

PENNINGTON & RED LAKE COUNTIES WELLNESS COALITION NEWSLETTER August 2020



Breastfeed Anytime Anywhere

Mothers should be supported **anytime** they need to breastfeed, **anywhere** they need to breastfeed.

Quin County Community Health Services Breastfeeding Coalition has been awarded funding for a Breastfeed Anytime Anywhere project from the Minnesota Breastfeeding Coalition.

The project purpose is to increase the support in our community for breastfeeding mothers so they can more comfortably realize their breastfeeding goals and to increase community awareness of the multiple benefits of breastfeeding.

It is well known that breastfeeding is the best food for babies. Recommendations from the American Academy of Pediatrics include:

- exclusive breastfeeding for the first six months of baby's life
- to continue breastfeeding for the entire first year, and beyond as mother and baby choose.

Our local rates for breastfeeding show that our area mothers start out breastfeeding, but the rates begin to drop around three months, at the end of maternity leave, and go down from there.

We want to encourage you to support breastfeeding families. Support for breastfeeding comes when individuals, healthcare, businesses, schools, and childcare providers put practices in place that welcome breastfeeding.

Minnesota supports the right to breastfeed where and when the baby is hungry. Statute 145.905 states, "A mother may breastfeed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding."

On occasion, women may prefer a more private location for infant feeding, so we are currently

contacting businesses with encouragement to become even more family friendly, to think about how they could provide a breastfeeding friendly space and to discuss with their staff to increase the awareness and acceptance of breastfeeding.



[Breastfeeding Welcome Here](#)

Statewide Tobacco 21 In Effect Aug. 1

Minnesota's statewide tobacco sale age changed from 18 to 21 starting Aug. 1. The statewide Tobacco 21 law is the latest step in the movement to reduce youth access to addictive tobacco products, including e-cigarettes. This effort was driven by 75 local communities that passed Tobacco 21 since 2017.

Youth tobacco rates have risen dramatically in recent years, driven by youth vaping high nicotine e-cigarettes. Between 2016 and 2019, youth vaping rates rose to 26 percent among Minnesota 11th-graders, and 11 percent among Minnesota 8th-graders.

The National Academy of Medicine estimates raising the tobacco age to 21 will lead to enormous health gains, including a 25 percent reduction in smoking initiation among 15-to-17-year-olds. Nearly 95 percent of addicted adult smokers started before 21.

Tobacco 21 is an important step to promote lung health, which is urgently needed during the COVID-19 pandemic. Early studies have found COVID-19 may be particularly dangerous for people with lungs weakened by chronic disease, asthma and tobacco use.

Minnesota residents of any age can access free help to quit commercial tobacco in all forms, including cigarettes, chew, cigars, snuff and vapes, through the state's Quit Partner program www.QuitPartnerMN.com. Quit Partner offers quitting support via coaching and quit-tobacco medications, such as nicotine patches, gum, and lozenges. Through Quit Partner, residents can access tailored quitting programs, including a teen support program called [My Life, My Quit](#). To access these 24/7 services, Minnesotans can visit quitpartnermn.com or call 1-800-QUIT NOW.

Parenting Tips

AFTER-SCHOOL SAFETY TIPS TIPS FOR PARENTS AND KIDS

Tips for Parents

1. **Know your child's comfort level.** Don't let your child spend the afternoon alone if he or she is uncomfortable. Enroll your child in an after-school club, ask a trusted person to handle after-school pick-up or schedule a play date.
2. **Practice your child's route.** Whether your child walks, bikes, or takes the bus to school, find and practice a safe route together. Your child should stay alert and avoid any shortcuts or distractions.
3. **Establish safe areas.** Point out safe areas including a trusted neighbor's home or nearby police station, in case your child gets locked out of the house or needs help.
4. **Create an after-school checklist.** Advise your kids to lock doors and reset the home security system when they get home. Keep your child busy by asking him or her to complete homework or work on another safe task. If your child honors the checklist, reward him or her with a suitable reward.
5. **Post emergency numbers.** The American Red Cross suggests posting a contact list that includes 911 and people you trust. If your child is scared he or she should call a listed contact. For emergencies such as fire or home intruder, call 911.

Parenting Tips

AFTER-SCHOOL SAFETY TIPS TIPS FOR PARENTS AND KIDS

Tips for Kids

1. **Tell your parents how you feel.** If you're not ready to stay home alone, let our mom or dad know as soon as possible. This way, you can join an after-school club, get picked up by someone your family trusts or have a play date with a friend.
2. **Use the same school route.** Using the same route will help you know your surroundings and find safe areas. Your parents trust you to use the same route so don't take a shortcut or explore the neighborhood on your own.
3. **Know where to find safety.** Stay alert and do not talk to strangers on your route. Also, walk with a friend if you use the same school route. If you need help, safe areas near you could include a public library or neighbor's house.
4. **Follow your after-school checklist.** When you get home, lock the door, reset your security alarm and call a parent to let him or her know you're safe. Show your parents how responsible you are by finishing the checklist before they return home. The more time spent working hard the faster time will pass by.
5. **Use emergency numbers wisely.** Only use the phone to call an emergency contact or a parent when you arrive back home. Ask a parent to post an emergency contact list in a convenient place such as the refrigerator door. If you smell smoke or get hurt, call 911 or another emergency contact for help.

<https://www.adtsecurity.com/wp-content/uploads/2016/09/SEC-BackToSchoolChecklist-8.5x11.jpg>



Public Health & Home Health Care
Serving Pennington & Red Lake Counties
218-681-0876 TRF or 218-253-4378 RLF
www.intercountynursingservice.com