



HeadStartNews

Making Meals Fun

Sitting down with the family for meals is an important time for children. Eating together helps children feel part of a family group, gives them a time to share and helps them feel accepted.

Mealtimes should be relaxed and fun. Try these mealtime activities:

- Involve children in preparing food. Activities can be very simple, such as tossing a salad.
- Bake special “I love you” notes in muffins.
- Have an all-one-color meal. For example, try a meal of green pasta, green beans, a green salad and green jello with fruit for dessert.
- Bake individual small loafs of pumpkin bread or meat loaf in metal soup cans.
- Visit a farmer’s market so children can select food and meet the people who grow it.
- Use cookie cutters to cut biscuits and bread into animal or holiday shapes.
- Make napkin rings from cardboard tubes. Cover with gift wrap paper or contact paper.
- Make personal place mats or place mats for seasons or special occasions, such as Valentine’s Day.



- Read a story, such as *The Runaway Pancake* by Maria Robbins. Then make homemade syrup and pancakes.
- Freeze juice into ice cubes. Put a slice of fruit in the center of each cube before freezing. Add the frozen cubes to a glass of water.
- Use unique containers to hold foods. A scooped-out orange will hold a fruit salad or pita pockets a meat salad. Lunch meats and celery stalks can hold pimento cheese or peanut butter. Use ice cream cones as containers for chicken or tuna salad.
- Try different shapes of pasta (bow ties one meal, corkscrews another).
- Vary peanut butter sandwiches with different toppings. Use banana slices one day, raisins another and apple slices the next.
- Serve leftovers in a clean, used TV dinner tray.
- Invent a fun new food with children. It’s said that popsicles were “invented” by an eleven-year-old around 1905. He left his powdered soda mix outdoors in the cold winter weather. The next morning, he found it frozen with the stir stick standing straight up. Later, he made a frozen treat with soda pop. Thus the name “popsicle.” The popsicle was patented in 1923.

Banana Breakfast Pops



Peanut butter and bananas are favorite foods of children. Children love to make these breakfast pops.

What You Need:

- 2 tablespoons peanut butter
- 2 tablespoons applesauce
- 3/4 cup crushed corn flakes
- 1 medium banana

How To Fix:

1. In small bowl mix peanut butter and applesauce.
2. In another small bowl, place crushed cereal.
3. Cut banana in half. Dip each piece into peanut butter mixture to coat. Roll banana in cereal. Insert popsicle stick into bottom of banana half. Makes 2. (191 calories and 8 grams fat per breakfast pop)

Nosebleeds

A nosebleed in a small child can be quite a scare. Most nosebleeds result from:

- A fall, hit or nose picking.
- Foreign object in the nose, such as a bead.
- Infections or allergies.

Some children have more nosebleeds during the winter because colds and dry indoor heat are more common during these months. The inside of the nose will be more irritated and likely to bleed. A cold water vaporizer can help keep air moist.

A small amount of petroleum jelly applied gently with the finger to the

inside of the nose can help prevent nosebleeds. It also helps to keep small children's nails trimmed.

The first step to stop a nosebleed is to stay calm. A nosebleed is harder to stop on a scared, crying child. Other steps:

- Place the child in a sitting position.
- Pinch the soft part of the nose, between the thumb and index finger, for at least 5 minutes.
- Seek help from a health care provider if bleeding is severe. If nosebleeds occur often without any known reason, consult your health care provider.

Puppets

Children love puppets. They can use puppets for finger plays, or to act out stories and nursery rhymes. Puppets relieve stress and let children play creatively.



Paper-bag Puppets

What You Need: brown lunch bag, newspaper, empty paper towel roll, string, paper, crayons, glue, yarn.

Stuff a lunch bag with crumpled newspaper. Stick the paper towel roll halfway up into the bag. Tie a string around the bottom of the bag to make a neck. Use crayons to draw a face.

Cut yarn for the hair and glue onto the bag.

Styrofoam Puppets

What You Need: cupcake cups, styrofoam balls about 3 inches around, yarn, felt pens, felt scraps, popsicle sticks and glue. Decorate the styrofoam ball using yarn for hair, and felt for eyes and a mouth. Or draw a face with crayons. Use cupcake cups for hats or collars. Insert a popsicle stick into the center of the ball. Make clothes from felt fabric scraps, then glue to popsicle stick.

