

# Parent News for Grade 6

## Sitter or Home Alone this Summer?

### General Guidelines

Kids 7 years old and younger must be supervised at all times.

Children 8-10 may be left alone for approximately 3 hours at a time.

Children ages 11-13 could be left alone for no longer than 12 hours.

For older children use your judgment. Kids mature differently, so make your decision based on each child. Let your kids know exactly what you expect of them - discuss your house rules.

### **When do they need to contact you or ask permission?**

### **Explain what activities are acceptable:**

- Is the TV allowed? How

much/ What channels?

- Do you want your child to answer the phone?
- May your child use the computer?



- Can they have friends over while you're not at home?
- Can they go to friends' houses?

**Review & practice safety rules.** Talk about what to do for fires/ strangers/ emergencies.

### **Teach basic first aid.**

**Post all important phone numbers, & special instructions** in a central location.

**Post your schedule** so they know your whereabouts

**Pick a person to be an emergency contact** or "decision maker" if you can't be reached.

**Teach** safe practice for using appliances they might be using.

**Childproof** your home (medicines, firearms, alcohol)

- <http://singleparents.about.com>

- <http://parenting.ivillage.com>

## BIKE SAFETY

1. *Always* wear a helmet that fits & is worn correctly.
2. Check the bike for safety & fit.
3. Be visible!
4. Dress to ride safely- no loose straps or pants to get caught.

5. Wear sneakers.
6. No earphones.
7. Where are you allowed to go?
8. Follow traffic rules:
  - Hands on handlebars.
  - Stop to check for traffic before crossing.

- Cross at intersections.
  - Obey stop signs and street signs (just like cars).
  - Ride single file.
  - Use hand signals.
  - Ride with traffic.
- <http://kidshealth.org>

# Summer Safety

It's a great time for kids to be active.

## General safety tips:

- Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.
- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited and gradually increased.

<http://www.aap.org/advocacy/releases/summertips.cfm>



## GET ENOUGH FLUIDS

The best time to drink fluids is *before* you are thirsty --

By the time you are thirsty, your body is already dehydrated.

It's best to drink on a schedule when it is hot outside. (every 20 minutes)

Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks stimulate the production of urine thereby promoting dehydration.

**The best drinks** are water, or one of the many flavored sports drinks that are on the market.

- <http://womenshealth.about.com>

## Heat exhaustion symptoms

- Heavy sweating
- Paleness
- Tiredness
- Muscle cramps
- Weakness
- Dizziness
- Headache
- Nausea or Vomiting
- Fainting

Skin may be cool and moist. Pulse rate will be fast and weak, and breathing will be fast and shallow.

**If heat exhaustion is untreated, it may progress to heat stroke which is a medical emergency.**

## Heat exhaustion treatment

Cooling measures that may be effective include:

- cool, non-alcoholic beverages
  - Rest
  - Cool shower, bath, or sponge bath
  - An air-conditioned environment, fan
  - Lightweight clothing
- CDC Prevention Guide for Emergencies & Disasters.

## **IMMUNIZATIONS Needed to Enter 7th Grade in Fall 2010:**

**1. Tdap**

**2. 2 doses of MMR**

**3. 2 doses of Varicella**

Beginning 9/1/2010 schools can no longer accept a parent/guardian signature as proof that a child has had chickenpox. Instead, a doctor will need to sign a form that says the child does not need to get the varicella vaccination. Your signature will be accepted as documentation if it is received by 8/31/2010.

## Child & Teen Checkups (C&TC)

### What is the Child and Teen Checkup Program and how do I get this service for my child?

It's a comprehensive child health program .

### Who Qualifies?

- Children and teens age newborn through 20 .
- income eligible people enrolled in Medical Assistance (MA) or MN Care.

*Get information on these health plans from the Family Services agency in your county.*

### What type of services do I receive for my child when they are part of the Child and Teen Checkup program?

- Reminders to parents when their child is due for a checkup.
- Regular health checkups (so health problems can be found and treated early).
- Children are tested for lead



and tuberculosis.

- Parents get information about healthy lifestyles and normal growth and development.

- Families can receive assistance with transportation to medical

and dental appointments.

- Interpreters if needed.

### What benefits can I receive for having checkups?

- Some of the Health plans provide incentives for families to take their child for a Child and Teen checkup ( i.e. vouchers or chamber bucks for completing immunizations, lead tests).

- C&TC staff in Countryside Public Health offices make phone calls to families who are on Mn. Health Care Plans insurance to assure that:

- they have a medical home,
- that their children are up-

to-date with immunizations

- that they are connected to resources such as WIC, Headstart and community resources available.

### Dental checkups ?

Dental visits are recommended every year starting at age 3 or earlier if there are problems .

Call the 800# on your health plan card for assistance finding a dentist if you do not have a current dentist that will provide care. The CTC outreach staff can assist also with finding a dentist.

### A CTC exam includes:

Information about: good health habits & thoughts, feelings & relationships with others.

Time to ask questions and get answers about your child's health and development.

Complete physical exam  
Shots

Hearing & Vision checks

Lab tests- UA- lead test

Checks of development & growth

Referral to the dentist

**Call your child's medical provider to schedule their appointment today !**

## WATER SAFETY

There's nothing like a day at the beach with the kids! Make safety a priority when swimming in a lake.

**Take swimming lessons** to learn how to swim well.

**Stay in the supervised areas,** since unmarked areas may hold potential dangers, such as sudden drop-offs or vegetation to tangle legs.



### Look before you leap.

Parents and children should only dive head first into areas that are clearly marked for diving. Even if you're familiar with a lake or river, the conditions underwater can change quickly and sand bars can develop quickly.

### Keep an eye on the temperature-

Look for shivering, a bluish tinge to the skin or an apathetic mood as signs of hypothermia. Time to warm up!

**Floats and air mattresses** are fun but do not take the place of life jackets. Watch you don't get too deep.

-<http://health.kaboose.com>

## **Countryside Public Health**

**Swift County**  
201 13th Street South  
Benson, MN 56215  
1-800-657-3291

**Big Stone County**  
47 Northwest 2nd Street  
Suite 104  
Ortonville, MN 56278  
1-866-277-5587

**Chippewa County**  
719 North 7th Street  
Suite 308  
Montevideo, MN 56265  
1-800-894-0192

**Lac Qui Parle**  
422 5th Avenue-Suite 305  
Madison, MN 56256  
1-800-255-0736

**Yellow Medicine County**  
415 9th Avenue  
Granite Falls, MN 56241  
1-800-407-3628

*Countryside Public Health is a five county Community Health service agency serving the counties of Big Stone, Chippewa, Lac qui Parle, Swift and Yellow Medicine in western Minnesota.*

*The Philosophy of Countryside Public Health is to support all individuals to reach and/or to maintain an optimal level of well being in their place in society. Such support shall be available to all members of the area. The service will strive to promote, plan, cooperate, and coordinate with other agencies and institutions to develop that optimal level, and to become a leader in the development of a comprehensive com-*

**We're on the Web!**

<http://www.countrysidepublichealth.org>



**Public Health**  
Prevent. Promote. Protect.