

UAB Early Head Start Program

933 19th Street South, Birmingham, AL 35294

<https://www.uab.edu/civitansparks/uab-early-head-start-program>

T: 205-934-5736



Upcoming Events

May 2nd

Parents' Day Socialization 11:00
@ The Lee Community Center

May 9th

Let's Play Socialization 10:30
@ Let's Play Hoover

May 15th

PIPA 10:30
Policy Council 12:00

May 16th

**Health Services Advisory
Committee Meeting 12:00**

May 22nd

PIPA & Parenting 1:30
(Walker County)

June 12th

PIPA 10:30
Policy Council 12:00

TBA

Fun Day (Jefferson County)

Fun Day (Walker County)

Greetings UAB Early Head Start Program families!

It is almost time for summer! Yaaay! A few things come to mind when thinking about fun in the sun. Not just waves and sand, but also ways to have fun safely. Here in the south, we can have days when the temperature is three digits, sometimes 100+ degrees.

In this edition, you will find information on health and safety. There is information on heat related-illnesses: what to look for and what to do, recommended immunizations, mental health tips, keeping young children safe in the car, and other helpful information. Remember, always "look before you lock".

In addition to the socializations, PIPA meeting, and Policy Council in May, we are also having a Health Services Advisory Committee Meeting. So remember to mark your calendars for all upcoming events for the months of May and June. We look forward to seeing you soon!

Mission Statement:

The mission of the UAB Early Head Start Program is to form partnerships with families to support child development and family goals. Through continuous staff development and in collaboration with the community, we strive to enhance opportunities for families.

Congratulations to our parents with outstanding program participation!



A big "thank you" to Commissioner Sheila Tyson for speaking to our families at Parent's Day!



We had fun at our egg hung socialization!





Fun @ Let's Play Hoover





MENTAL HEALTH TIPS

- 1. Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.**
- 2. Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Being in nature can increase energy levels, reduce depression, and boost well-being.**
- 3. Get connected - share a meal with someone or pick up the phone. Studies show that good relationships make the difference between very happy and less happy people.**
- 4. Feeling in a rut? Think back and laugh at something silly you've done. Remember, everyone deserves a break and we're often hardest on ourselves.**
- 5. Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.**
- 6. Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy.**
- 7. Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.**
- 8. Take a few minutes to breathe deeply - in through your nose and out through your mouth. Try this technique: Pretend you're taking a giant whiff of a bouquet of flowers, then pretend to blow out a candle.**
- 9. Aim to get 7 to 8 hours of sleep each night this week. People who get enough sleep are more likely to succeed at their daily tasks.**
- 10. Do some coloring for about 20 minutes to help you clear your mind.**

<http://www.mentalhealthamerica.net/sites/default/files/MHM%202019%20CALENDAR%20POSTER.pdf>

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



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ENFERMEDADES RELACIONADAS CON EL CALOR

EN QUÉ SE DEBE FIJAR

QUÉ HACER

GOLPE DE CALOR

- Alta temperatura corporal (103 °F o más)
- Piel caliente, enrojecida, seca o húmeda
- Pulso acelerado y fuerte
- Dolor de cabeza
- Mareos
- Náuseas
- Confusión
- Pérdida del conocimiento (desmayos)

- Llame al 911 de inmediato, el golpe de calor es una emergencia médica
- Lleve a la persona a un sitio más fresco.
- Ayude a bajar la temperatura de la persona con paños fríos o dándole un baño con agua fría.
- No le dé a la persona nada para beber

AGOTAMIENTO POR CALOR

- Sudor abundante
- Piel fría, pálida, húmeda y pegajosa
- Pulso rápido y débil
- Náuseas o vómitos
- Calambres musculares
- Cansancio o debilidad
- Mareos
- Dolor de cabeza
- Desmayos

- Vaya a un sitio fresco
 - Aflójese la ropa
 - Aplíquese paños húmedos en el cuerpo o dese un baño con agua fría
 - Tome sorbos de agua
- Busque atención médica de inmediato si:**
- Tiene vómitos
 - Sus síntomas empeoran
 - Sus síntomas duran más de 1 hora

CALAMBRES POR CALOR

- Sudor abundante durante ejercicios físicos intensos
- Dolor o espasmos musculares

- Suspenda todo tipo de actividad física y vaya a un lugar fresco.
- Beba agua o una bebida deportiva
- Espere que los calambres desaparezcan antes de realizar más actividades físicas

- Busque atención médica de inmediato si:**
- Los calambres duran más de 1 hora
 - Usted sigue una dieta baja en sodio
 - Usted tiene problemas cardíacos

