

Resources:

- **KidsHealth**

www.kidshealth.org
Health information about children from before birth through adolescence.

- **Keep Kids Healthy**

www.keepkidshealthy.com/index.html

Resources for parents and teachers

- **Live and Learn**

www.liveandlearn.com/learn.html#top

Health and safety information for young children

- **Team Nutrition**

www.fns.usda.gov/tn/

Resources related to nutrition and school lunch programs

- **BAM from the Center for Disease Control**

www.bam.gov/

Information about fitness, disease prevention, body and mind

- **Children's Health Month**

www.childrenshealth.gov/forkids.html

Information for children about health and safety

- **Colgate's Kids World**

<http://kids-world.colgatepalmolive.com/>

Dental, nutritional information and games

- **Dole 5 a Day**

<http://www.dole5aday.com>

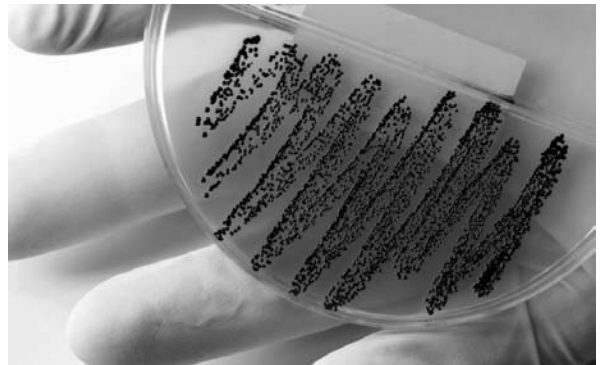
Information about nutrition and foods

- **FDA's Kid's Home Page from the Food and Drug Administration**

<http://www.fda.gov/oc/opacom/kids/default.htm>

Clean living helps keep staph infections in line

Staphylococcus aureus, often referred to as "staph," are bacteria commonly carried on the skin or in the nose of healthy people. Staph can cause an infection; in fact, they are one of the most common causes of skin infections.



Methicillin-resistant Staphylococcus aureus (MRSA) is a type of staph bacteria that causes skin infections that can't be treated with certain antibiotics. It is sometimes mistaken for a spider bite. Symptoms may range from minor skin redness and swelling to pimple-like red bumps, boils, rash, fever, headache, and even pneumonia. Infections can spread quickly to other parts of the body or to other people.

MRSA usually spreads from person to person through hands or close, skin-to-skin contact. The bacteria can live on the skin and survive on some surfaces for prolonged periods.

You can protect yourself from MRSA and other infections by practicing good hygiene. This includes:

- Keep hands clean by washing

thoroughly with soap and water or using alcohol-based hand sanitizer.

- Keep cuts and scrapes clean and covered with a bandage until healed.
- Avoid contact with other people's wounds or bandages.
- Avoid sharing personal items such as towels, razors or bar soap.
- Use a barrier (clothing or a towel) between your skin and shared equipment (such as in a locker room or health club), and wipe equipment surfaces before and after use.
- Take antibiotics exactly as prescribed. Don't save them or share them with other people.

If MRSA is suspected, a lab culture is the only way to diagnose it.

Source: St. Clair County Health Dept.

Remember... For more information on MRSA, call the St. Clair County Health Department Preventive Health Services at (810) 987-5729, or visit the Michigan Department of Community Health Web site: www.michigan.gov/mdch.



Keeping kids active can be fun

Looking for an easier way to figure out how much exercise your child needs or should have? Use these guidelines when determining what activities to decrease and what to increase:

Cut down on

- Watching TV
- Playing computer or video games
- Sitting around for more than 30 minutes at a time

Do this 2-3 times a week

- Go ice skating
- Play at a park
- Do push-ups
- Do sit-ups
- Dance

Do this 3-5 times a week (20 minutes or more)

- Running around
- Biking or swimming
- Jumping rope
- Inline skating
- Basketball
- Soccer or kickball
- Skiing

Every day (as much as possible)

- Play outside
- Ride your bike or walk to the store
- Help pick up around the house
- Take the stairs instead of the elevator
- Take your family (including the dog) on a walk

Doing these activities as a family sends a positive message to your child that exercise and daily movement is healthy and fun. For more fun, have your child fill in their own activities. Remember, this is one way to set your child on the right course to a healthier future.

Source: HealthSource, Park Nicollet Institute

Child safety seats: One size does not fit all

It's a fact, safety belts save lives. However, vehicle seats and seat belts are designed for adult-size bodies that are at least 4-feet-9-inches tall. A child can slip out from under a lap-only belt and be ejected. A child's body may also fold in half during a crash, known as "Seat Belt Syndrome."

A lap/shoulder belt isn't the answer. On young children, the lap belt tends to ride up over the soft abdomen or tummy and the shoulder belt may cross the neck or the face. When children feel uncomfortable with that, they tend to place the shoulder belt behind their back or under their arm. Again, injuries to the upper body, ribs, internal organs and head can occur.

How to tell when a child can ride in an adult seat belt that fits correctly:

- Typically when the child is at least 4-feet-9-inches tall, 8 years old, usually over 80 pounds.
- Children who can sit with their bottoms against the seat back for the entire car ride.
- Children who can bend their knees over the edge of the vehicle seat without slouching.



- The lap belt stays low on the hips and over the top of the thighs and does not move up on to the tummy.
- The shoulder belt crosses the center of the shoulder and chest, not the neck or the face.

Parents should be aware that booster seats (either high-back or low/no back) should be used for children who do not fit properly in the adult seat belt. Both types of boosters are extremely effective in preventing injuries in a crash and can help save your child's life.

All children ages 12 and under should ride in the back seat while properly restrained. It's the safest spot for kids.

Source: SAFEKIDS, USA

Mealtime routines help children eat right

It's a fact that children function better when routines are established. When it comes to meal time routines, kids who know what to expect will actually eat better. Suggestions include:

- Give kids a "heads-up" on when they will be eating. "Dinner will be ready in 5 minutes" gives them time to prepare for the meal.
- Establish a hand washing routine before every meal. This will help calm them down before eating.
- Make sure serving sizes are appropriate for their age. Start small and they can always ask for more.
- Ask your child to taste the food on their plate. Kids learn to eat by

touching, tasting and playing with their food.

- Have your child stay at the table during the meal. Even after they've finished, talk with them and let them enjoy the interaction.
- Establish an ending routine for meals. Ask them to clear the table, scrape the leftovers into the trash or to rinse off the dishes.
- Make sure your child is allowed to leave the table when the rest of the family is finished.
- Wash their hands and face when the meal is over, preferably at the sink or in the bathroom.

Source: Nutrition Matters Inc.