

H-3 Monthly Newsletter

The August Newsletter includes.....

- 10 Ways to Empower Kids to Have a GREAT School Year
- Psoriasis Awareness Month
- Children's Eye Health & Safety Month
- Kids Need Sunglasses, Too
- National Immunization Awareness Month
- 8 Healthy Breakfast Ideas to Help Your Child Do Well in School

In His Service,



H-3 Ministry

"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."

1 Timothy 4:8

We are sharing a blog from *Jellytellyparents* (a group of parents, who write inspirational blogs on parenting). This article is written by Heidi Franz, who partners with her husband to parent their 4 children using basic Christian values.

TEN WAYS TO EMPOWER YOUR KIDS TO HAVE A GREAT SCHOOL YEAR

Another milestone for our family is before us. Two milestones, actually. This fall, our oldest of four children will begin middle school and our youngest will start kindergarten.

While I join in their excitement for these new adventures, as a momma there is also a feeling of sadness. Let's face it, my babies are growing up.

Also, I feel apprehension because sending them to school removes them from my constant watch. It requires me to loosen my grip and trust that God loves my children more than I do. I must let go and allow my children to put into practice what my husband and I have taught them at home. Here are a few specific ideas that the Holy Spirit led us to so that we could empower our children to have successful school years and to be missionaries in their schools.

1. HELP YOUR CHILD DEVELOP A POSITIVE BUT REALISTIC SELF-IMAGE

People feel empowered when they know who they are in Christ. Children are no different.

In our every-child-deserves-a-trophy society, empty praise can be defeating for a child because peers typically tell it like it is. If our children are hearing praise through a godly lens, they will be ready to combat what they hear outside our four walls. For example, instead of telling the child that their drawing is the best creation ever, focus on the amount of work the child put into the project and how the child persevered through the challenging spots. Instead of telling your daughter that she is the most beautiful girl in the world, help her see how God created her in His image, special and unique.

2. PROVIDE A TOOL BOX

It is easy to jump into what I call a "No!" parenting style. This means that every time a child disobeys or gets into a tiff with a sibling, the parent shouts "No!", "Don't do that!", or "Stop!". We all get weary and can easily fall into the trap. The sad truth is that unless we provide the child with ways to replace the negative behavior with positive, we send them into the world with an empty tool box of ideas on how to handle various situations. For example, let's imagine your child struggles with losing a game with grace. Instead of telling the child not to cry, teach the child how to politely congratulate his opponent.



Or if your child is struggling with a friendship, instead of telling her to stay away from the classmate, provide her with a statement to say that allows her to stand up for herself in a loving manner.

3. TEACH THEM TO LOVE

In Matthew 22, Jesus gave the disciples the greatest commandment: Love God. Jesus goes further to explain that the second greatest commandment is like the first: we are to love our neighbors as ourselves. Teaching our children to love may be one of the greatest ways to empower them. When our children love God and love others, every decision that they make will shine light into the darkness. One way to do this is to teach them what love is through I Corinthians 13:1-8. For example, encourage your child when you see her showing love by being patient with her sibling. Help your child find ways to handle anger in a loving way instead of yelling or hitting. By filling their tool box with ideas like these, the child will transfer loving their siblings to loving their peers.

4. LET THEM STRUGGLE

We've all heard the term "helicopter parent," parents who hover so close to their children that you can almost hear the blades swirling around. They stay close to keep all harm or frustration from touching their children. While we would all love to place our children in a bubble and keep them safe, we know that this isn't reality. Our job as parents is to help them persevere through struggles, grow through disappointments, and learn from mistakes. As challenges arise, we can lovingly guide our children towards godly responses. These lessons will stay with them and give them something to fall back on when new problems come up.

5. FIND THEM GODLY MENTORS

As our children grow, I see more and more how much power the words and actions of others have on them. This is why it is so important to surround them with godly men and women who will support what we are teaching at home and further empower our children to be witnesses of Jesus to those around them. Church can be a wonderful place to find mentors. As the busyness of the school year hits, be sure not to let church become a secondary priority.