QUEMADURAS SOLARES

- Piel dolorida, enrojecida y tibia
- Ampollas en la piel

- Evite el sol hasta que se le cure la quemadura
- Aplíquese paños fríos en las áreas quemadas por el sol o dese un baño con agua fría
- Aplique loción humectante a las áreas quemadas
- No rompa las ampollas

SARPULLIDO POR CALOR

- Grupos de pequeñas ampollas rojas que parecen granitos en la piel (generalmente en el cuello, el pecho, la ingle o en los pliegues de los codos)

- Quédese en un lugar fresco y seco
- Mantenga el sarpullido seco
- Use talco (como talco para bebés) para calmar el sarpullido



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2019 Recommended Immunizations for Children from Birth Through 6 Years Old

Age	Immunization	Age	Immunization	Age	Immunization	Age	Immunization	Age	Immunization	Age	Immunization
Birth	HepB	1 month	HepB	2 months	HepB	4 months	HepB	6 months	HepB	12 months	HepB
RV		RV		RV		RV		RV		RV	
DTaP		DTaP		DTaP		DTaP		DTaP		DTaP	
Hib		Hib		Hib		Hib		Hib		Hib	
PCV13		PCV13		PCV13		PCV13		PCV13		PCV13	
IPV		IPV		IPV		IPV		IPV		IPV	
MMR		MMR		MMR		MMR		MMR		MMR	
Varicella		Varicella		Varicella		Varicella		Varicella		Varicella	
HepA ^s		HepA ^s		HepA ^s		HepA ^s		HepA ^s		HepA ^s	
Influenza (Yearly)*		Influenza (Yearly)*		Influenza (Yearly)*		Influenza (Yearly)*		Influenza (Yearly)*		Influenza (Yearly)*	
DTaP		DTaP		DTaP		DTaP		DTaP		DTaP	
IPV		IPV		IPV		IPV		IPV		IPV	

Is your family growing? To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- ** Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the last dose. HepA vaccination may be given to any child 12 months and older to protect against hepatitis A. Children and adolescents who did not receive the HepA vaccine and are at high risk should be vaccinated against hepatitis A.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

For more information, call toll-free 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines/parents

