

AOK Family Connect

Help Children Grow Up Healthy — Mind and Body

It is easy for parents to identify a child's physical needs—nutritious and balanced meals; adequate shelter and clothing; sufficient rest and physical activity; immunizations; and a healthy living environment.

However, a child's mental and emotional needs are important too. Good mental health allows children to think clearly, develop socially, learn new skills, build self-esteem, and develop a positive mental outlook.

Basics for a child's good mental health:

- *Give children unconditional love*
- *Nurture children's confidence and self-esteem*
- *Encourage children to play*
- *Enroll children in an after school activity*
- *Provide a safe and secure environment*
- Give appropriate guidance and discipline when necessary
- Communicate with your child
- Get help when needed

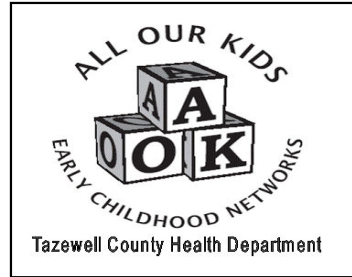
www.mentalhealthamerica.org



Think Safe Be Safe: Water Safety at Home

- Always stay within touch supervision—keeping kids within an arm's length—when your child are around standing water at home.
- Always supervise young children during bath time. Never allow older siblings to supervise children around standing water.
- Baby bath seats are not a safety device and should never substitute adult supervision.
- Drain the bathtub immediately after using.
- Set your water heater at 120 degrees Fahrenheit or below to reduce risk of burns and scalds from hot tap water.
- When bathing children, turn on the cold water first and then add warm water.
- Keep bathroom doors closed and use door knob covers to prevent young children from accessing the bathroom.

For more information, go to www.homesafetycouncil.org.



May / June 2008

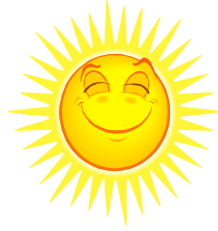
Are you a parent or grandparent of a child ages birth to five? If so, you can become a member of the AOK Network.

If interested, contact
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Visit www.tazewellhealth.org to view the online version of the Family Yellow Pages resource guide





Summer Safety

- Sunscreen safe for infants 6 months and up.
- Always read product label and call your baby's doctor with questions.
- Apply 30 minutes before going into the sun.
- Don't assume kids are drown-proof because they can swim!
- Swimming is fun, but only when you're safe.
- A lifeguard isn't solely responsible for watching your child, YOU are!

THINK SUN PREVENTION!

“Slip Slap Slop”

- SLIP on a shirt.
- SLAP on a brimmed hat and sunglasses.
- SLOP on sunscreen with an SPF of at least 15 (reapply sunscreen every 2 hours or if the child has been in water or sweating a lot).



Teaching Kids the Rules of the Road:

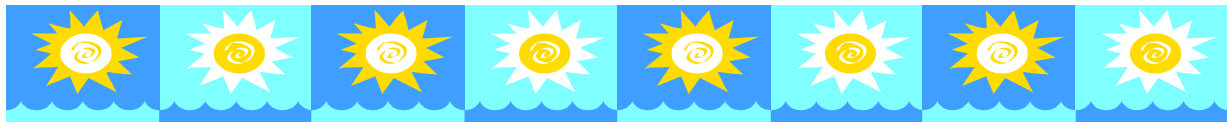
- Bikes, scooters, skateboards and inline skates are vehicles—not toys.
- When on the road, ride with the traffic and as far to the right as possible.
- Learn and use appropriate hand signals.
- Respect traffic signals.
- Stop and look left, right, and left again before crossing an intersection.
- Don't ride when it's dark.
- Don't negotiate! If you don't wear a helmet—you don't ride it!

Helmets must always be worn with bikes or any wheeled device.

Family Fun in the summer

AOK—Family Calendar of Events:

- *May 3rd*— Glad Tidings Church—FREE Bike Rodeo (East Peoria)
- *May 10th*— Race for the Cure (Peoria)
- *May 16-17*—Pekin Fire Days Showcase local area fire equipment from antiques to new models.
Free entertainment and kids activities. A parade on Saturday at 10am will be along downtown Court Street.
- *May 20th* - *FREE* Family Safety Night (Richland Farms—East Peoria) Sponsored by: Tazewell County Health Department, AOK Network, Catholic Charities and Project Success.
- *May 29 - June 2nd*—Washington Cherry Festival
- *June 6th-8th* Tremont Turkey Festival
- *June 1st*— Children’s Hospital Miracle Mile “Kids Running for Kids”
(Peoria Pirates will lead warm ups for the fundraiser)
- *June 12-14*—Peoria Steamboat Days (Riverfront)
- *All Season* Peoria Chiefs—O’Brien Field - Half Priced Mondays & Family Day Sundays
- *June 14th* East Peoria Family Splashdown Day—June 14th (special rate for East Peoria residents; just have to show driver’s license, bill or something that would show your East Peoria address).
REDUCED PRICES for those who qualify.
- *June 17th* —Armed Forces Day @ Wildlife Prairie Park (all members of the armed forces and their immediate families get in FREE)
- *June 19th*— *FREE* Pekin Family Safety Night— Sponsored by: Tazewell County Health Department, AOK Network, Catholic Charities and Project Success.
- *June 21* - Deer Creek-Mackinaw FREE Car Seat Check—Dee-Mack Library
- *June 28th*— FREE Bike Rodeo—American Red Cross (Peoria)



Have a fun and safe summer!
"Making Sure All Our Kids
are AOK"