6. ENCOURAGE TALENTS

God has given each child a unique personality and a handful of wonderful talents. One way to empower our children is to help them recognize and develop these gifts. It is easy to get into a rut of telling the child only what he is doing wrong, but we need to encourage each child to recognize the amazing gifts he has been given. Knowing where his strengths lie will also help the child find leadership roles at school. But, don't forget that truth is the foundation of this encouragement (See #1). For example, we don't want the child believing he is a wonderful drummer when he can't keep a steady beat.

7. MAKE HOME A SAFE AND RELAXING PLACE

Two of my boys have Attention Deficit Hyperactivity Disorder (ADHD). They work with all that is in them to keep it together at school. When they come home, they are spent and need a safe place to relax. I can help them by giving grace when they are tired, and by removing frustration and chaos in our home. This doesn't mean that they are exempt from appropriate behavior or doing chores, but some small changes can help them be successful. I've found that by getting rid of excess in their rooms, they have less to keep up with making it easier to keep their rooms clean and find what they need. Also, structure and consistency in our mornings and evenings is key for them.

8. LEAD THE CHILD TO THE SOURCE OF WISDOM

One thing that I love about the elementary and middle school ages is that our kids want to know our opinion about the happenings at school. In the evenings, we are able to process through what they saw or heard and provide a Biblical world view. As we talk however, I am learning to not just give my opinion but support what I share with biblical wisdom. By example, as the kids are growing, they are learning to search the Scriptures themselves.

9. HELP THE CHILD HIDE GOD'S WORD

Psalm 119 is filled with verses explaining the power of God's Word and the help that it provides us. Psalm 119:11 tells us to hide God's Word in our hearts so that we can stand against the temptations of sin. Seeds Family Worship (available to watch on JellyTelly) and Steve Green's Hide 'Em in Your Heart CDs are wonderful resources for teaching your child to have Scripture in their minds for those situations when they need wisdom, encouragement, and strength.

10. PRAYER

While each of these ideas can be helpful in preparing your child for a successful school year, they are in vain when not covered in prayer. In your daily quiet time and throughout the day lift your child in prayer. Also pray with your child that he will be a missionary to his teachers and friends because he may be the only Jesus they see.

None of us know what this next school year will hold. We look forward to the moments of success for which we will give God the glory. We also expect that there will be valleys of hurt and disappointment that will stretch our faith. But I have peace knowing that God be with us in all we face this school year and that alone will make it a success.



6 VERSES TO PRAY OVER YOUR KIDS

S

SELF CONTROL

1 Peter 5:8

C

COURAGE

Joshua 1:9

H

HELP FROM THE HOLY SPIRIT

John 7:38-39a

O

OPPORTUNITIES TO DO GOOD

Galatians 6:10

O

OVERCOME EVIL

Romans 12:21

L

LOVE GOD AND OTHERS

Matthew 22:37-39

AUGUST IS PSORIASIS AWARENESS MONTH

WHAT IS PSORIASIS?

Psoriasis actually starts underneath the skin. It is a chronic (long-lasting) disease of the immune system that can range from mild to severe. **Psoriasis is a disease of the immune system, and is not something you can catch.** Like most chronic illnesses, psoriasis may be associated with other health conditions such as psoriatic arthritis, Type 2 diabetes, and cardiovascular disease.



CAUSES OF PSORIASIS

The exact cause of psoriasis isn't fully understood, but scientists believe psoriasis is the result of several factors, including genetics, environmental factors, and the immune system. Some triggers known to impact psoriasis symptoms include:

- Stress
- Injury to skin (cuts, scrapes, bug bites, severe sunburns)
- Infection (such as strep throat or thrush)
- Certain medications (including lithium, antimalarials, quinidine, indomethacin)

When you have psoriasis, your immune system is overactive. This creates inflammation inside the body, which is a cause of the symptoms you see on the skin. More healthy cells are produced than normal. Those excess cells get pushed to the surface of your skin too quickly.

Normally, it takes about a month for your skin cells to cycle through your body. With psoriasis, it takes days. Your body simply can't shed skin cells that quickly, so the cells build up on the surface of your skin. The thick, red patches you see on your skin (called plaques) are actually a buildup of excess skin cells.

