

AOK Family Connect

FLU vs. COLDS: A Guide to Symptoms

Your child is sent home from school with a sore throat, cough, and high fever—could it be the flu that's been going around? Or is it just the common cold? Typically the flu has symptoms that make a child feel worse than symptoms associated with a common cold, but it's not always that easy to tell the difference.

Review these questions:

- Was your child's onset of illness—sudden? Slow?
- Does your child have a high fever? No (or mild) fever?
- Is your child's exhaustion level - Severe? Mild?
- Is your child's head - Achy? Headache free?
- Is your child's appetite - Decreased? Normal?
- Are your child's muscles - Achy? Fine?
- Does your child have—Chills? No chills?

If most of your answers fell into the first category, chances are that your child has the flu. If your answers usually belonged in the second category, it's most likely a cold. The important thing to remember is that flu symptoms can vary from child to child, so if you suspect the flu, call the doctor. Most of the time, you can take care of your child by offering plenty of fluids, rest, and extra comfort.

Visit www.kidshealth.org for more information.

**All Our Kids (AOK)
Early Childhood Networks**
*Communities build what they dream
Families get what they need
Children thrive*



**November /
December
2008**

Tazewell County AOK Network

Meeting Schedule:

November 18, 2008
January 20, 2009
March 24, 2009
May 19, 2009
July 21, 2009

Meetings are held from
8:30-10:00am and
are located at the
Tazewell County
Health Department.
Anyone is welcome
to attend!

The NEW AOK Family
Yellow Pages will be
available soon! To re-
quest a copy, contact
Julie Donaldson at
jdonaldson@tchd.net
or 925-5511 ext. 266.

WEBSITES:

www.tazewellhealth.org
www.aoknetworks.org
www.kidshealth.org

Safety Tips for the Holiday Season

The next few months are full of holidays. Parents and children need to remember to be safe. Here are a few tips:

Christmas, Hanukkah and Kwanzaa

- Make sure your artificial tree is Fire Resistant or if you purchase a real tree make sure it is fresh.
- Never use electric lights on a metallic tree.
- Check all lights before you put them on trees or decorate your house.
- Select toys that are age-appropriate. Remember little children like to put everything in their mouth! Keep your “present opening area” clean of any choking hazards!
- Remember not all houses are child-proof. If you are visiting someone, keep an eye on your child!
- Watch those candles!! Make sure you keep them away from children and don’t forget to blow them out!

Stress and the Holiday

- Traveling, visitors, getting presents, and shopping can cause stress for not only you, but your children. Try to stick to your child’s schedule as much as possible.
- Make sure your child isn’t eating only sweets during this time. Remember to add fruits and vegetables to their diet! Don’t let them eat too much candy or sweets. Tummy aches are no fun!

Have a wonderful and safe holiday season!



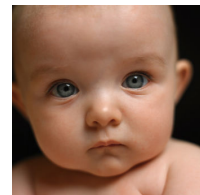
Keep Your Baby Safe This Winter

Keeping Your Baby Too Warm Can Increase Risk of SIDS

With the winter months quickly approaching, its important to keep your baby safe. During winter months babies are at higher risk of Sudden Infant Death Syndrome (SIDS).

Here are some tips to keep your baby safe:

- Dress your baby in the same amount of layers that would keep you warm.
- Keep the room temperature about 70 degrees Fahrenheit
- Place your baby at the bottom of the crib and tuck just one light blanket around your baby and the mattress.
- Do not bundle your baby tightly with too many layers.
- Place baby on its back even though the baby may sleep more soundly on the stomach.



What do I need to know about Car Seat Safety?

Each year thousands of young children are killed or injured in car crashes. You can help prevent this from happening to your child by always using car safety seats and seat belts correctly. All children must be properly restrained in an approved child restraint or booster seat until their 8th birthday.

Remember, **IT'S THE LAW!!**

Here are some frequently asked questions about car seats

Q. Is it okay to buy a car seat at a garage sale?

A. It is not recommended. If you do not know the history of the seat, it may not be safe. The seat could have been in a car crash or the seat could be too old. This, along with other possible problems makes the seat unsafe for your child!

Q. Do car seats have expiration dates?

A. Yes, it is not recommended to use a car seat that is more than 5 years old.

Q. Which seat is best for my child?

A. The best seat for your child is the one that fits in your vehicle correctly and meets the weight and height requirements for your child.

Q. Can I use both the seat belt and the LATCH system together to make my child safer?

A. No. Using both the seat belt and LATCH system will not make your child safer. In fact, the two systems will work against each other. You must only use either the seat belt or the LATCH.

If you'd like to know if your car seat is properly installed or to find a car seat check event near you, contact 925-5511 or 477-2223 and ask for a Child Passenger Safety (CPS) Technician.

“Making Sure All Our Kids are AOK”





Family Recipe Turkey Supper Dish

Provided by: University of Illinois Extension
Tazewell County

Ingredients:

- 1 can (12-ounce) peas & carrots OR mixed vegetables
- 1 cup reduced fat sour cream
- 1/4 cup chopped onion
- 1/4 teaspoon black pepper
- 2 cups (3/4 pound) chopped cooked turkey

Directions:

1. Prepare macaroni and cheese dinner as directed on package.
2. Drain canned vegetables
3. Add vegetables, sour cream, onion, and black pepper to prepared macaroni and cheese and mix well.
4. Add turkey and gently mix.
5. Heat mixture thoroughly, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 240 - fat 9 g - calories from fat 80—sodium 340 mg—total carbohydrate 15 g—fiber 2 g.

Family Fun

Beaded Ornaments

(4 years and up)

Here's What You'll Need

- Transparent Craft Beads (5-10 millimeter diameters) Safety Note: Keep out of reach of very young children due to a choking hazard!
- Pipe Cleaners



How to Make It

1. Bend an end of a pipe cleaner into a 90-degree angle. Have your child thread on beads from the opposite end, stopping a half inch from the tip.
2. Twist together the two ends, and the strand is ready to shape into a star, a candy cane, or another festive object. You can also twist together the ends of two pipe cleaners for a longer strand, or attach short beaded lengths to add a striker to a bell or holly berries to a wreath. Use more than one pipe cleaner and you can make a Christmas ball.
The possibilities are endless!