

Public Health Newsletter

**April Is
National
Child Abuse
Prevention
Month**



***Every child has a right to a
safe childhood.***

The goal of Child Abuse Prevention Month is to make sure community members are aware of the signs and symptoms of abuse, and that everyone has a responsibility to stand up for children. When child abuse is prevented or stopped, other health problems such as substance abuse, teen pregnancy, STI's, mental health disorders, and future abuse will not be as prevalent.

By involving the entire Band community, lives of children can be changed and improved. By promoting safety and awareness, and standing up for children, abuse can be prevented and children can be safe.

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Who Should Report Child Abuse?

The answer is simple.

**Anyone who witnesses abusive behavior towards a child
can and should report it.**

*Child abuse is not just a family problem.
It's a social health issue.*

Child abuse is **everyone's business**. Everyone needs to be a
child's advocate and report child abuse and neglect. If you see
or hear something suspicious, **say something**.

***Speak up. You may save a child from further
harm, or you may even save a child's life.***

Child abuse **takes many forms**. It may include physical,
emotional, verbal, sexual, neglect, exploitation, bullying, and
more. The shocking truth is that **neglect is the number one
form of child abuse** in America. More children die from
neglect every year than from any other form of abuse.

**If the child is in immediate risk of harm, call
911 or tribal/local law enforcement.**

Where To Start?

CONTACT:
Child Help
National
Child
Abuse
Hotline:

1-800-4-CHILD

Or:

1-800-422-4453

Or text:

1-800-422-4453

Or live chat:

**[www.childhelp.
org/childhelp-
hotline](http://www.childhelp.org/childhelp-hotline)**

**Trained
counselors
offer advice
and
information.
They have a
network of
agencies all
across the
country.**

Reporting: A Difficult Thing To Do

Nobody wants to be the person who **didn't report child abuse** when they had concerns and **later on it comes to light**. But nobody wants to **get someone who hasn't done anything wrong in trouble**. Calling to report about a relative, friend, or acquaintance can be an **extremely hard decision**.

What to Watch For

1. If you notice bruises, cuts, or other signs of physical injury on a child's body.
2. If you suspect sexual abuse or exploitation.
3. If you think a child may be neglected, and their basic needs are not being met.

Why People Hesitate

People might avoid making a call to report **because they aren't certain** that abuse has occurred. But all you need is a **reasonable suspicion**. It's better to err on the side of a child's needs than worry about proof. People who are concerned about child abuse **don't have to investigate the situation themselves** before reporting. And if there is **worry about making people angry**, make the call **anonymously**. If you do choose to give **your name**, that information is **usually not released** to the family involved.

Helpful Information to Report

1. Child's name, address or telephone number.
2. Child's age.
3. Where abuse took place.
4. Where the child is now.
5. Details about the alleged abuse or neglect.



See page 2 for information on where you can get help and advice about reporting child abuse concerns.

Information on this page adapted from article, "When Should you Really Call CPS on Another Parent," by Claire Gillespie, on sheknows website at www.sheknows.com.

Age and Maturity

There is no agreed-upon age when a child can stay home alone safely. **Because children mature at different rates, do not base the decision upon age alone.**

It is important to evaluate the child's maturity and behavior in the past.

The following questions may help:

- Is your child physically and mentally able to **care for him or herself**?
- Does your child **obey rules** and make **good decisions**?
- How does your child respond to **unfamiliar or stressful situations**?
- Does your child feel **comfortable or fearful** about being home alone?



Leaving A Child Home Alone

All parents or guardians eventually face the decision to leave a child home alone for the first time. Whether they are just running to the store for a few minutes or working during after-school hours, **parents need to be sure their child has the skills and maturity to handle the situation safely.** Being trusted to stay home alone **can be a positive experience** for a child who is well-prepared. It can boost the child's confidence and promote independence and responsibility.

However, **children face real risks when left unsupervised.** Those risks, as well as the child's comfort level and ability to deal with challenges, must be considered.

In addition to age and maturity, a child will need to master some **specific skills** before being able to stay home alone safely. In particular, each child needs to know what to do and whom to contact in an **emergency situation.** This information should be written out in a way the child can understand and stored where they can find it easily. Make sure that there is easy access to **first aid supplies** in case they are needed, and knowledge of first aid is useful for a child to have when they are home alone.

The Red Cross has created a **pediatric first aid reference guide** and a **safety tip sheet** that outlines the steps that adults and children can take to **make being home alone safer and less stressful.**

You can find this information at:

https://www.redcross.org/images/MEDIA_reference.pdf.

*Information on this page adapted from the Children's Bureau website at:
www.childwelfare.gov/pubs/factsheets/homealone/.*

25 Ways to Connect With a Child



1. Draw a picture to share with a family member or friend.
2. Have a picnic outside.
3. Tell jokes and riddles.
4. Pretend to be dinosaurs.
5. Help another family member.
6. Watch a television show together.
7. Dance.
8. Make silly faces.
9. Give lots of hugs.
10. Choose something to find and take a walk to look for it.
11. Watch the sunset.
12. Plant some flower seeds.
13. Share a favorite memory.
14. Have breakfast for dinner.
15. Lay outside and look at the clouds.
16. Take turns reading out loud.
17. Sing songs.
18. Play outside.
19. Look at photos.
20. Draw or color together.
21. Make a tent with blankets.
22. Listen to music.
23. Take a walk and look for different trees and plants.
24. Exercise together.
25. **Tell the child that you love him or her.**

Adapted from information taken from preventchildabusewi.org.

