Tennessee's Families

September 2018 Edition

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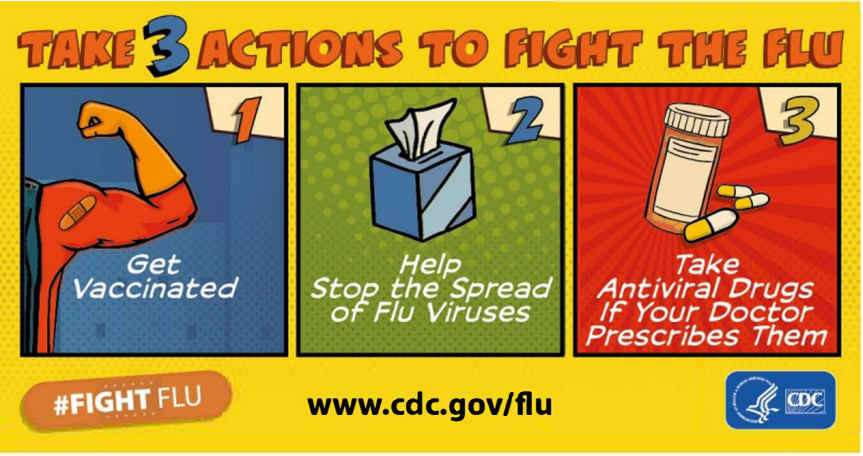
HOT TOPIC OF THE MONTH

Seasonal Flu Prevention

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season, millions of people get the flu. Flu symptoms can include, fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Health professionals encourage us to take measures to prevent the spread of illness during cold and flu season.



The Centers for Disease Control and Prevention (CDC) recommends "3 Actions to Fight the Flu."

1. Get your yearly flu vaccine

This is the first and most important step in protecting against flu virus (that is most common in your community). Flu vaccine can reduce flu illnesses, doctor's visits, missed work and school due to flu, and prevent flu-related hospitalizations. The CDC recommends getting vaccinated by the end of October.

2. Take everyday preventive actions to stop the spread of germs.

- Avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Stay home when you are ill (especially if you have a fever).
- Wash your hands with soap and water.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3. If you get the flu, antiviral drugs can be used to treat your illness.

Antiviral drugs can make illness milder and shorten the time you are sick, as well as prevent serious complications. Antiviral drugs work best when they are started within 2 days of getting sick.

For more information, visit: https://www.cdc.gov/flu/protect/preventing.htm
https://www.verywellhealth.com/cold-flu-prevention-4014151

Download the "Take 3 Actions to Fight the Flu" flyer.

BOREDOM BUSTERS

Balloon Ping Pong

Allow your children to decorate paper plates using crayons or markers. Use tape or glue to attach craft sticks to the back of the paper plate, forming a “paddle.”

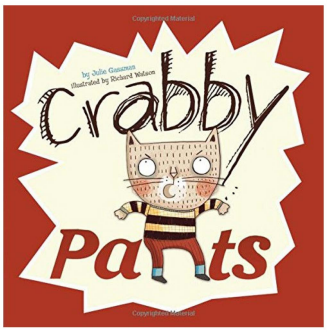
Blow up a balloon, and watch the fun begin! The game is played by taking turns batting the balloon, being careful to keep the balloon in the air. Or, let the children make up the rules.

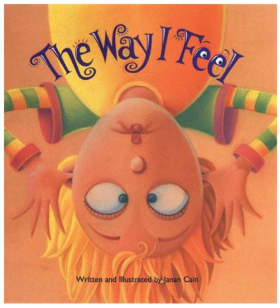
Materials: Paper plates, craft sticks, glue/tape, crayons/markers and balloons.

READ, LEAD, SUCCEED.

***Crabby Pants* by Julie Gassman**

Roger gets CRABBY. A LOT. He is crabby about running out of his favorite food, not being able to go to the zoo, and missing his favorite TV shows. Sometimes he ends up in the naughty chair. Can Roger figure out how to stop being such a crabby pants?





***The Way I Feel* by Janan Cain**

Useful for readers ages 4 to 8 years, this book contains feelings words. It gives children a vocabulary of emotion, to ease their way through life.

PARENTING TIP

Social and Emotional Development

Your child’s social and emotional development starts as soon as he/she is born and continues to develop for years after. **There are simple activities that you can do to make a major difference in your child’s social and emotional learning:**

• Make picture cards that show different emotions. Ask your child questions about what would make him/her feel like the faces in the pictures. For example, *“What makes you happy?”*

• Be sure to hug, kiss and praise your child often to let him/her know how valued and special he is! You are helping to strengthen your child’s self-image which allows him/her to develop a healthy view of the world.

QUOTE OF THE MONTH

The laughter of a child is the light of a house.

-African Proverb

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Visit our website to connect with a Family Engagement Quality Coach near you, www.tnccrr.org

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