervous systems are still developing. Babies and young children put their hands and other objects into their mouths which may be contaminated with lead dust. The best way to avoid lead exposure is to prevent exposing yourself or your family to lead. Here are some easy ways to prevent lead exposure:

- ☞ Have your family take their shoes off before entering the house to prevent bringing in lead-contaminated soil from the outside.
- ☞ Often wash the things children put into their mouths. This includes their hands, bottles, pacifiers, stuffed animals, and toys.
- ☞ Have your family eat foods that contain calcium, iron, and vitamin C to lessen the amount of lead absorbed in the blood. Lead can accumulate in our bodies over time, and it is stored in bones along with calcium.
- ☞ Keep your home clean and dust-free. Clean around areas that accumulate dust, such as doors, windows, and drawers where chipped paint may settle. Wipe these areas with a wet sponge to remove paint chips or dust.
- ☞ Run a tap that has been standing overnight before drinking or cooking with water. Only use water from a cold tap for drinking, cooking, and mixing baby formula because water from the hot tap is more likely to contain lead particles.
- ☞ Clean debris out of faucet aerators regularly.
- ☞ Remodel, repair, and paint old homes the safe way. Sanding or scraping paint can create dangerous lead dust. Your contractor should be Lead-Safe Certified.

If you are concerned your family has been exposed to lead, ask your doctor to order a blood test.



Farm 2 School: Vegetables



WASHINGTON

KALE



PEAK HARVEST IN WASHINGTON

July — April

THRIVE

Kale is considered a “super food” and is one of the most nutrient rich vegetables.

Kale is an excellent source of vitamins K, A, C, and B6. These vitamins help blood clot, prevent eye problems, strengthen the immune system, and support the nervous system.

Kale has lots of potassium and calcium, which help strengthen muscles and bones.

The antioxidants and phytonutrients in kale could help prevent cancer.

TASTE

Kale can be deep green, purple, or yellow-green with flat or ruffled leaves.

Kale is a Scottish word derived from the Greek and Roman words for cabbage. Kale is such a popular vegetable in Scotland that being asked to “come to kale” was an invitation to dinner.

Kale is a versatile vegetable that can be eaten raw in salads and smoothies or cooked in stir-fries, soups, and more!

GROW

Kale is in the Brassica family, which includes cabbage, Brussels sprouts, broccoli, and collard greens.

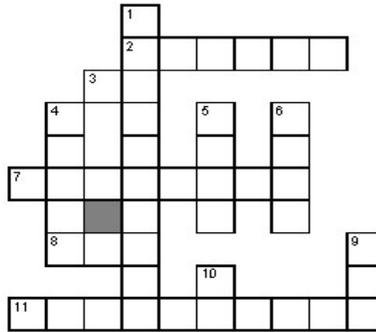
Kale grows well on the western side of Washington state, with its mild winters. It can be grown year-round, but it is particularly popular during the winter months.

Kale is one of the few greens that easily survive frost, but hot weather can cause Kale to wilt and negatively affect its flavor.

For information about WSDA’s Farm to Institution programs go to our online toolkit at wafarmtoschool.org or visit the WSDA website at agr.wa.gov.

Miscellaneous

Summer Words



bogglesworld.com

Across

2. The month at the end of summer.
3. The book is ___ the table.
7. The time when you don't go to school.
8. How's the weather in summer?
11. A big fruit you eat in summer.

Down

1. What do you make at the beach?
4. You go to the _____ in summer.
5. What do you do at the beach?
6. The month at the beginning of summer.
9. A machine that makes you cool?
10. I ___ swimming.



www.bogglesworlds1.com



Soak a bunch of t-shirts in water, place them in plastic bags, and then stick them in the freezer overnight. The next day, hold a race to see who can "defrost" and pull on a frozen t-shirt the quickest. This is a great choice to play on a really hot day! You'll want to keep the chilly t-shirt on even after the race is over!

Color Me!



Zucchini, Kale, & Brown Rice Soup

6 Cups low sodium chicken broth

1/2 Cup uncooked brown rice

1 Large onion, sliced

3 Large carrots, chopped

2 Tablespoons olive oil

1 Pound zucchini, grated

1/2 Pound kale leaves, julienned

Salt and Pepper to taste

In a heavy saucepan, bring chicken broth to a boil. Stir in brown rice, bring to a simmer, cover, and cook for about 40 minutes or until rice is tender. In a large sauté pan, cook onions and carrots in olive oil until tender. Add zucchini and cook for 4-5 minutes. Mix in kale, stirring until wilted. Set aside. When the rice is tender, stir in zucchini mixture, season with salt and pepper. The soup will be fairly thick. If desired, thin with additional broth. To make heartier soup, add cooked chicken or cooked beans.

Garfield County Health District
P.O. Box 130 / 121 South 10th Street
Pomeroy, WA 99347

June 2016

			1	2	3	4 <i>Graduation Day</i> 
5	6	7 <i>Last Day of School</i> 	8 Registration Packets Due for Summer Youth Program	9	10 Volunteer Packets Due for Summer Youth Program	11
12	13	14	15 Summer Youth Program	16	17	18
19 <i>Fathers Day</i> 	20 4-H Camp 	21 4-H Camp 	22 4-H Camp Summer Youth Program	23 4-H Camp 	24 4-H Camp 	25
26	27	28	29 Summer Youth Program	30		

July 2016

					1	2
3	4 <i>Independence Day</i> 	5	6 Summer Youth Program	7	8	9
10 Bible School Registration	11 Bible School 5:30-8:15	12 Bible School 5:30-8:15	13 Bible School 5:30-8:15 Summer Youth Program	14 Bible School 5:30-8:15	15 Bible School 5:30-8:15	16
17	18	19	20 Summer Youth Program	21	22	23
24	25	26	27 Summer Youth Program	28	29	30
31		For More Info	About the Summer Youth Program	Call 509-758-3341		