

Building Blocks

issue 14

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

Children, Families and ADHD

Children differ widely in their activity levels, attentiveness and self-control. At times, high levels of energy and impulsive behavior are a normal part of childhood.

However, long periods characterized by impulsive behavior, hyperactivity and lack of concentration may interfere with a child's learning and ability to have fun and to form relationships. When this happens, parents or guardians should consider having the child evaluated for Attention Deficit Hyperactivity Disorder (ADHD).

Children with ADHD can exhibit a wide range of symptoms. Some children are mainly inattentive and underperform in school (appearing to be daydreaming), while others are hyperactive and make impulsive decisions.

Most noticeable are the children who are hyperactive — due to their unsafe or hard-to-control behavior.

For those children with difficult behavioral problems, or who are inattentive, consider referring parents or guardians to their health care provider. The health professional can help assess the situation, evaluate the child and recommend a course of treatment.

ADHD Resources

Anne Arundel County Department of Health:
www.aahealth.org or 410-222-6785

Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD): www.chadd.org

Anne Arundel County CHADD Chapter:
410-721-2468

National Attention Deficit Disorder Association (NADDA): www.add.org

Many times, parents or guardians may feel they are to blame for their child's ADHD behavior problems. Child care providers can help in the following ways:

- ☞ Talk to the child's parents and listen carefully to the concerns they have about their child.
- ☞ Work with parents by pointing out and highlighting their child's strengths.
- ☞ Give the child positive feedback.
- ☞ Set consistent and realistic expectations, and communicate these through clear and simple instructions to the child.
- ☞ Establish and keep routines. This helps the child to develop and use organizational skills.
- ☞ List routine daily activities to show what is expected and when it will happen.
- ☞ Schedule daily physical activities that help channel high energy levels and build self-esteem.

COPY THE ENCLOSED INSERT AND GIVE IT TO PARENTS.



Learn To Live

Anne Arundel County Department of Health
LearnToLiveHealthy.org

Safe Sleep for Babies

—How You Can Help Prevent SIDS

Sudden Infant Death Syndrome (SIDS) is sudden or unexplained death in babies under one year of age. SIDS is the third-leading cause of death in babies less than one year old and most frequently strikes infants between two and four months of age.

Safe sleeping lowers the risk of SIDS and can prevent suffocation. Here are some tips on how to help babies sleep safer:

- Babies should always sleep or nap on their backs. Tummy or side sleeping can be dangerous.
- Babies should sleep alone in a safe crib, not with other people on a bed, sofa or elsewhere.
- Never put fluffy, loose bedding, soft toys or plastic bags in the baby's crib.
- The crib mattress should fit tightly into the crib frame.
- Use a firm mattress covered by a well-fitting crib sheet.
- The space between crib rails should be narrower than a 12-ounce soda can.
- Do not let people smoke around the baby.
- With the parent's permission, try using a clean pacifier when putting the baby to sleep. If the baby does not like a pacifier, do not force it.
- Do not let the baby get too hot. Try a one-piece sleeper or a sleep sack.

No special equipment or sleep positioners are needed to lower SIDS risk. To prevent flat spots on the baby's head, incorporate tummy time when you and the baby are together and awake.

For more information on safe sleep for babies, visit www.ahealth.org/healthybabies.asp or call The Tot's Line at 1-877-817-TOTS(8687).



Have Kids 'Eat a Rainbow' of Fruits and Vegetables

Children 2 to 6 years old should eat between two to three cups of fruits and vegetables each day. Fruits and vegetables are an important way to get essential vitamins, minerals, fiber and fluid. Unfortunately, many kids do not eat enough fruits and vegetables or they eat only one or two kinds.

For a healthy body, it is important to eat a variety of fruits and vegetables to get different nutrients. Generally, the colors of fruits and vegetables show the different important nutrients they contain.

An easy and fun way for kids to get all the nutrients they need is to "eat a rainbow" of fruits and vegetables. Think of a rainbow the next time you design a snack or lunch. Green broccoli, purple grapes, red tomatoes and yellow mangoes are just a few of the fun colors they will enjoy. Your children can also learn colors while eating great-tasting fruits and vegetables.

More Food Resources

Check out Learn To Live at www.LearnToLiveHealthy.org for great recipes that use fruits and vegetables. Or call the Learn To Live Line at 410-222-7979 to order a free Healthy Eating Kit.

Explore www.aboutproduce.com to find out more about your favorite fruits and veggies.

Easy Recipes Kids Will Love

Frozen Bananas

Wash and peel one large banana. Cut banana in half, put a popsicle stick in the cut end, wrap the banana in plastic wrap and freeze.

Optional: Coat the banana with chopped walnuts before freezing.

Fruit Kabobs

Use thin pretzel sticks and push 3 or 4 pieces of cut-up fruit onto each stick to make a kabob. Good fruits to use include chunks of melon, banana, mango, kiwi, pineapple, peach, nectarine and strawberry.

Veggie Pizza

Top 100 percent whole-wheat English muffins with tomato sauce, low-fat cheese and veggies. Children can make fun faces or designs with veggies on their individual pizzas. Heat in an oven or microwave until the cheese is melted.

