

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

August
Seskeha
2020

OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.



Contact Us

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Inside this issue:

Practice Safer Sex	2
Healthier Generation	3
Lyme and Insect Information	4-5
Parents as Teachers	6
Healthy Hygeine	7
Exercise and Canning	8-9
Diabetes and Immunization Info	10
Flashcards	11



During this time of COVID-19, your sexual health and wellness is still important.
Always remember to practice safer sex!



All Akwesasnoron are being advised to stay home as much as possible and to minimize contact with others to reduce the spread of COVID-19.

Sex is a part of life and should always be done safely and with the consent of all parties.

Sexual health and wellness are always important.

Safer Sex Kits are available.

What's Inside...



****Contents of the kits could change depending availability of some items.****



Say YES to Safer, Responsible Sex



Call the MCA Community Health Program for
FREE, NO QUESTIONS ASKED safer sex supplies.

(613) 575-2341 Ext. 3220.

The months before the birth of your baby are very special.

Regular visits to your health care provider are important for your health and your baby's health.

It is also important to know about the programs and services in the community that are also helpful to pregnant women.

Healthy Pregnancy = Healthy Generations



Healthy Tips for a Healthy Pregnancy

- Keep your body strong. Exercise and stay active.
- Have a good mind. Think positively.
- Rest when needed.
- Early and regular prenatal visit.
- Food is medicine. Healthy choices will help your baby grow strong.
- Support an alcohol, commercial tobacco and illicit substances FREE pregnancy.

Are you expecting?

The MCA Community Health Program offers the following services just for you:

- Individual or Group sessions to learn "what to expect" and tips for having a healthy pregnancy.
- Individual or Group sessions to prepare for giving birth.
- Scheduled home visits with a nurse to learn about the journey to parenthood and beyond.
- Breastfeeding education sessions.
- Healthy eating ideas from a Registered Dietician.
- Healthy Babies Healthy Children home visiting services to learn about newborn care, infant massage and parenting.
- Access to Tahonata'karita'kie Healthy Arrivals Program which provides prenatal food vouchers to help you access healthy foods.



MCA Community Health Program



It's Lyme Time!

**Protect Yourself Against Lyme Disease*
in Spring, Summer, and Fall**

1 Walk in the middle of trails, away from tall grass and bushes.

2 Wear a long-sleeved shirt.

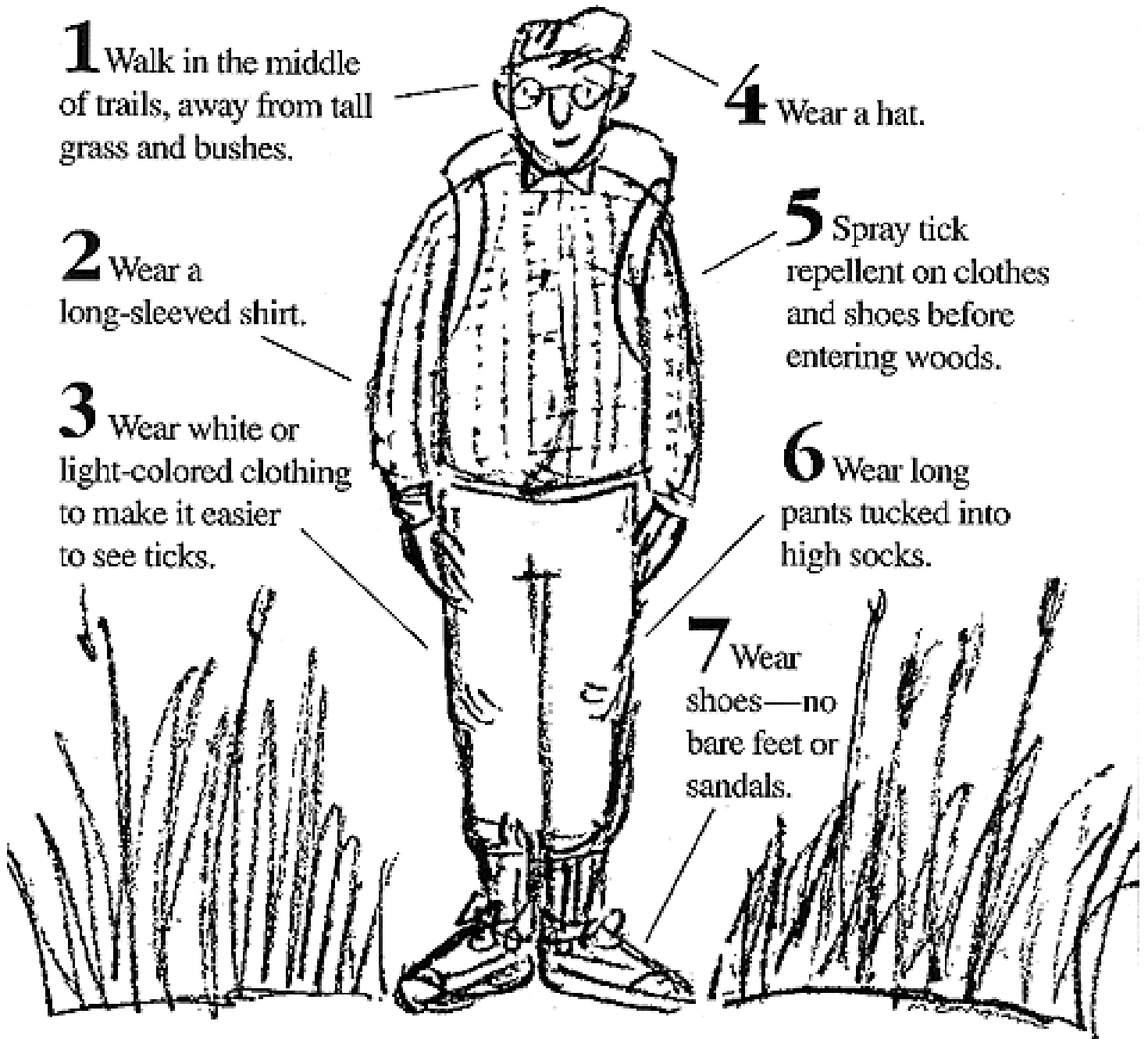
3 Wear white or light-colored clothing to make it easier to see ticks.