Not everyone with psoriasis experiences the same symptoms, which can vary from person to person based on the severity and type of psoriasis. However, common symptoms may include:

- Raised, red, inflamed lesions
- Silvery scaly plaques
- Small, red, individual spots (more common in children and young adults)
- Dry skin that may crack and bleed
- Itching, burning, or soreness of the skin
- Pitted nails or separation from the nail bed


Psoriasis has been linked to other health conditions including:

1. Psoriatic Arthritis
2. Type 2 diabetes
3. Cardiovascular disease
4. High blood pressure
5. Crohn's Disease
6. High cholesterol
7. Depression
8. Ulcerative colitis

Talk to your doctor if you have any of these health conditions along with signs and symptoms of psoriasis. It's important to tell your doctor about other symptoms, because each medical condition needs to be treated separately and may require different medication.


The good news is that there are available treatment options and strategies that can help you live well with psoriasis.

TYPES of Psoriasis



PLAQUE PSORIASIS

(most common form)
causes red, scaly skin patches

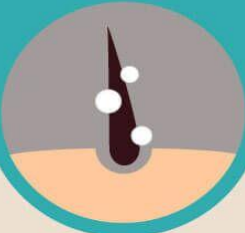


NAIL OR SCALP PSORIASIS

affects the nail beds and head, causing dryness and detached nails

MILD PSORIASIS

causes less severe psoriasis symptoms than other forms and might be mistaken for eczema or even dandruff

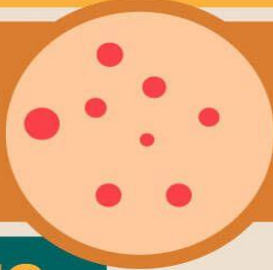


SEVERE PSORIASIS

a term usually given to painful forms of psoriasis, including pustular and guttate psoriasis

PUSTULAR PSORIASIS

causes puss-filled, inflamed blisters on the skin that are usually painful




INVERSE PSORIASIS

bright red, shiny lesions that appear in areas where skin folds

ERYTHRODERMIC PSORIASIS

causes the red skin scales to peel off in "sheets," which can lead to severe sunburns or infections



GUTTATE PSORIASIS

the type most common among children and teens, usually causes small red bumps or patches that can be triggered by low immune function, stress or infections

Dr. Axe
FOOD IS MEDICINE

AUGUST IS CHILDREN'S EYE HEALTH AND SAFETY MONTH

With a large number of states beginning the school year earlier, August is the new September! Along with school supply shopping and purchasing those back-to-school clothing items, it's time to make comprehensive eye exam appointments for the kids. Conveniently, August is designated as Children's Eye Health and Safety Month!

A good rule of thumb is to have your children's eyes examined during well-child visits, beginning around age three.

A child that sees
like this can pass
a vision screening.

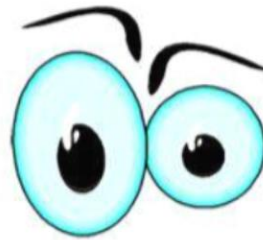
This is
20/30
vision

E
F P
T O Z
L P E D

~~A child that sees
like this can pass
a vision screening.~~



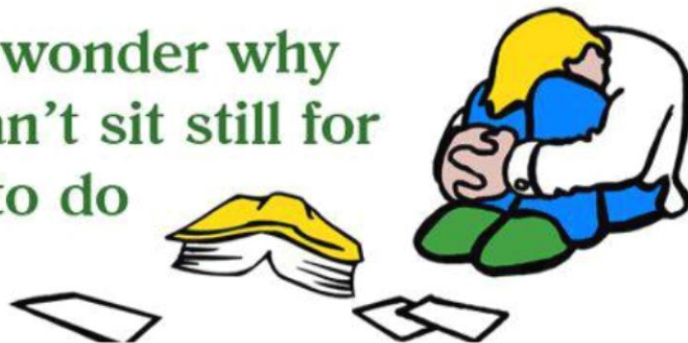
*A child that sees
like this can pass
a vision screening.*



*A child that sees
like this can pass
a vision screening.*



**So, is it any wonder why
your child can't sit still for
20 minutes to do
homework?**



Your child's eye doctor can help detect refractive errors such as nearsightedness, farsightedness and astigmatism as well as the following diseases:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)

If you or your doctor suspects that your child may have a vision problem, you can make an appointment with your local ophthalmologist for further testing. There are some specific warning signs that may indicate that your child has a vision problem. Some of these include:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

Keeping your children's eyes safe is another part of maintaining healthy vision. Eye injuries are the leading cause of vision loss in children. There are about 42,000 sports-related eye injuries every year in America, and children suffer most of these injuries. Help prevent your child from being one of the more than 12 million children who suffer from vision impairment by remembering a few basic rules of safety:

All children should wear protective eyewear while participating in sports or recreational activities

Purchase age-appropriate toys for your children and avoid toys with sharp or protruding parts (Source: HAP).

