

SBH Team

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***"I see Joey, G.G.,  
Dominic,  
Trinity and Vinnie  
and all the healthy  
good little boys and  
girls at SVS, CCS,  
OLOP, SPS, SMS and  
All Saints schools.***



## Avoid Trouble in **TOYLAND!**

With only a few short weeks until the arrival of Santa, the kids in our lives are showing the excitement at the thoughts of new toys under their Christmas tree. As parents and relatives, it is vital that toys and gifts be age appropriate and SAFE for our children. When choosing toys keep in mind the child's age and skill level. Look for the quality of the design and construction. Discard those plastic wraps, twisties, and screws as soon as you open the toy. Read labels!

Magnetic Toys with magnets can be swallowed and can cause blockage. Small part toys are a choking hazard for children under 3 years of age. An 8 year old may be fine playing with Star Wars sets, but when the 2 year old wanders over, there can be choking hazards. Have the older child play with the toy in their room or in a place that is off limits to the younger children.

Ride on Toys can cause injuries. Don't forget to tell grandma to buy a helmet with that new bike, skateboard, scooter or the Swagway Electric Self Balancing Hover board. Sharp points or prongs must be avoided. Even the soft stuffed animal that makes music can have wires inside that come loose and can cause injury. Inspect them often.

Projectile toys like air rockets and darts can cause serious eye injuries. We sure would not want a wonderful Christmas morning to turn tragic. Chargers and Adapters can cause thermal burns and should be supervised by adults when in use. Small children should not be putting plugs in and out of a socket. Electric shock could be a possibility. Loud toys exceeding 100 decibels can cause hearing loss.

Toy boxes need to have a lid that will stay open in any position and not fall down on a child's head or fingers. Toys with cords and long strings can cause strangulation in small children. The American academy of Pediatrics recommends avoiding home trampolines, ATV's, and non-powder BB guns which are weapons and not toys. It is always a safe practice to check the recall lists of toys on the internet.

Let's look forward to a Happy New Year for our kids.

Reference: US Consumer Products Safety

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## A FRAIL OLD ANGEL CRY



Last night I had a dream  
It had a tale to tell.  
I dreamed I saw an angel  
Poor thing, he wasn't well.

His body bruised and battered  
His wings were ripped and torn  
This Angel could hardly walk  
He looked so tired and worn.

I walked right up to him to ask  
Angel? How can this be?  
He turned around and paused a bit,  
Then he spoke these words to me.

I'm your Guardian Angel  
A great task as you can see  
You've run amok most all your life  
Look what it's done to me.

These bruises are from shielding you  
In times both dire and ill  
When you chose a wrongful path  
I've often paid the bill.

You see my wings are ripped and torn  
How often they have flown you  
From evils you were unaware  
Oh, the stories I could tell too.

You made me wish, more than once  
That I was unemployed  
If only you could make it  
Standing on your own.

Oh, don't you fret or worry  
I've got no plan to bail  
But please try to remember  
I'm getting old and frail.

I could not believe all I heard  
Let alone how much he cared.  
I wept upon his shoulder  
Then left him in despair.

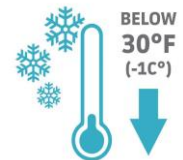
The next day I sat and pondered  
Should I really change and try  
And in the distance I thought I heard  
A Frail Old Angel Cry.

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## Brrrrrr! It's COLD Outside

The cold windy winter weather can be very unkind to our skin. As the temperature drops, adults and children alike can experience dry hands, cracked lips, and red sore cheeks. A little extra care can help protect and treat the various skin conditions that we see during these harsh months. The air is dry inside and out. Furnaces, heaters and fireplaces dry out the air inside our homes. A bowl of cold water in each room can help put moisture in the air as it evaporates. Lip balm is a must to keep lips moist and protected.

Drinking plenty of water also helps to keep the skin hydrated. Hot baths also dry out skin. A warm, quick bath is better than those hot, long soaks in keeping the skin from drying out. Unscented lotions of all kinds should be applied to hand several times a day especially at bedtime. Wearing gloves and scarves to cover little mouths and faces should be a part of every school child's outside dressing routine. Dry, cracked skin hurts, itches and can effect a child's ability to eat properly. Lip balm is a great stocking stuffer and should be in every backpack this time of year.



## Keeping Hydrated

Hydration concerns shouldn't stop when the temperature drops. In fact, dehydration can be just as common in the winter as in the summer. Because your body is not sweating as much, it's easy to overlook the signs of dehydration. A dehydrated body can lead to exhaustion, muscle fatigue, cramps, loss of coordination and even stroke. Dehydration can leave your body more susceptible to common colds and flu.

### Here are the rules:

1. Pay attention to the warning signs and make sure to keep plenty of water handy and drink before you get thirsty.
2. Monitor your urine, which should be light to clear.
3. Drink before, during and after exercises. 1 to 2 cups before, 4-8 oz. every 20-30 minutes during exercise. This is hard to do because in winter you don't feel as thirsty.
4. Drink water especially at meals. If you are craving hot chocolate or coffee to warm you up, pair it with a glass of water without ice.

# How to Talk To Your Kids About the News



Although news gleaned from television, radio, or the Internet often is a positive educational experience for kids, problems can arise when the images presented are violent or the stories touch on disturbing topics. News about a natural disaster, such as an earthquake or the news of the ISIS bombings in Paris make kids worry that something similar is going to hit home. Or it could make them fear some part of daily life ---- such as rain and thunderstorms ---- that they'd never worried about before. Reports on natural disasters, child abductions, homicides, terrorist attacks, and school violence can teach kids to view the world as a confusing, threatening, or unfriendly place.