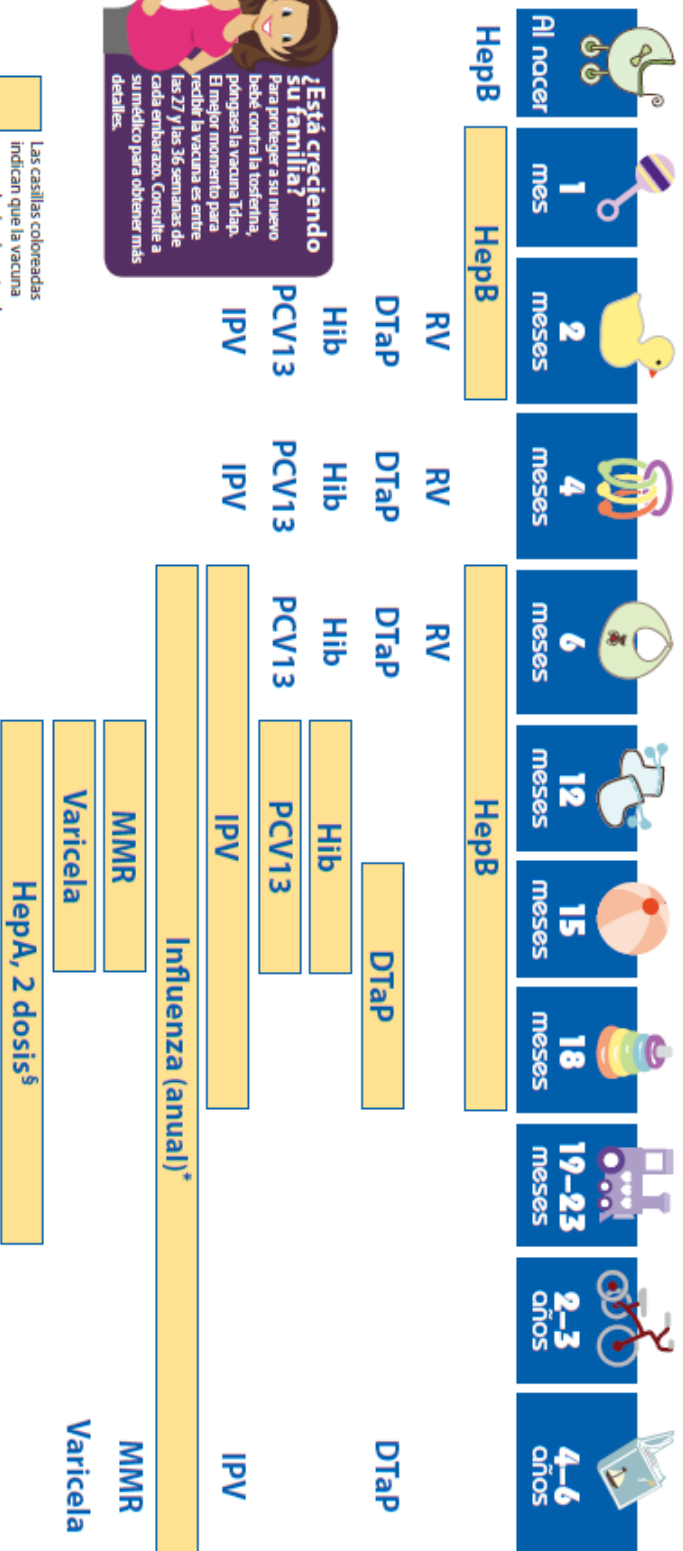


U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics
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2019 Vacunas recomendadas para niños, desde el nacimiento hasta los 6 años de edad



¿Está creciendo su familia?
 Para proteger a su nuevo bebé, contra la tosferina, póngase la vacuna Tdap. El mejor momento para recibir la vacuna es entre las 27 y las 36 semanas de cada embarazo. Consulte a su médico para obtener más detalles.

Las casillas coloreadas indican que la vacuna se puede dar durante el rango de edad mostrado.

NOTA: Si no se le puso una de las dosis a su hijo, no se necesita volver a empezar. Solo llévolo al médico para que le apliquen la siguiente. Consulte al médico de su hijo si tiene preguntas sobre las vacunas.

NOTAS A PIE DE PÁGINA:

- * Se recomiendan 2 dosis con un intervalo de por lo menos cuatro semanas para los niños de 6 meses a 8 años que reciben por primera vez la vacuna contra la influenza y para otros niños en este grupo de edad.
- § Se requieren 2 dosis de la vacuna HepA para brindar una protección duradera. La primera dosis de la vacuna HepA se debe administrar durante los 12 y los 23 meses de edad. La segunda dosis debe aplicarse 6 meses después de la última dosis. La vacuna HepA se puede administrar a todos los niños de 12 meses de edad o más para protegerlos contra la hepatitis A. Los niños y adolescentes que no recibieron la vacuna HepA y tienen un riesgo alto, deben vacunarse contra la hepatitis A.

Si su hijo o hija tiene alguna afección que lo pone en riesgo de contraer infecciones o si va a viajar fuera de los Estados Unidos, consulte al médico sobre otras vacunas que él o ella pueda necesitar.

MÁS INFORMACIÓN AL REVESO SOBRE ENFERMEZAS PREVENIBLES CON LAS VACUNAS Y LAS VACUNAS PARA PREVENIRLAS.

Para más información, llame a la línea de atención gratuita **1-800-CDC-INFO** (1-800-232-4636) o visite www.cdc.gov/vaccines/parents



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Keep Young Children Safe in the Car

Car accidents are the leading cause of death for young children in the United States. Always use child safety seats positioned in safe spots in the car. Remember these key rules to keep children safe:

Use the right seat for your child's weight and height

Use a National Highway Traffic Safety Administration (NHTSA) rated car seat. Select a car seat based on your child's weight, height, and positioning needs. Children under age 2 must be properly secured in a rear-facing car seat. Children under age 8, weighing less than 40 pounds, must be secured in an approved child safety seat. Children taller or heavier than the recommended limits for forward-facing car seats need booster seats placed in the rear seat secured with seat belts.

Put children in a safe spot

The safest place for children of any age to ride is the rear seat of a vehicle. Each child and each safety seat require a separate seat belt. Truck beds are not a safe place for children to ride.



You are required to use a child safety seat

The parent or legal guardian of a child under age 8 must provide a child safety seat to anyone who transports his or her child. Children with physical disabilities that prevent the use of standard child safety seats are exempt from the law if the disability has been certified by a physician.

Make sure seats are installed correctly

Consult with a car seat technician if you have questions about installation or rules about your child safety seat. To find a technician in your area, go to <http://cert.safekids.org/get-car-seat-checked>

Never leave children alone in a vehicle

In just a few minutes left alone in a car, children can be in danger from heat and dehydration, even if the windows are partly open. A child can wriggle out of a seat, hit the controls, and cause the car to move.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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For other tip sheets, please go to <https://illinoisearlylearning.org/tipsheets/>

rev. 10/18

Mantengamos seguros a los niños en el auto

Los accidentes de tránsito son la causa principal de la muerte de los niños pequeños en los Estados Unidos. Siempre use los asientos de seguridad para niños y colóquelos en posiciones seguras dentro del carro. Recuerde las siguientes reglas clave para mantener seguros a los niños:

Use el asiento indicado para el peso y la estatura de su hijo

Use un asiento calificado por la Administración Nacional de Seguridad de Tránsito en las Carreteras (NHTSA, o National Highway Traffic Safety Administration). Escoja un asiento tomando en cuenta las necesidades de su niño en cuanto a su peso, su estatura y la posición requerida. Los niños menores de 2 años deben estar abrochados apropiadamente en un asiento que mira hacia atrás. Los niños menores de 8 años que pesan menos de 40 libras (18 kilos) deben estar abrochados en un asiento aprobado de seguridad infantil. Si un niño tiene una estatura o un peso mayor que los límites recomendados para los asientos que dan hacia adelante, necesita un asiento tipo booster colocado en el asiento trasero y fijado con cinturones de seguridad.



Coloque a los niños en un lugar seguro

El lugar más protegido para los niños de cualquier edad es el asiento trasero de un auto. Cada niño y cada asiento de seguridad requieren su propio cinturón de seguridad. La caja abierta de una camioneta no es un lugar seguro para los niños.

Se requiere el uso de un asiento de seguridad para niños

Los padres, madres y tutores legales de niños menores de 8 años deben proporcionar asientos de seguridad a cualquier persona que los transporte. Los niños con discapacidades físicas que previenen el uso de asientos de seguridad comunes, se hallan exentos de la ley si un médico ha certificado la discapacidad.

Asegúrese de que los asientos estén correctamente instalados

Consulte con un técnico de asientos de seguridad si tiene preguntas sobre la instalación o las reglas en cuanto a su asiento de seguridad para niños. Para hallar a un técnico cerca de usted, visite <http://cert.safekids.org/get-car-seat-checked>

Nunca deje solo a los niños en un auto

Si se deja solos a los niños en un carro, en tan solo unos pocos minutos pueden estar en peligro de calor y deshidratación, aun si las ventanillas están medio abiertas. Un niño puede escaparse de su cinturón de seguridad, tocar los controles del auto y ponerlo en marcha.

English Title: Keep Young Children Safe in the Car

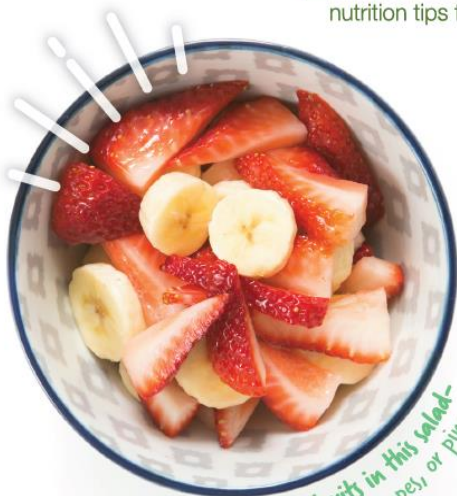


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Para hallar otras Páginas de consejos, favor de visitar <https://illinoisearlylearning.org/es/tipsheets/>

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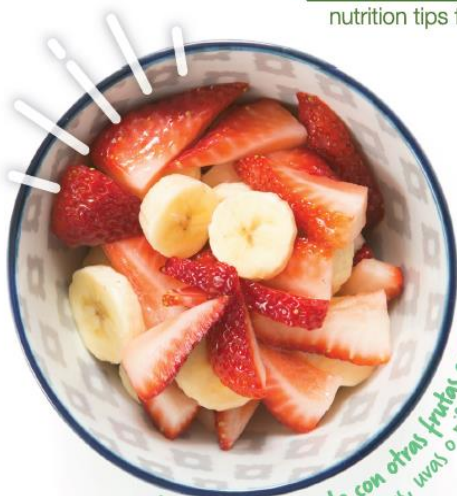
Try other fruits in this salad—blueberries, melon, grapes, or pineapple.

summer strawberry salad

- 3 cups sliced strawberries
- 1 cup sliced bananas
- 2 tablespoons honey
- 2 tablespoons lime juice

- step 1** Combine honey and lime juice together.
step 2 Pour dressing over strawberries and bananas, and toss lightly.

**Do not give your baby honey or foods made with honey until he is 1 year old.*



Prueba esta ensalada con otras frutas como arándanos, melones, uvas o piñas.

ensalada de fresas

- 3 tazas de fresas cortadas en rodajas
- 1 taza de bananas cortadas en rodajas
- 2 cucharadas de miel
- 2 cucharadas de jugo de lima

- paso 1** Mezclar la miel con el jugo de lima.
paso 2 Vierte el aderezo sobre las fresas y las bananas. Mezcla un poco.

**No des miel o alimentos hechos con miel a tu bebé hasta que cumpla un año.*