Help your children have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury.

KIDS NEED SUNGLASSES, TOO



Summer may be over, but the sun comes out year-round. Are you doing all you can to make sure your children's eyes are protected?

Only 73 percent of adults wear sunglasses, and even fewer – 58 percent – provide shades for their children. While more adults need to wear sunglasses, it's especially important to protect children's eyes since they are still developing and are often more sensitive to sun.

No child is too young for a pair of sunglasses. Although they can be easy to lose or break, the investment is worth it to keep your child's eyes healthy. Plus, your kids will feel extra cool and grown-up with their very own pair of shades.

Schedule an appointment with your physician for more advice on protecting your vision and to address any existing eye discomforts.

NATIONAL IMMUNIZATION MONTH

August is here! August is National Immunization Month (NIAM). NIAM is a yearly observance in August to highlight the importance of vaccination for people of all ages from infants to elderly. The goal of NIAM is to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

WHY ARE VACCINES SO IMPORTANT?

- Vaccines protect against serious diseases.
- These diseases still exist and outbreaks do occur.
- Vaccines are recommended throughout our lives.
- Vaccines are very safe.

WHO ALL NEEDS VACCINES? EVERYONE!

CHILDREN:

- Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility- or even a college freshman – parents should check their child's vaccination records.
- When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.
- Babies receive vaccinations that protect them from 14 different diseases. After age 2, children are still recommended to receive a yearly flu vaccine and will be due for additional vaccine doses between 4 and 6 years of age. Make sure your child receives every dose along the way and every dose on time!
- States may require children who are entering child care or school to be vaccinated against

certain diseases. Colleges and universities may have their own requirements, especially for students living in a dormitory. Parents should check with their child's doctor, school or the local health department to learn about the requirements in their state or county.

PRETEENS AND TEENS:

- By making sure vaccines are up to date, parents can send their preteens and teens to middle school and high school – and also off to college –with protection from vaccine preventable diseases.
- Preteens and teens need four vaccines to protect against serious diseases:
- quadrivalent meningococcal conjugate vaccine to protect against meningitis and blood infections (septicemia);
- HPV (human papilloma virus) vaccine to protect against cancers caused by HPV;
- Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis); and
- a yearly flu vaccine to protect against seasonal flu.

ADOLESCENTS AND ADULTS:

- All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others.
- Everyone should have their vaccination needs assessed at their doctor's office, pharmacy or other visits with healthcare providers. Certain vaccines are recommended based on a person's age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease.
- Vaccination protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

PREGNANT WOMEN: VACCINES ARE AN IMPORTANT PART OF A HEALTHY PREGNANCY!

- Women should be up to date on their vaccines before becoming pregnant and should receive flu and whooping cough vaccines during pregnancy.
- Pregnant women are at increased risk for serious complications from the flu.
- The pregnant mother passes flu shot antibodies on to her developing baby so the baby is protected for several months after birth.

- A pregnant woman should get the whooping cough vaccine in the third trimester. Antibodies are also passed on to the developing baby so that the baby is born with protection against whooping cough.
- Speak with your doctor and plan for vaccines. Some vaccines must be done several weeks before becoming pregnant such as the measles, mumps, rubella (MMR) vaccine.

SENIORS:

- Seniors may need one or more vaccines, even if they received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Don't forget if you are traveling, you may need additional vaccines.