Safe Pajamas

Most fatal fires happen between midnight and 6 a.m. Tight-fitting sleep clothes are safer in fires than loose-fitting sleep clothes. Buy flame-resistant and snug-fitting sleep clothes, with wrist and ankle cuffs to help keep out fire and smoke. Children should not sleep in oversized T-shirts or bathrobes.

Teach children to get below smoke if there is a fire. If you're in bed, roll out and crawl to the door. Cover your nose and mouth with a cloth, such as a pillow case. Move quickly to a safe meeting place.



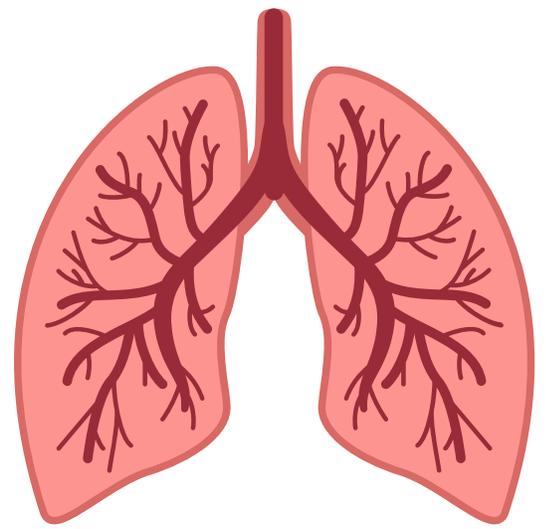
Common Pregnancy Problems

Almost all women have a few problems during pregnancy. Common problems may be:



- Frequent urination. This problem decreases after the third month and returns during the last months when baby presses against the bladder. Pregnant women should not try to hold in urine; it may increase the risk of kidney and bladder infections. Drink plenty of liquids and see a health care provider if burning or itching occurs when urinating.
- Heartburn. During pregnancy, the digestive system slows down so more nutrients can be absorbed. Also the growing uterus presses against the stomach and pushes up food. It may help to avoid spicy and greasy foods, eat smaller meals and eat more often.
- Varicose veins. Enlarged veins occur most often in the lower legs. The enlarged uterus presses on the abdominal veins that return blood from the legs. Varicose veins usually disappear after baby is born. Avoid wearing tight stockings (unless your health care provider advises wearing them), standing in one place for long periods and sitting with your legs crossed. If traveling, stop and walk every two hours.

Lung Cancer Screenings



Are you eligible?

- Are you 50 years or older?
- Do you have a 20 pack year smoking history?
- Are you a current or former smoker who quit within the past 15 years?

Did you answer yes to these questions?

You qualify for a low dose CT scan for screening.

Talk to your doctor to decide if **yearly** lung cancer screening is right for you. Low dose screening can be scheduled by your doctor or by faxing an order to 812-949-5712.

Questions?

About screening, scheduling or need a primary care doctor, you can contact our Lung Nurse Navigator, Tara at 812-981-6212 or tara.shaffer@BHSI.com



BAPTIST HEALTH
FLOYD

Indiana's Opioid Epidemic

What Parents Need to Know

June 2022

What are opioids?

Opioids are a class of drugs that can be used to reduce pain. This includes prescription drugs that are legally prescribed by a doctor, such as Vicodin, Percocet, and OxyContin, as well as illicit opioids such as heroin.

Who is at risk for addiction?

There are several risk factors that increase the likelihood of developing an addiction, or substance use disorder, that parents should be aware of. These risk factors include starting at a young age, psychological factors, environmental influences (and genetics).

Fast Facts

- Children aged 0-5 years are most likely to be unintentionally exposed to opioids. Such exposures occur because opioids are stored within sight or stored inappropriately
- Communicate the risks of prescription drug abuse to your kids. Children who learn a lot about the risks of drugs are up to 50% less likely to use drugs
- 71.5% of teenagers who use prescription opioids take them for an unintended purpose.

What can parents do?

Be mindful of the number of opioid medications in your home, and keep them secured and out of children's reach. Lock boxes are a great way to keep medications secure.