## **How Kids Perceive the News**

Unlike movies or entertainment programs, news is real. But depending on a child's age or maturity level, he or she may not yet understand the distinctions between fact and fantasy. By the time kids' reach 7 or 8, however, what they see on TV can seem all too real. For some youngsters, the vividness of a sensational news story can be internalized and transformed into something that might happen to them. A child watching a news story about a bombing on a bus or subway might worry, "Could I be next? Could that happen to me?"

Natural disasters or stories of other types of devastation can be personalized in the same manner. A child in Massachusetts who sees a house being swallowed by floods from a hurricane in Louisiana may spend a sleepless night worrying about whether his home will be OK in a *rainstorm*.

*By concentrating on violent stories, TV news also can promote a "mean-world" syndrome and give kids an inaccurate view of what the world and society are actually like.*

## **Talking About the News**

To calm children's fears about the news, parents should be prepared to deliver what psychologists call "calm, and limited information." This means delivering the truth, but only as much truth as a child needs to know. The key is to be as truthful yet as inexplicit as you can be. There's no need to go into more details than your child is interested in. Answer questions that they ask.

## **Tips for Parents**

- Discuss current events with your child regularly. It's important to help kids think through stories they hear about.
- Put news stories in proper context. Showing that certain events are isolated or explaining how one event relates to another helps kids make better sense of what they hear.
- Watch the news with your kids to filter inappropriate or frightening stories.

Reference: [kidshealth.org](http://kidshealth.org)

## Ways to Decrease Holiday Stress

The inevitable happens every year....we set high expectations for the holiday season and we end up stressed to the max!

So, the following are some tips to help decrease your holiday stress:

- \*Create the holiday that you want (start your own traditions and go to the events that you want to)
- \*Break up the overwhelming moments by playing games with your family
- \*Postpone family feuds
- \*Have compassion for yourself and others
- \*Know your spending limit and **STICK TO IT!**
- \*Give or do something personal rather than a gift
- \*Get and stay organized
- \*Share tasks with your family
- \*Learn to say no and be a picky volunteer; do less, enjoy more
- \*Be realistic
- \*Get some sunshine
- \*Exercise
- \*Stick with your routine as much as possible
- \*Find time to laugh
- \*Forget perfection
- \*Go tech free as much as possible
- \*Turn up the tunes and sing and dance

Resources: WebMD and Health.com



### Stay On Your Feet and Mov'in During Winter

Oh, the weather outside is frightful! School delay's, babysitting worries and bored kids. There can be life after that yellow guy who "lives under the sea". Instead of hours of SpongeBob, turn off the TV and put on a CD. Music can change a boring day into a fun one. Kids love to dance and put on shows! Turn your couch into a stage for hours of singing and dancing. A table with a blanket over it makes a great tent for indoor camping. Hide stuffed bears and lions all over the house and go on a safari! Reading a book and having the kids act out the characters keeps them moving indoors. Empty boxes make great cars or spaceships. They can launch their spaceships and have lunch on the moon and then during rest time they can take their homemade cars to the drive-in and maybe watch a short cartoon or movie. All of these indoor activities are free and keep our kids moving!



## Pertussis on the Rise in West Virginia



Last month West Virginia health officials reported a spike in the disease commonly known as whooping cough.

The Department of Health and Human Resources reported 52 confirmed cases of pertussis in West Virginia so far this year. That's up from 18 cases last year and 19 cases in 2013.

The department has confirmed five outbreaks this year, including one in October that still has active cases. Dr. Rahul Gupta, the state health commissioner, says outbreaks of the contagious respiratory disease tend to occur in three- to five-year cycles. There were 168 cases in 2010.

The department has sent an advisory to health-care providers across the state alerting them to look for symptoms of pertussis and coordinate with local health officials in testing for suspected cases.

### What is pertussis?

Pertussis, also known as whooping cough, is a contagious illness caused by bacteria. It occurs in children more often than in adults, but adults with milder, undiagnosed symptoms can transmit the disease to infants and children.

### What are the symptoms of pertussis?

Pertussis can be divided into 3 stages:

1. During the first stage, symptoms are similar to having a cold. There may be a slight fever, sneezing, runny nose, dry cough, loss of appetite, and irritability.
2. During the second state (about 1 to 2 weeks later), the cough becomes more intense. There may be short, intense coughing spells followed by a long gasp for air (this is when the "whoop" is heard). The face may turn blue, the nose may be bleed, and vomiting may occur following a coughing spell.
3. During the third stage, the cough is less intense and less frequent, and appetite begins to increase. Eventually, maybe many weeks later, the cough stops.

Adults may have a mild form of pertussis, with prolonged cough as the only symptom.

### How is pertussis spread?

Pertussis is usually spread by contact with an infected person's nose or throat secretions. This can happen by touching an infected person's nose or throat drainage, or it can spread when an infected person coughs or sneezes.

### How is pertussis treated?

Antibiotics are given to make the illness less contagious, but they do not reduce the symptoms unless given very early in illness.

### How can pertussis be prevented?

Be sure that children are up to date on their shots, especially the diphtheria, tetanus, pertussis (DTaP) series. There is a pertussis containing vaccine (Tdap) available for adolescents and older adults to boost their pertussis immunity. Please ask your doctor for the booster vaccine. Persons who have been in close contact with a person with pertussis should take medication to prevent illness.

Source: State of West Virginia Hancock County Health Department

Department of Health and Human Resources