4 Wear a hat.

5 Spray tick repellent on clothes and shoes before entering woods.

6 Wear long pants tucked into high socks.

7 Wear shoes—no bare feet or sandals.



**Lyme disease, the most common tick-borne disorder in the U.S.,
can affect the skin, joints, nervous system, heart, and eyes.*

Lyme disease is transmitted by a tiny tick the size of the period at the end of this sentence.



Preventing insect bites and stings

www.aboutkidshealth.ca/insectbites

Your child is more likely to be bitten in warm and damp weather and in the evening and at night. Here are some ways you can reduce your child's exposure to insects.

- Apply insecticide or insect repellent to clothing and exposed skin to avoid bites.
- Wear long pants and socks.
- Wear light-colored clothing.
- Avoid areas where insects breed and live.
- Stay inside when insects are most active.
- Use insecticide-impregnated mosquito nets, especially for infants aged less than six months.
- Take specific precautions, such as taking anti-malarial medications, as needed.

Be careful with DEET insect repellent

DEET is one of the most effective repellents for mosquitoes and biting flies, but it should be used with caution for children.

- Babies less than six months old: Do not use any insect repellents with DEET.
- Children aged six months to two years: Use a product with 10% DEET or less and apply it once a day.
- Children aged two to 12 years: Use a product with 10% DEET or less and apply it no more than three times a day.
- Children aged over 12: Use a product with up to 30% DEET.

The higher the amount of DEET, the longer the protection will last.

How to apply DEET to your child's skin

- Apply it to exposed skin, following the manufacturer's instructions.
- Do not apply it to your child's face or hands or any areas where the skin is cut, grazed or irritated.
- Once the DEET is applied, wash hands and avoid touching the lips and eyes.

How to use insect repellent and sunscreen effectively

- Apply sunscreen about 30 minutes before you apply any insect repellent.
- Do not use a single product that combines insect repellent with sunscreen. The insect repellent can make the sunscreen less effective and the sunscreen can increase how much insect repellent is absorbed by the body. In addition, you will normally need to apply sunscreen every two to three hours; it is not safe to apply insect repellent as frequently.

When to see a doctor after an insect bite or sting

If your child has been bitten or stung, see a doctor right away if:

- you are in an area where the insects are known to transmit diseases
- your child develops an unusual rash, a fever or other symptoms of anaphylaxis



Handling Frustration Before a Tantrum Starts

Having a toddler around is never boring! Your child is always on the move, exploring new things in his world. His feelings are some of the new sensations he is exploring.

Your child is just starting to learn to control his strong emotions and his behavior. It may take until he is 2½ or 3 until he is very successful at it.

Young children have tantrums because they cannot cope with a particular situation. For now, your best strategy for handling tantrums is to prevent them before they start.

What to do	Why it works
Read your child's cues to know when he is hungry, tired, sick, or over-stimulated. Meet his needs promptly.	<ul style="list-style-type: none"> > Children have less control of their behavior when they don't feel well, are hungry, or need to rest. > Your child is just starting to learn to control his impulses. His curiosity often propels him toward interesting objects, even if he has heard you say "no" many times.
As you design your child's environment, put away objects that you don't want him to play with. Make his space safe.	<ul style="list-style-type: none"> > As he gets older, your child will be better able to resist tempting situations. In the meantime, help him by removing as many "no-nos" as you can.
Set a few limits and enforce them consistently.	<ul style="list-style-type: none"> > It can be hard for your child to remember a lot of rules. Choose some that you consider very important and teach him those first. > As your child learns what to do, add more limits, a few at a time.
Tell other people who care for your child what your rules are.	<ul style="list-style-type: none"> > It is easier for your child to learn limits and understand consequences if they are the same when he is with other relatives, friends, or his child care provider.
Tell your child what to do instead of what not to do. Say "Couches are for sitting" instead of "Stop jumping on the couch."	<ul style="list-style-type: none"> > Telling your child what you want him to do gives him a model for good behavior. It protects his self-esteem and is less likely to produce conflict.