Dispose of unused medications in a Rx drop-off location. To find a drop-off location near you, visit in.gov/bitter/pill. Ask friends and family members to do the same.

Ask your provider questions such as: "What are the side effects of this medication?" or "When can I switch to acetaminophen (Tylenol) and ibuprofen (Advil)?"

Signs of Opioid Misuse

- Depression and anxiety attacks
- Physical agitation
- Poor decision-making
- Mood swings
- Social withdrawal and isolation
- Lowered motivation
- Financial hardship
- Loss of interest in hobbies

Sources: Allen, J.D., et al. (2017). Prescription Opioid Exposures Among Children and Adolescents in the United States: 2000-2015. *Pediatrics*. 139(4). DOI: 10.1542/peds.2016-338

Familydoctors.org. (2018). Opioid Addiction: Signs & Treatment—familydoctor.org. Available at: <https://familydoctor.org/condition/opioid-addiction/?adfree=true>



MEDICATION MANAGEMENT CLINIC TOBACCO CESSATION SERVICES



BENEFITS OF QUITTING SMOKING

- 20 MINUTES: Your heart rate drops.
- 12 HOURS: Your blood's carbon monoxide level drops to normal.
- 2 WEEKS TO 3 MONTHS: Your heart attack risk begins to drop, and your lung function begins to improve.
- 1 TO 9 MONTHS: Your coughing and shortness of breath decreases.
- 1 YEAR: Your added risk of coronary heart disease is half that of a smoker's.
- 5 TO 15 YEARS: Your stroke risk is reduced to that of a nonsmoker's after quitting.
- 15 YEARS: Your risk of coronary heart disease returns to that of a nonsmoker's.

BENEFITS OF THE MEDICATION MANAGEMENT CLINIC

Counseling and medication are both effective methods for quitting smoking when used alone. Research has shown that when patients use both counseling and medication, they are twice as likely to quit. Our clinic provides both options to help you quit smoking.

SERVICES PROVIDED

- Our clinical pharmacists will help you to create a plan to successfully quit smoking. We will work with you to set a quit date and prepare for this date in advance.
- We initiate medications, such as nicotine replacement therapy, bupropion (Zyban™), or varenicline (Chantix™) to help decrease cravings.
- We provide counseling to help you achieve a healthy, smoke-free life.

PHYSICIAN FOLLOW-UP

It is important to continue seeing your regular physician to maintain your overall health.

GETTING STARTED

Call 812948.7674 for an appointment. No physician referral is needed.

WHAT TO BRING TO YOUR FIRST APPOINTMENT

A list of your medications, insurance card and ID (driver's license, etc.).

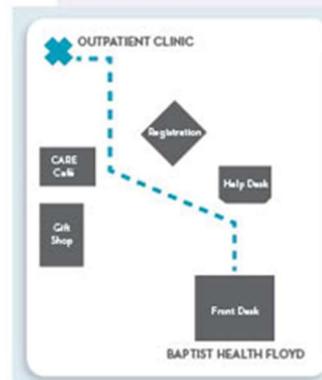
CALL AND REPORT IF ...

- You need to reschedule your appointment.
- There are any changes in your medications, including nonprescription drugs.



CONTACTING THE CLINIC

The clinic is located in the
Imaging department.
Call 812948.7674.



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**SEPTEMBER-FITNESS AND NATURE
OUTDOOR ACTIVITY IMPROVES SELF-ESTEEM, NEGATIVE
MOOD (TENSION, ANGER AND DEPRESSION) AND
INCREASED STRESS LEVELS. EXPOSURE TO NATURE
HAS SHOWN TO DECREASE BLOOD PRESSURE, HEART
RATE AND TO INCREASE IMMUNITY. JUST FIVE MINUTES
OF EXERCISE OUTSIDE IN NATURE HAS SHOWN TO
HAVE AN IMMEDIATE PSYCHOLOGICAL HEALTH BENEFIT.
THE AMOUNT OF TIME SPENT OUTDOORS APPEARS
TO BE A POSITIVE CONNECTION TO PHYSICAL ACTIVITY
IN BOTH CHILDREN AND ADOLESCENTS. ALSO, THE
CHILDREN WHO DO SPEND TIME OUTDOORS ARE
PARTICIPATING IN HIGHER INTENSITY ACTIVITY.**