Does your child have asthma?

Do you know a child who has asthma?

Eastern KY Public Health Inc. has partnered with your child’s school to offer your family an exclusive Healthy Homes Asthma Management program. If your child has been diagnosed with asthma CALL TODAY to learn more about this FREE program and how trained Healthy Homes and Asthma Specialists can help improve your indoor environment!!!

If you do not have a child with asthma you can still benefit from the program!! Share this information with others and if they qualify and enroll in the program then you will receive a $10 gift card for your help!!!

FOR MORE DETAILS: VISIT US FEBRUARY 17TH @ 8:00 A.M.

ECLC SOUTH

Or give us a call: Holly West, Ex. Director, EKPHI

606-329-9444 ext. 2223

2924 Holt Street, Ashland, KY. 41101

HollyJ.West@ky.gov
Dear Families,

How much time do your children spend each day or week passively sitting in front of one kind of screen or another instead of actively playing or exercising?

Several studies have linked excessive screen time to childhood obesity and lowered literacy rates for children of all ages. Scientists have also found language delays among children younger than age 2 who are exposed to too much screen time.

Set boundaries for television and other media use. Avoid screen media for infants or toddlers younger than age 2, and limit the amount of time older children watch or use media. According to the American Academy of Pediatrics, children preschool-age and older should have no more than two hours of total screen time per day. Remember that computer time factors into a child's overall screen time for a day.

Tip: Use a timer to help children remember when it is time to stop.

Strive to expose your child to high-quality television and media materials. You may want to review your options with the following questions in mind:

A. Is this considered developmentally appropriate for my child's age?

B. Has it been reviewed by others or won awards from credible sources?

C. Does it show diverse images of children and/or adults engaged in a range of non-stereotypical activities? For example, does a segment on baking a cake only show women cooking; are all the children, teenagers or adults in a music video one race or ethnicity? If so, how are they portrayed?

D. Is it free from bias, violence and sexually explicit content? For example, are there scary images? Characters fighting? Sexual themes or content?

Watch with and actively engage your child in thinking about what you are seeing on the screen. Discuss what characters are doing, how they might be feeling and use screen time as an opportunity to talk about your family's values.

Finally, develop and abide by clear and consistent "House Rules" for the frequency and use of television, media and computers in your home.
If you're worrying about how to resist temptation at the next holiday party, you are not alone. Sadly, too many party goers are more focused on their ever-spreading mid section than spreading holiday cheer. If all you really want for Christmas is the secret to overcoming overeating, you're in luck. I recently discussed preventing seasonal weight gain with one of the leading experts on feeding our families and ourselves: Ellyn Satter.

Before I devoured Satter's writing on food and family, I gobbled up her definition on normal eating. Even if you're familiar with Satter's un-American definition, it's worth rereading. As a psychotherapist and dietitian, Satter really understands why the great majority feel compelled to eat like there's no tomorrow. So when it came time for my annual interview on seasonal eating concerns, I could think of no better subject than the author of Secrets of Feeding a Healthy Family. What follows are questions and answers from my recent conversation with Ellyn Satter.

Q. How would you describe normal holiday eating?
A. Normal eating is all about trusting yourself to eat in a way that is right for you. The trouble most people have with holiday eating is they get caught up in what they should and shouldn't eat. They're anxious and ambivalent about eating. They might try to resist at holiday parties, but the table is laden with "forbidden foods," and they throw away all control and overdo it. Many times they're over-hungry because they're trying to restrict themselves and lose weight. So the standard definition of holiday eating becomes eating way too much.

Q. How about your approach to healthy eating: "eating competence." How would you describe that?
A. Rather than tricking yourself about what you should and shouldn't be eating, you trust yourself to eat food you enjoy. No food is off limits. [Which isn't to say] you eat like there's no tomorrow. With eating competence, [you maintain control by] eating [regular] meals and snacks, and by paying attention while you're eating. You trust yourself to eat as much as or as little as you need.

Q. What does eating competence look like at a holiday party?
A. You take your plate and pick and choose what's most appealing. You sit down and eat if you can. If not, you stand in a quiet place and enjoy your food. If you want, get seconds and eat until you feel satisfied. That's the opposite of standard party eating, where a person doesn't take time to eat. The food may taste good momentarily, but, because they're not really paying attention, it's just absent-minded munching.