Parents, caregivers and siblings must keep their mouth clean and healthy by:

- ⇒ Brushing twice a day, for at least 2 minutes, with fluoridated toothpaste.
- ⇒ Flossing on a daily basis.
- ⇒ Receiving dental treatment (as needed).
- ⇒ Going for regular preventive care check-ups with an oral health professional.



Toothpaste Guidelines For Children 6 years and under

Once baby's first tooth erupts, begin brushing at least 2 times a day with fluoridated toothpaste.



For children 2 years old and under,
use a small amount of toothpaste
= grain of rice



For children 3-6 years old,
use a pea-sized amount of toothpaste

Teach children to spit out excess toothpaste, avoid rinsing mouth with water after brushing teeth.

Brushing should be supervised, checked and completed by an adult.

Toothpaste should be applied by an adult.

Store toothpaste in a location where children cannot reach it.

Water is the Best Choice to Satisfy Thirst! Water is Calorie and Sugar Free!

Some healthy ways to flavor water at home:

- Add a slice of lemon, orange or lime.
- Add some sliced ginger.
- Add fresh herbs such as mint.
- Add a cinnamon stick.
- Or try sparkling water.



To make ice tea at home:

- Use decaffeinated tea or herb or fruit tea.
- Don't add sugar or other sweeteners.
- Flavor it with slices of ginger, lemon, orange or lime or fresh mint or cinnamon sticks.

Be a role model for health habits.
When we make healthy choices, others are more likely to make healthy choices too!

SIX Simple EXERCISES

Try these exercises a few times a week to build up your strength, balance and mobility.



TIPS:

- All exercises (except exercise 4) can be performed seated if required.
- Stop if you feel unwell at any point.
- Don't perform any exercises you don't feel confident with.

1 WARM UP

Seated march for 30 seconds.



2 TOE & HEEL TAPS

6 - 8 times.



3 SIDE STEP

10 - 15 times.



4 SIT TO STAND

5 - 10 times.



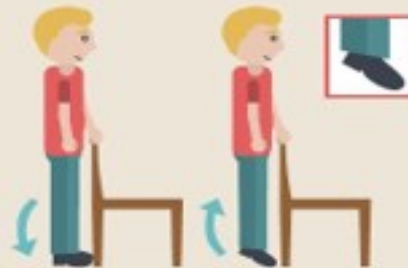
5 LEG SWING

3 - 6 times on each leg; slow and controlled.



6 HEEL RAISE

5 - 10 times.



Dilly Beans



Preserving method: Water bath canning

Makes about 6 (16 oz) pint jars

An old family classic! Feel free to kick up the flavor by adding a few pinches of crushed red pepper or chili powder to the brine.

You will need

- 3 lbs green and/or yellow wax beans, trimmed and cut into jar-length pieces (about 4 inches)
- 3 3/4 cups vinegar
- 3 3/4 cups water
- 1/3 cup Ball® Salt for Pickling and Preserving
- 6 cloves garlic, crushed or thinly sliced
- 6 springs of dill

Directions

1. Prepare boiling water canner. Heat jars in simmering water until ready to use, do not boil. Wash lids in warm soapy water and set aside with bands.
2. Combine vinegar, water and salt in a large saucepan and bring to a boil over high heat, stirring to dissolve salt.
3. Place 1 clove crushed garlic and 1 dill sprig into a hot jar. Pack beans cut side up leaving a 1/2 inch headspace.
4. Ladle hot brine into a hot jar leaving a 1/2 inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling water canner. Repeat until all jars are filled.
5. Process jars 15 minutes, adjusting for altitude. Turn off heat, remove lid, let jars stand 5 minutes. Remove jars and cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.



Attention parents, please ensure your child's immunizations are up to date prior to school resuming.

***Clinics are Tuesday and Thursday
10:00-12:00pm and 1:00-4:00pm***

***MCA Community Health
Kanonhkwa'tsherio:io Health Facility.
Image of yellow health card.***

For more information, contact 613-575-2341 ext. 3220.

Akenhnà:ke Nikahá:wi

Summer Time



Ioráhkote



lo'tarihen



Tewaninehkara'wá:nions



Enkiatá:wen



A'tste Taiatewa'tská:hon



Enkahón:takshon



Entewatathoseroten



Entewá:iako



Enkathónrowe'