April is National Limb Loss Prevention Month

Vascular disease, including diabetes and peripheral arterial disease, is the major cause of limb loss, followed by trauma and cancer. Nearly 86,000 people in the United States undergo limb loss related to diabetes every year, the majority of which are lower-extremity amputations.

Foot Care for People with Diabetes

Over time, diabetes may cause nerve damage, also called diabetic neuropathy. Neuropathy may cause tingling, pain, or you may lose feeling in your feet. Because of these problems, you may not notice a foreign object, such as a rock or pebble, in your shoe. As a result, you could develop a blister or a sore. Diabetes may also reduce blood flow to the feet, making it harder to heal an injury or resist infection. This could lead to an infection or a nonhealing wound that could put you at risk for an amputation.

What can I do to keep my feet healthy?

- ◆ **Inspect your feet daily.** Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet.
- ◆ **Bathe feet in lukewarm water.** Keep your feet clean by washing them daily. Dry your feet by blotting or patting and carefully dry between the toes.
- ◆ **Moisturize your feet.** Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes—that might cause a fungal infection.
- ◆ **Cut nails carefully.** Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toenails.
- ◆ **Wear clean, dry socks.** Change them daily. Consider socks made specifically for patients with diabetes with extra cushioning, don't have elastic tops, are higher than the ankle and are made from fibers that wick moisture away from the skin.
- ◆ **Shake out your shoes and feel the inside before wearing.** Remember, your feet may not be able to feel a pebble or other, so always inspect your shoes before putting them on.
- ◆ **Keep your feet warm and dry.** Don't let your feet get wet in snow or rain. Wear warm socks and shoes in winter.
- ◆ **Consider using an antiperspirant on the soles of your feet.** This is helpful if you have excessive sweating of the feet.
- ◆ **Never walk barefoot.** Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.
- ◆ **Do not smoke.** Smoking restricts blood flow in your feet.
- ◆ **Get periodic foot exams.** Dr. Ryan is the foot doctor at the Ne-la-Shing clinic.
- ◆ **Choose the right shoes.** Look for shoes that have a soft, stretchable leather and a cushioned sole. Laceable shoes offer more support than slip-on shoes.
- ◆ **Manage blood sugar.** Taking medications,, eating a healthy diet, and exercising at least 30 minutes a day can help manage blood sugar and keep your feet healthy.

Information from the CDC Website and provided by Jackie Braun, Ne-La-Shing Clinic Diabetes Coordinator.

Vegetable, Sausage and Orzo Medley

Serves 4.



Celebrate April!

April 1 — National Burrito Day

April 3 — Find a Rainbow Day

April 5 — National Dandelion Day

April 7 — International Walking Day

April 8 — Draw a Picture of a Bird Day

April 10 — National Sibling Day

April 13 — Scrabble Day

April 16 — Save the Elephant Day

April 20 — Lookalike Day

April 26 — National Pretzel Day

April 30 — Hairstyle Appreciation Day

Ingredients:

- * 1 Tbsp. olive oil
- * 13 oz. turkey polska kielbasa or turkey smoked sausage, sliced into coin-like pieces.
- * 2 cups dried orzo
- * 1 tsp. dried Italian seasoning
- * 1 medium zucchini, chopped
- * 2 cups broccoli florets
- * 1 cup sliced mushrooms

Directions:

- * In a large skillet, heat oil over medium heat.
- * Add sausage and orzo.
- * Cook and stir for about 2 minutes until sausage is browned and orzo is toasted.
- * Stir in broth and Italian seasoning.
- * Bring to boil; reduce heat.
- * Simmer, covered, about 8 minutes or until tender.
- * Stir in vegetables.
- * Continue to simmer for approximately 8 minutes or until vegetables are tender.



Recipe provided by Jackie Braun, Ne-la-Shing Clinic Diabetes Coordinator.

Vegetable, Sausage, and Orzo Medley		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	418.6 kcal	21 %
Total Fat	13.5 g	21 %
Saturated Fat	3.4 g	17 %
Trans Fat	0 g	
Cholesterol	69.6 mg	23 %
Sodium	1456.9 mg	61 %
Total Carbohydrate	54.5 g	18 %
Dietary Fiber	10.6 g	42 %
Sugars	7.1 g	
Protein	25.3 g	51 %
Vitamin A	35 %	Vitamin C 181 %
Calcium	19 %	Iron 13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

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Coming up in April!

Watch for Details on Facebook

Hypnosis:

A Tool For Healthy Living



Cut Down on Stress and Smoking!

Free Public Health Information Workshop

Date, Location and Time To Be Announced

Materials & box lunch provided.

May Also Help With:

- Stress Reduction

- Healthy Eating

- Physical Activity

Registration Required.

For more information, email:

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