Sweet Potato Oven Fries

Cut sweet potatoes into chip or wedge slices. Lightly brush or spray with vegetable or olive oil. Season with taco seasoning or salt. Place in 425-degree oven for 20 minutes or until soft on inside and browned on the outside.

Recipe Step Saver

Stock frozen fruits and vegetables in your freezer. Frozen fruits can be added to yogurt, fruit smoothies and pancakes. Frozen vegetables can be added to soups, casseroles and stir-fry!

Up for a Fruit and Veggie Challenge?

Encourage the children at your site to eat a healthier diet with a fruit and veggie challenge. Post a large chart to log how many fruits and vegetables your kids eat. Each time they eat produce, place a check or sticker on the chart. Do this for at least a week.

Once the challenge is complete, plan a healthy reward like a fruit and veggie tasting party or a fun physical activity. Don't forget to participate in the challenge yourself — you are a role model.



DID YOU KNOW?

Whole Fruit Is Better Than Juice.

The American Academy of Pediatrics recommends children ages 1 to 6 should drink no more than 4 to 6 ounces of 100 percent fruit juice each day, and 7 to 18-year-olds should drink no more than 8 to 12 ounces. This means that kids' fruit intake should be fresh, frozen or canned whole fruit instead of juice. When you buy frozen or canned fruit, choose brands without added sugar.

Veggies Have Important Calcium, Too.

Dairy foods such as milk and cheese are not the only places kids can get calcium for strong bones. Green leafy vegetables — such as broccoli, spinach, kale and collards — and calcium-fortified orange juice are also rich in calcium.

Watch Fruit Snacks.

Processed sugary fruit snacks and popsicles are usually not made with fruit or have only a small percentage of real fruit and lots of extra sugar. Remember to read your labels and choose wisely.



BREASTFEEDING AND CHILD CARE: SUPPORT YOUR BREASTFEEDING MOMS!

Child care facilities can support and promote breastfeeding. The incidence of ear infections, diarrhea and respiratory infections is reduced in breastfed infants. More often, they are healthier than formula-fed infants. Healthy infants create a healthy center!

Caregivers can support breastfeeding mothers by:

- ✓ Encouraging mothers to continue breastfeeding after returning to work or school
- ✓ Training staff to provide accurate breastfeeding information and referrals for breastfeeding support
- ✓ Offering children breast milk in containers other than bottles (e.g., cups or spoons) when parents request it
- ✓ Providing space for mothers to breastfeed
- ✓ Fostering the formation of parent support groups and information sharing
- ✓ Empowering families to advocate for policies that support breastfeeding at their workplace

Appearance of expressed milk

Expressed breast milk does not look like formula. It is normal to see color variation between different expressions of milk depending on the mother's diet and the age of the infant. Expressed breast milk often separates into layers with the fat rising to the top. The layers can be mixed by gently swirling the feeding container.

Thawing and warming milk

Breast milk must be thawed and warmed under the following safe conditions to prevent growth of microorganisms, hot spots and excessive nutrient loss.

IF THE MILK NEEDS TO BE...

Thawed then...

- ☞ put the container in the refrigerator, or
- ☞ hold the container under cool running water

Warmed then...

- ☞ set the container in a pan of warm water, or
- ☞ hold the container under cool running water and gradually increase the temperature to warm water

Safety precautions

- ☞ Do not thaw milk at room temperature or in a microwave. Milk doesn't heat uniformly in the microwave, so you won't have control over the temperature and could burn the baby.
- ☞ Do not thaw or warm milk on the stove or in a microwave because the high heat will destroy nutrients and antibodies.

Check out www.4woman.gov/breastfeeding for more information on breastfeeding.

Need More Help?

If you have questions or concerns about children's health and safety, here are some local resources:

ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH

- Behavioral Health 410-222-6785
- Communicable Diseases 410-222-7256
- Healthy Start 410-222-7177
- Immunizations 410-222-4896
- Lead Poisoning 410-222-7003
- Injury Prevention 410-222-4223
- Women, Infants and Children (WIC) Program 410-222-6797
- Medical Assistance for Families (MCHP) 410-222-4792
- Office of Emergency Preparedness and Response 410-222-4115
- Smoking Stinks Web site for kids www.smokingstinks.org
- Department of Health Web site www.aahealth.org
- Family Fitness Challenge www.aahealth.org/fitnesschallenge

THE ANNE ARUNDEL COUNTY TOT'S LINE:

- 1-877-817-TOTS(8687)
- The Tot's Line is a free, confidential helpline for pregnant women, parents and caregivers of children from newborn to 5 years old. Call the helpline for advice and referrals to county services.

ANNE ARUNDEL COUNTY FIRE DEPARTMENT

- Office of Injury Prevention and Public Safety Education 410-222-8303

ANNE ARUNDEL COUNTY POLICE

- Community Relations 410-222-8562

ANNAPOLIS CITY POLICE

- Community Safety 410-268-9000

MARYLAND POISON CENTER

- 1-800-222-1222 or www.mdpoison.com

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

- Centers for Disease Control www.cdc.gov
- Small Step Kids www.smallstep.gov