

Young Parents in Lafayette County have been finding parenting assistance and support from the Young Parent Support Group for the past eleven years. This support group is provided to young parents in Lafayette County and the surrounding community by the Lafayette County Health Department. Parenting is one of the hardest jobs any of us will attempt to do. It is very important for these young parents to have the opportunity to build their parenting skills and learn about resources available for them.

To provide more resources to our young families, the Young Parents Support Group has been placed under the umbrella of the Building Tools for Young Parents.

Through this expansion we are now providing cribs to qualifying families and have received support from The Children's Trust Fund of Missouri. Other areas of support include a monthly newsletter, a room full of gently used baby clothes, an infant care class and infant massage kits to local parenting programs.



Every decision we make as a community should reflect our concern for our children. The experiences they have as children will have a huge impact on the choices they will make later in life. Education and resources we provide to parents during this critical time will only improve the cultural and social environment for the entire community.



This program is sponsored with funds from the Lafayette County Health Department and the Children's Trust Fund. Do you want to be a part? Purchase a Children's Trust Fund License Plate, and the funds raised by the sale of this special plate will benefit local child abuse prevention projects. To order, send \$25 to Prevent Child Abuse Missouri, PO Box 1641, Jefferson City, MO 65102-1641 or call or call 1.888.826.KIDS (5437)



LAFAYETTE COUNTY HEALTH
DEPARTMENT
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**Building Tools for Young
Parents
Presents the
Parent Chat Newsletter
For the
Young Parents
Support
Group**

Date: February 9, 2010

Time: 7:00 p.m.

**Where: Lafayette County
Health Department**



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Current Events

Expectant Parent Class

If you are expecting, don't miss this opportunity to receive valuable information. Be the best parent you can be. Sign up for the **Expectant Parent Class on March 6, 2010 from 9:00am to 4:00.** The cost for this program is \$20.00 and lunch will be provided. For those qualifying, a scholarship is available.

Nutrition Fetal development Overall safety
Early newborn care Breast feeding Postpartum
Relaxation and breathing
Minimize discomforts of pregnancy

To register or for more information, call 259-4371 to speak to Carolyn.



Cribs

Every child needs a safe place to sleep. A crib is the only safe place designed to leave a child unattended while you are sleeping. If you are pregnant or have a child under three months old, you may

qualify to earn a crib through the

Lafayette County Health Department's Crib Program. The Crib comes with a mattress and crib sheets.. Call 259-4371 and speak to Donna to find out more details..



While Supplies Last



Immunization Clinics:

Every Monday 1-4 pm

Every Wednesday from 8:30 a.m. to 4:00 p.m.

Last Tuesday of each month 8:30-7 pm

Non-Clinic day by appointment only.

Immunization record is required.

Second Hand Smoke: Are you teaching your child to smoke?

Children face a higher risk than adults of the negative effects of secondhand smoke. Not only is a child's body still developing physically, but their breathing rate is faster than that of adults. Adults breathe in and out approximately 14 to 18 times a minute, where newborns can breathe as many as 60 times a minute. Up until a child is about 5 years old, the respiratory rate is quite fast; usually between 20 and 60 breaths per minute.

When the air is tainted with cigarette smoke, young, developing lungs receive a higher concentration of inhaled toxins than do older lungs. And think about it: young children have less control over their surroundings than the rest of us. Babies can't move to another room because the air is smoky. They depend on us to provide them with clean air to breathe.

FACTS ABOUT SECOND HAND SMOKE AND CHILDREN

Babies whose mothers smoked during pregnancy often weigh less and are at an increased risk for cerebral palsy and learning disabilities when they are born than those who are born to non smoking mothers.

SIDS (sudden infant Death Syndrome) Fetuses exposed to chemicals in cigarettes through the placenta are thought to be at an increased risk of SIDS.

Children who spend one hour in an extremely smoky room inhale enough toxic chemicals to equal smoking 10 cigarettes.

Asthma - the EPA estimates that between 200,000 and 1,000,000 kids with asthma have their condition worsened by secondhand smoke.

Among children under 18 months of age in the United States, secondhand smoke is associated with as many as 300,000 cases of bronchitis or pneumonia each year.

Children in smoking households experience more middle ear infections.

About.com Smoking Cessation

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Creativity Corner

Valentine Hand print wall hanging

What you'll need:

1 sheet pink construction paper
9" x 12" piece of white poster board or cardstock
Crepe paper streamers in festive colors cut into 14" lengths
18" piece of yarn
Crayons
Acrylic paints (we used light blue, red and pink)
Scissors
Tape
Paintbrush



How to make it:

Have child make a fist with both hands.

Start with the left hand. Use paintbrush to paint the side of their pinky finger and the side of the hand below it. Press onto the poster board to form the left side of the heart. Repeat these steps with the right hand, creating the right side of the heart. ([See image.](#))

Repeat step 2 for each child, use different colors if you like.

While the paint is drying on the poster board, wash off children's hands and cut the crepe paper streamers into 14" lengths. You will 7 all together. ([See image.](#))

When the painted hearts are dry, trim the poster board edge(s) to fit evenly onto the pink construction paper, this will be your framed border. Be sure to leave room above and below the hearts to write names and a greeting.

Glue poster board to the construction paper, and then trim construction paper if needed.

Use crayons to write children's names below their handprint hearts.

Use crayon to write Happy Valentine's Day above the hearts. ([See image.](#))

Turn paper over and tape the crepe paper strips to the back of the paper so that they will hang down from the bottom of the sheet. ([See image.](#))

Use tape to attach the yarn hanger to the back, trim with scissors if needed. ([See image.](#))

Hang up on a door or a wall for everyone to see! ([See image.](#))