

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER August 2015



August is National Breastfeeding

Awareness Month Each year the World Alliance for Breastfeeding Action (WABA) celebrates World Breastfeeding Week (WBW) from August 1-7. WABA is pleased to announce that the slogan for 2015 is: **BREASTFEEDING AND WORK: LET'S MAKE IT WORK!**

The WBW 2015 theme aims to empower and support ALL women, working in both the formal and informal sectors, to adequately combine work with child-rearing, particularly breastfeeding.

Who Benefits from Maternity Protection at Work?

Everyone benefits from measures protecting maternity at the workplace!

- Mothers and babies are healthier, happier, more rested, and less stressed. Improved long and short term health.

- The entire family benefits from the protection a woman receives in job security, cash and medical benefits, and peace of mind to be with her newborn and to recuperate.
- Fathers and partners benefit from being equal partners in parenting, and sharing parental and paternity leaves.
- Babies are sick less often, so both families and nations save on health care costs, with lower morbidity and mortality rates.

- Employers benefit from having a more contented and productive workforce due to less employee absenteeism, increased loyalty and less staff turnover. *"Lactation programs have been found to produce a 3 to 1 Return on Investment!"*

Source: www.worldbreastfeedingweek.org/

Breast milk is better than any udder milk!

~Author Unknown



Incredible Facts About Babies, Breast Milk, and Breastfeeding:

- *Your baby can see you up close and personal. Babies are born extremely nearsighted, which means they can only see things about 8 to 15 inches away. That also happens to be the distance between your face and your baby's face when breastfeeding.
- *Breastfeeding exposes your baby to many different tastes. Through your breast milk, your baby eventually gets a slight taste of whatever you eat. This will later make introducing solid foods easier.

Source: www.womenshealth.gov/itsonlynatural

A New Study shows

Prolonged breastfeeding is associated with higher intelligence in adulthood, longer schooling, and higher adult income, published March 17 and in the April issue of *Lancet Global Health*. "Our study provides the first evidence that prolonged breastfeeding not only increases intelligence until at least the age of 30 years but also has an impact both at an individual and societal level by improving educational attainment and earning ability," said coauthor Bernardo Lessa Horta, PhD, from the Federal University of Pelotas, Pelotas, Brazil, in a journal news release.

Feelin' Fit N' Fine & Walk Around Quin

Feelin' Fit N' Fine has just ended, but "Walk Around Quin" from Quin Community Health

Services, an activity to encourage walking the distance around the 5

counties Quin CHS serves, continues into September, so keep walking. Pick up a scorecard from Inter-County Nursing Service in either Pennington or Red Lake Counties or print one on our website:

www.intercountynursingservice.com.

Complete it and receive a prize! There will also be a Grand Prize Drawing when the activity ends



E-CIGARETTE POISONING

E-cigarettes contain a liquid nicotine solution that can be poisonous. These products come in bright colors and appealing flavors and scents, making them particularly attractive to young children.

Lethality¹

Nicotine is an **acute toxin**



Liquid nicotine can be harmful if **swallowed** or **absorbed through the skin**

Symptoms include:

Nausea
Vomiting
Increased heart rate
Increased blood pressure
Seizures
Death



Just a few drops of liquid nicotine could result in a **trip to the ER**



Lethality depends on the **weight** of the child and the **concentration** of the liquid nicotine



Ingesting less than **1/4 of a teaspoon** of 1.8% concentrated liquid nicotine can be fatal to a 50 pound child



For detailed sources and resources:
childrensafetynetwork.org/infographics/e-cigarette-poisoning

Tweets from our Teens
Twitter address: @RedPennWellness

Parenting Tips



#NIAM15

Vaccines give parents the safe, proven power to protect their children.



A HEALTHY START
begins with on-time vaccinations.

Vaccines give parents the safe, proven power to protect their children from 14 serious diseases before they turn 2 years old.

- Vaccinating your children according to the recommended schedule is one of the best ways you can protect them from 14 harmful and potentially deadly disease like measles and whooping cough (pertussis) before their second birthday.
- Children who don't receive recommended vaccines are at risk of 1) getting the disease or illness, and 2) having a severe case of the disease or illness. You can't predict or know in advance if an unvaccinated child will get a vaccine-preventable disease, nor can you predict or know how severe the illness will be or become.
- Vaccines don't just protect your child. Immunization is a shared responsibility. Families, health care professionals and public health officials must work together to help protect the entire community – especially babies who are too young to be vaccinated themselves.

Source: The [National Immunization Awareness Month Communication Toolkit](#) was developed by NPHIC, in collaboration with CDC

INTER-COUNTY NURSING SERVICE 

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Serving Pennington & Red Lake Counties
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