

PIC ture This

Programs and Policies
Affecting Today's Families



Whereas the protection and development of the health of children today are fundamental necessities to the future progress and welfare of the Nation."

-President Calvin Coolidge

National Child Health Day was introduced in 1928 by President Calvin Coolidge. This day was proclaimed a holiday to celebrate children and focus attention on improving child health and well-being. This day is intended to encourage American citizens to create programs and activities that can be run throughout the year to benefit children. This year's National Child Health Day commences on October 7th and will be observed the entire month of October. The topic is *The Right Care when it Counts: Injury Prevention and Awareness*. To encourage involvement and activity the Maternal and Child Health Bureau will be publishing an Activity Kit that will provide information about injury prevention and awareness. To obtain a copy of the Activity Kit please go to <http://www.mchb.hrsa.gov> and get actively involved in improving the health and well-being of children in America!!!!

The Childhood Injury Fact Sheet

The National Center for Injury Prevention and Control (NCIPC) *Childhood Injury Fact Sheet* identifies the most common injuries among children, their effects and where to expect them to take place. To find more information go to:



<http://www.cdc.gov/ncipc/factsheets/childh.htm>

NCIPC says each year 20-25% of children experience an injury requiring medical attention, missed school, and/ or bed rest. Of injuries that are fatal, the top five are: 1. Motor vehicle accidents 2. Fires and burns 3. Drowning 4. Falls and 5. Poisoning. The NCIPC also explains where these injuries may take place in the home, at school, and after school.

1. Motor vehicle accidents: This is the leading cause of injury or accidental death among children.

To help prevent children from being harmed while in a

moving vehicle make sure that infants up to four years old are in a safety seat. It is also recommended that children ages 4-8 sit in a booster seat to reduce their chances of being harmed. **Everyone should wear Seat Belts at all times!**

2. Fires and burns: Some of the most common places heat or flames may be present are in the kitchen, bathroom, backyard BBQ or fire pit.

One step to prevent injuries related to burns from water is to set your home water heater at 120 degrees or lower. Also, test water before children enter it and make sure they are supervised around water.

3. Drowning: Infants may be at risk of drowning in the bathtub. Using a baby bath seat is **not** recommended. Older children are at risk when they are swimming at home or at a public pool, ocean or lake.

To help prevent infants and children from drowning keep a very close eye on them at all times. It only takes a minute without close supervision for a child to be at risk

4. Falls: There are several circumstances where infants and children may be at risk of injury as a result of falling. Window falls, loose footing, baby walker falls, toys (i.e. rollerblades, scooters etc.) and playground falls are all possible harmful sources.

Some preventative measures are: watching your child very closely, make sure they are supervised on the playground, ensure that windows in your home are safe and child proof, **don't** use baby walkers, make sure your toys meet safety standards (check with the Consumer Product Safety Commission at <http://www.cpsc.gov>).

5. Poisoning: There are several locations within your home that may put your child at risk of ingesting harmful substances; for instance, underneath your kitchen sink, in medicine cabinets, in the garage and purses.

To prevent poisoning make sure cabinets are child proof with safety locks, household products have child-resistant caps and hazardous materials are out of reach of children. If you or your child ingests any harmful substance call Poison Control immediately at **(800)222-1222**.

Helpful Phone Numbers

Child _____
School & Tel # _____ Health Policy Name & # _____ Health Care Provider & Tel# _____
Dentist & Tel # _____ Emergency Assistance 911 Poison Control (800) 222-1222 Police Department _____
Pharmacy _____ Fire Department _____ Parents' Work #'s _____
Parents' Cellular #'s _____
Family member/ friend to call in case of emergency _____ Other Important #'s _____

Partners...