Q. When I suggest what you're suggesting, new clients say: "If I let myself eat whatever I want, I'd really pack on the pounds." What do you tell clients who are worried about gaining weight?

To comment on this issue, please join on us Facebook
National Nutrition Month Pledge

**Week 1:** I pledge to..  
Fill half your plate fruits and vegetables

**Week 2:** I pledge to..  
Vary your protein, try some seeds, nuts, and beans

**Week 3:** I pledge to..  
Make half your grains whole grains

**Week 4:** I pledge to..  
Go low fat. Choose milk that is nonfat or 1%

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Tips for Handling Stress and Worry in Children:

- Just be there! Spend time just talking with your child. Let the child know that they are important to you in your life.
- Provide proper nutrition and appropriate rest time for your child. A healthy body can help a child feel strong and better prepared to handled stresses that come up.
- Reducing afterschool activities. Children can be too involved in extracurricular activities which creates hectic schedules for both the adult and child. They need time to “just be a kid!”
- Calming strategies for the child. Breathing exercising, counting down, blowing bubbles, playing with clay, drawing, coloring can be activities that can be helpful to reduce stress and anxiety in situations. As the adult, practice using a calm low voice when interacting with your child as well as others, ask your child to help you with a chore, or read them a story- these can soothe the child and provide an opportunity to discuss any worries the child may have on their mind.
- Be prepared! If you know your child in anxious for doctor appointments, change in a routine, etc. Come up with a plan and discuss this plan regularly with the child so they know what to expect.
- Books! Literature is great to use to help a child realize they are not alone when they feel this way and that some stress and worry is normal!
- If a child is continuing to stress and worry and the behaviors are continuing over a longer period of time, causing problems at home or interfering with the child’s success at school, make an appointment with your child’s doctor to discuss the behaviors.

Website Resources for learning more about helping your child with stress and worry:

- KidsHealth.org
- WorryWiseKids.org
- AboutOurKids.org
- PBSKIDS
Books you can read with your child to discuss stress and worry:

* Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst
* Dinosaurs Divorce by Marc Brown and Laurene Krasny Brown
* Strega Nona by Tomie de Paola
* Tear Soup by Pat Schweibert, Chuck DeKlyen and Taylor Bills
* Will They Fly a Plane into Our House published by Childswork/Childsplay
* Don’t Be Afraid to Drop by Julia Cook
* Wilma Jean, the Worry Machine by Julia Cook
* The Ant Hill Disaster by Julia Cook
* Bright Stanley and the Cave Monster by Matt Buckingham
* Wemberly Worried by Kevin Henkes
* Giraffes Can’t Dance by Giles Andreae and Guy Parker-Rees
* The Kissing Hand by Audrey Penn
* Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis and Laura Cornell
* Franklin’s Bad Day by Paulette Bourgeois
Have a Heart for Health

Join the A.P.P.L.E. family!

Saturday, Jan. 17 • 10 a.m. - 2 p.m.
Bellefonte Pavilion Cafeteria
For children ages Pre-K to 12th Grade and their families in Boyd and Greenup Counties

What is A.P.P.L.E.?
The Appalachian Partnership for Positive Living and Eating (A.P.P.L.E.) is a family-focused model to improve health and wellness. This "one of a kind" program is provided by the Ashland-Boyd County Health Department through funding from the AstraZeneca Health Care Foundation and is offered to children and families living in Greenup and Boyd counties in Kentucky.

Ashland-Boyd County Health Department understands that families want their children to be happy, healthy and to live to their fullest potential. Unfortunately, far too many families are short on time and money. A.P.P.L.E. program staff can provide your family with the necessary tools to make positive lifestyle changes TODAY and at no cost to you!!

What is Planned for the Kickoff Event?

Giveaways
MORE THAN $2,500 IN PRIZES!
• Bicycles
• Fit Bits
• Sports Equipment
• iPods
• Gift Certificates
• & more!

Health Fair
FREE ADMISSION!
• Health Screenings
• Nutrition Info
• Diabetes Education
• Fitness Fun
• Cooking Demos
• Healthy Snacks
• & more!

For more information, call
606-329-9444, ext. 2248