REMEMBER THE FLU VACCINE:

- Vaccines protect you all year round, but August is a great time to get vaccinated! August is also a good time for you and your family to make plans to get the flu vaccine. The vaccine usually becomes available in mid- to late-August. Getting the vaccine early can help prevent you and your family members from getting the flu throughout all of flu season. You can learn more about the flu and flu vaccine at Flu.gov.
- When taking yourself and your family for your flu shots, you can also ask your health care provider about other routinely recommended vaccines you might need. Make sure that the whole family is up-to-date on their DTap/Tdap and MMRV boosters too!



8 BREAKFASTS KIDS CAN "COOK" THEMSELVES

Even the littlest hands can help out in the kitchen and involving your child in meal preparation is an important lesson in responsibility and self-sufficiency. With just a little prep ahead of time from you, these simple ideas allow your child to make a complete breakfast all on her own — great for those busy school mornings when every minute counts!



FROZEN WAFFLES

Whole grain frozen waffles are convenient for busy weekday mornings. Your child can simply pop one or two in the toaster, top it with cut up fruit and syrup, and enjoy!

Homemade waffles and pancakes can also be made over the weekend and frozen for a quick weekday warm-up.



TOAST AND FRUIT

Children can usually start using kitchen appliances around age 6, and whole wheat toast is a great first dish your child can "cook" on her own. A couple slices complete with her favorite nut butter and a sliced up banana are a hearty way to start the morning. If your child has nut allergies — or just isn't a fan of nut butters — strawberry jam, or some butter and a little sprinkle of cinnamon and sugar paired with a piece of fruit are a few other easy options.

Supervise your child the first couple times to make sure you feel comfortable allowing her to use the toaster on her own, and be sure to teach her proper toaster safety, such as

never sticking a utensil inside it and allowing the food to cool for a minute or so before removing it. Also, only allow her to use a dull butter knife for spreading toppings and cutting up bananas, and make sure she is well-versed on knife safety.



PRE-MADE MUFFINS

If you have some spare time over the weekend, make a big batch of homemade muffins and keep them in an air-tight container in an easy-to-reach spot. It's worth the little extra time if it means your child can grab one, pour herself a glass of real fruit juice, and have a complete meal without needing your help!



BAGEL AND CREAM CHEESE

Another easy idea for toaster-age kids are pre-sliced bagels (or English muffins), topped with peanut butter, cream cheese, or even a diced up hard-boiled egg for a punch of protein. Your child can make it a complete breakfast with a piece of fruit or a glass of 100% fruit juice.



YOGURT PARFAIT

Keep some single serve yogurts and cut up fruit on a shelf in the fridge that your child can reach. Along with a little sprinkle of granola, a yogurt parfait is an easy (and healthy!) no-cook breakfast that is super simple for your child to put together.



HARD-BOILED EGGS

Hard-boiled eggs are a simple make-ahead item that keep well in the fridge for up to one week. Your child can grab and peel one himself, and when paired with a piece of fruit or toast, eggs are a great protein-filled way to start the day.



CEREAL

Cold cereal with milk is a snap for your child to prepare. Just make sure to keep the milk in an easy-to-reach spot in the fridge, and practice pouring together to help avoid any major spills.



INSTANT OATMEAL

Although every child is different, according to Home Food Safety a general rule of thumb is a child is old enough to use a microwave when he can read food preparation instructions on a package and understand a microwave's keypad. Instant oatmeal is a good first meal to allow your child to make when using the microwave on his own, and also makes a filling breakfast. He can add some peanut butter, dried fruit, nuts, or seeds for a little added texture.

Always discuss microwave safety before allowing your child to use it on his own.

If you have time for a little make-ahead prep, baked oatmeal squares are a great substitute for instant oatmeal and are perfect for mornings your child may need to eat his breakfast on the run. Make and cut a batch using your own healthy recipe, or try this one, and store in an air-tight container for easy grabbing.

resources this issue

Resources: <https://www.jellytelly.com/blog/ten-ways-to-empower-your-kids-to-have-a-great-school-year>
<http://www.pinehurstsurgical.com/august-is-psoriasis-awareness-month/>
<https://yoursightmatters.com/august-childrens-eye-health-safety-month/>
<https://yoursightmatters.com/kids-need-sunglasses-too/>
<http://www.medicalwesthospital.org/national-immunization-month.php>
<https://www.familyeducation.com/school/breakfast/8-breakfasts-kids-can-cook-themselves>