The Lion & Lamb Project



The Lion & Lamb Project is an initiative to stop the marketing of violent entertainment to children. Lion & Lamb helps parents, industry and government officials recognize that violence is a learned behavior- and that violent "entertainment" such as movies and video games teach aggressive values and behaviors to children. Lion & Lamb has many initiatives and projects to help parents teach their own values of nonviolence to their children. Some examples include:

? A Parent Action Kit, which details specific steps parents can take to reduce their children's exposure to glorified entertainment violence, and offers suggestions for nonviolent toys and entertainment products.

? Workshops and trainer seminars are offered to help inform parents and others about how violent media products are marketed to children.

? Violent toy trade-ins, events that encourage children to bring in violent toys as a symbol of their desire for a more peaceful world, in exchange for non-violent toys.

? Annual Dirty Dozen lists of the most violent toys on the market, and a Top 20 list of recommended nonviolent toys. These lists are released at the start of each holiday shopping season. For more information about The Lion & Lamb Project, visit their web site at:

<http://www.lionlamb.org>

? The Lion and Lamb Project at 4300 Montgomery Av. Suite 104 Bethesda, Maryland 20814 Contact by phone: (301) 654-3091 or e-mail lionlamb@lionlamb.org.



Family Resource Corner

? **Asthma resources for school professionals:**

The National Education Association Health Information Network and the Centers for Disease Control and Prevention has put together a web site for teachers, administrators and others working in a school or with children and adolescents. The web site provides information and resources concerning children and adolescents with asthma. Resources, medical information, web site links, and education materials are available for children in kindergarten to grade 12. Go to <http://www.asthmaandschools.org> for more information.

? **Kid Source Online** provides helpful information about children and adolescents' health care and education. There are several articles on the web site about back-to-school issues. One of the featured articles gives 10 tips to keep children safe when they return to school. Some examples of the 10 tips: 1. walk in groups both to school and home from school, 2. have money to make a phone call, have a calling card or call 911 if there is an emergency and 3. do not take short cuts. To read all ten tips on school safety and look at other related articles go to <http://www.kidssource.com/>

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices works to encourage partnerships between families and professionals for children's good health.

Picture This is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities going on in the maternal and child health (mch) community. We hope to encourage flourishing partnerships! ✍

What's new in research?



Research shows that adolescents are less likely to get involved in substance abuse, violence or early sexual activity if they feel cared for and are part of their school. 127 schools were involved in the study. Data showed school connectedness and positive school environments lead to a lower percentage of adolescents getting involved in risky activities and behavior. School connectedness was highly associated with positive classroom environments, the size of the school, involvement in extracurricular activities, and school discipline policies.

Blum, R et al (2002) *Promoting School Connectedness: Evidence from the National Longitudinal Study of Adolescent Health*. Journal of School Health, Vol. 72 (4). 138-146



Tidbits for the Month

? **Reminder! Daylight Savings time is October 27th at 2:00am it's also time to check your smoke alarms!!**

When you set your clocks back take the opportunity to check the batteries in your smoke alarms and make sure they are functioning properly just in case there is a fire.

? **Back to School Tips from the American Academy of Pediatrics:**

The AAP has formulated a tip sheet to help parents prepare for the 2002-2003 school year. The tip sheet includes helpful information such as: how to select a good backpack, promote school bus safety, understand and lessen school avoidance, homework tips and many other helpful pieces of information for the new school year. To read the entire article go to: <http://www.aap.org/advocacy/releases/sepschool.htm>.

? **New Web Site 4 Girls!** In August this new site was launched at the Young Women's Health Summit and it's a great resource for girls ages 10-16. This site is intended to provide positive information to girls on how to lead a healthy life and make healthy decisions. 4 Girls provides valuable information concerning body changes, fitness, eating healthy, ways to cope with stress, how to avoid substance use and peer pressure and many other important topics for girls to consider. For more information go to <http://www.4girls.gov>.



Highlights for the next

PICTure This...

Work and Families

Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email or fax Lindsey Pope at lpope@fcsn.org or (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Lindsey at (617) 236-7210 ?

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