

**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.



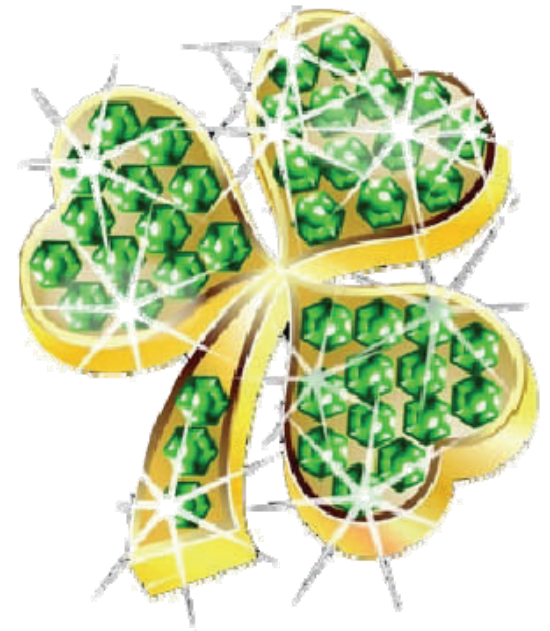
*This program is sponsored with funds from the Lafayette County Health Department and the Children's Trust Fund. Do you want to be a part? Purchase a Children's Trust Fund License Plate, and the funds raised by the sale of this special plate will benefit local child abuse prevention projects. To order, 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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[www.lafayettecountyhealth.org](http://www.lafayettecountyhealth.org)

**Building Tools for Young Parents Presents the Parent Chat Newsletter For the Young Parents Support Group**

**When: March 8, 2011**  
**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 19, 2011 from 9:00am to 4:00. Please call for the exact date. 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.

## Asthma: Is Your Child At Risk?

Asthma is a common disease of the lungs. There is no cure for asthma, but it can be controlled. With treatment, a person with asthma can live an active life. If left untreated, asthma can severely impact a person's life.

**Asthma affects the airways in the lungs.** People with asthma have airways that are extra sensitive to different things in the environment such as cigarette smoke, dust mites and mold. When people with asthma breathe in these environmental triggers, their airways become inflamed and swollen. The airways produce more mucus, and the muscles around the airways tighten. Air can't pass through the airways, making it harder to breathe.

**Asthma is a chronic disease.** Asthma is a lifelong condition that can cause permanent damage if it is not treated properly. It is not contagious, but it often runs in families that have a history of asthma and allergies. Asthma is the most common chronic disease of childhood and the number one reason why children miss school.

**Asthma is a growing problem.** Asthma rates have increased over the past 10 years. About 23 million people, including nearly 7 million children, have asthma. About one out of every 10 school-age children has asthma.

### Five ways to keep asthma under control

1. See a health care provider on a regular basis.
2. Have an asthma plan in place.
3. Keep up-to-date prescription medications available.
4. Avoid asthma triggers.
5. Know who to call when rescue medications do not work and asthma becomes an emergency.

Certain substances and conditions can cause asthma symptoms to occur or worsen, including: exercise, smoke, animals, weather changes, airborne chemicals, dust, mold, pollen, house dust mites, cockroaches and viral infections.

**How do we keep the indoor air quality clean?** Here are a few tips.

Dust furniture and blinds 2-3 times each week

Vacuum cloth-covered furniture 2-3 times each week

Remove clutter from house

Maintain indoor humidity to 30% - 50%

Wash curtains, bedding and pillow in hot water once a week

Do not carpet bathroom

Hang towels or wet items to dry

Clean counters and dishes immediately after use

Empty trash each day

Avoid aerosol sprays

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## Asthma: Is Your Child At Risk? Continued

The Lafayette County Health Department has received American Recovery and Reinvestment Act (ARRA) funding through the Missouri Department of Health and Senior Services. The funding is to provide asthma education, indoor air quality assessments and consultations for child care centers and families of children with asthma in the child care setting.

With these funds the Lafayette County Health Department is able to provide asthma education and consultation services to parents/caregivers of children attending a child care facility living in Lafayette County. Along with consultations the Health Department will provide on-site indoor air quality assessments utilizing air quality monitors to measure carbon monoxide, carbon dioxide, humidity and temperature for child care facilities.

For more information about the Early Childhood Asthma Initiative, please contact:

Tom Emerson 660-259-4371 EXT 234

Donna Oetting 660-259-4371 EXT 226

Information provided by the Early Childhood Asthma Initiative

## Creativity Corner Rainbow Jn A Cup

### Materials:

- ♥ Red, orange, yellow, green, blue, and purple JELL-O
- ♥ Hot and cold water
- ♥ Clear plastic cups
- ♥ Refrigerator



### Directions:

1. Make the red Jell-o according to instructions on the box. Pour a small amount in the bottom of each clear glass (about one sixth of the cup).
2. When the red Jello has set (this will take hours or overnight) repeat step one using the orange Jell-O.
3. Repeat steps one and two with the yellow, green, blue, and purple Jell-O's.
4. You now have rainbow Jell-O to help you to celebrate St. Patrick's Day.