

April 2017

Dealing with Tantrums:

- **Remain calm. You are a role model for your child.**
- **Take your child to a quiet place. Speak softly and play music to help them calm down.**
- **Some children throw tantrums to get attention. Try ignoring the tantrum, but pay attention to your child after they calm down. This reinforces the positive behavior, not the negative.**

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News 4 A Healthy Shelby County

Child Abuse Prevention

April is Child Abuse Prevention Month. There are many factors that can lead to child abuse including stress, lack of support, and lack of parenting skills. There are also many ways that you can connect with your child and utilize help from others to prevent the abuse from happening. Having a good loving relationship with your child as well as reducing stress in your life can both help reduce the likelihood of abuse. Here are other ways to strengthen your family and prevent abuse:

1. *Develop a nurturing relationship*- take time to connect with your child with a hug, smile, song, listening and talking. Engage your child during everyday tasks such as eating, driving, playing games.
2. *Knowledge*- There are many places to gain knowledge about parenting including your family doctor, friends, family members, and parenting magazines and websites. You can also take a parenting class in your community. Share what you learn with your spouse and loved ones so they can also learn!
3. *Stress Relief*- Take time for yourself to reenergize.
 - Take a bath, drink a cup of tea, read, write, sing.
 - Get physical activity such as walking, stretching, yoga, or dance.
 - Share your feelings with someone you trust.
 - Surround yourself with positive people.
4. *Socialize*- Participate in activities in the neighborhood. This can include joining support groups or play groups where you can interact with other parents or find a church where you can visit with other parents.
5. *Support*- Make a list of people or places you can call for support. This can include family members who are supportive or places in your community. Several programs that are available in Northeast Missouri can be found by contacting Great Circle at 844-424-3577.

Motor Vehicle Safety

Katie's Korner

Motor vehicles injuries are a leading cause of death among children in the United States. But many of these deaths can be prevented. Child restraint systems are often used incorrectly. An estimated 46% of car and booster seats (59% of car seats and 20% of booster seats) are misused in a way that could reduce their effectiveness.



Problem:

In the United States during 2014, a total of 602 children ages 12 and younger died as occupants in motor vehicle crashes, and more than 121,350 were injured.

Of the children ages 12 years and younger who died in a crash in 2014, 34% were not buckled up.

Reduce the Risk:

- Car seat use reduces the risk for death to infants (less than 1 year) by 71%; and to toddlers (age 1-4 years) by 54% in passenger vehicles.
- Booster seat use reduces the risk for serious injury by 45% for children aged 4 to 8 years when compared with seat belt use alone.

Missouri Seat Belt and Restraint Laws:

Seat belt laws cover drivers and front seat passengers age 16 and older as well as passengers younger than 16 years in all seats.

Children less than 4 years old or less than 40 pounds must be in an appropriate child safety seat.

Children ages 4 through 7 who weigh at least 40 pounds must be in an appropriate child safety seat or booster seat unless they are 80 pounds or 4 foot 9 inches tall.

Children 8 and over or weighing at least 80 pounds or at least 4 foot 9 inches tall are required to be secured by a safety belt or buckled into an appropriate booster seat.

The fine for violating this law is \$50 plus court cost.

Why to keep your child rear facing for as long as possible:

Both AAP and the National Highway Traffic Safety Administration recommend children face backward until

they outgrow their seat; rear facing car seats can go up to 40 pounds.

Very young children are especially at risk for head and spinal cord injuries because their bones and ligaments are still developing. Their heads are so proportionately larger than their necks, so the structural support system is still a little wobbly. Rear facing seats give the best support to your child's head, neck, and spine, and prevent your child's head from being thrown away from his body in the event of a crash.

Recommended car seat or booster seat range:

Keep children ages 12 and under in the back seat.

Never place a rear-facing car seat in front of an active air bag.

Rear Facing: Birth up to Age 2

Buckle children in rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat. They make rear facing car seats that will go up to 40 pounds.

Forward Facing: Age 2 up to at least age 5

When children outgrow their rear-facing seat, they should be buckled in a forward facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.

Booster Seat: Age 5 up until seat belts fit properly

Once children outgrow their forward facing seat, they should be buckled in a booster seat until seat belt fits properly. The recommended height for proper seat belt fit is 57 inches tall.

Seat Belt: Once seat belts fit properly without a booster seat

Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).



Are you too tired to drive?

For many of us being over-tired is a way of life. This is especially true for those working odd hours or swing shifts. Sleep is vital for our overall health and well being. It is also vital to the people we are meeting on the road.

Driving drowsy is very similar to driving under the influence of alcohol:

- The more drowsy a driver gets the slower their reaction time becomes along with their awareness of hazards and ability to maintain attention.
- Driving after going without sleep for 20 hours is equated to being over the legal blood-alcohol concentration.
- Your likelihood of being in a car crash triples when you are fatigued.

Many drivers do not even know they are fatigued because the signs are hard to identify. Some drivers experience micro-sleep. These are short bursts of inattention that last just a few seconds, but this can result in a vehicle traveling the length of a football field. When the vehicle is out of control this can result in an accident.

According to the National Highway Traffic Safety Administration, about 100,000 police-reported crashes involve

drivers that were drowsy. More than 1,500 fatalities result from drowsy driving accidents.

Prevention

Many preventative measures are being taken to try to reduce the number of drowsy driving traffic crashes. Drowsy driving is most prevalent in those age 25 and under, especially men in that age group. Here are a few other ways to reduce drowsy driving:

Crash avoidance technology—new cars are becoming equipped with drowsiness alert systems. Roadways are also being equipped with rumble strips to wake drivers when they depart their lane.

University intervention—Education programs aimed at college students may help curb drowsy driving and instill healthier behaviors.

Getting more sleep—Everyone should attempt to get at least seven hours of sleep each night.

Medication labels—Be sure to read medication labels to see if they can make you drowsy.

Sleep Disorders— If you find yourself falling asleep while driving, reading or watching TV, you may want to talk to your doctor about sleep apnea.



Being tired can increase your likelihood of being in a crash.

Driving after going without sleep for 20 hours is equated to being over the legal alcohol limit



Falling asleep while driving can be a sign of sleep apnea.

We have your best interest at heart.

April Blood Pressure Clinics

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| 4 | Shelbyville Senior Housing | 9:30-10am |
| 11 | Clarence Senior Citizens | 2-2:30pm |
| 19 | Shelbina Nutrition Site | 11-12 noon |
| 20 | Bethel Fest Hall | 1:30-2pm |

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For more info go to:

www.cdc.gov

www.childwelfare.gov

www.nsc.org

www.shelbycountyhealth.com

Recipe of the Month

Field & Farm Series

We are continuing our Field & Farm Series with this easy and convenient recipe that can be transported to and served in the field!

Foil-Packed Bruschetta Bake

Ingredients:

- 1 pkg Stove Top Stuffing mix for chicken
- 1 can diced tomatoes, drained
- 2 cloves garlic, minced
- 6 boneless skinless chicken breasts
- 1 tsp dried basil leaves
- 1 cup shredded mozzarella cheese

Directions:

Heat oven to 400°F. Combine stuffing mix, tomatoes and garlic until stuffing mix is moistened. Place 1 chicken breast on center of each of 6 large sheets of foil sprayed with cooking spray. Sprinkle with basil. Top with stuffing and cheese. Fold foil to make 6 packets. Place in single layer on rimmed baking sheet. Bake 30 to 35 minutes until chicken is done (165°F). Cut slits in foil to release steam before carefully opening packets.

