

Special Note: This is a supplement to the October newsletter (10/6/19). Due to space, articles in this document were not covered in the previous edition.

- National Bullying Prevention Month
- National Dental Hygiene Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

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



BE YOU. BE BRAVE. BE HEARD.

We can stop bullying together

HOW TO PREVENT BULLYING

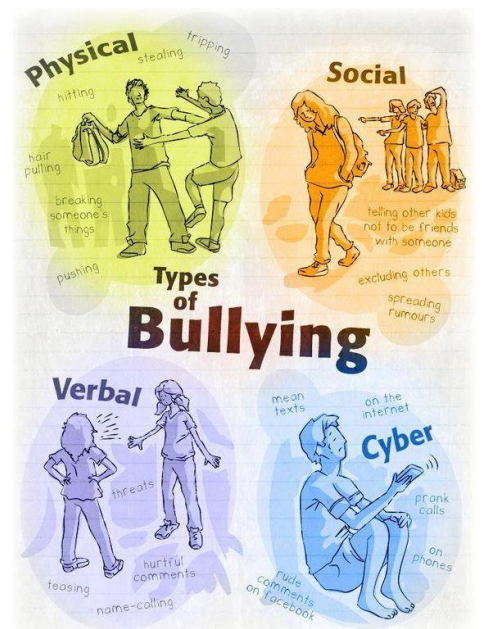
Parents, school staff, and other caring adults have a role to play in preventing bullying. They can:

- [Help kids understand bullying](#). Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- [Keep the lines of communication open](#). Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- [Encourage kids to do what they love](#). Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- [Model how to treat others](#) with kindness and respect.

HELP KIDS UNDERSTAND BULLYING

[Kids who know](#) what bullying is can better identify it. Kids need to know ways to safely stand up to bullying and how to get help.

- Encourage kids to [speak to a trusted adult](#) if they are bullied or see others being bullied. Encourage the child to [report bullying](#) if it happens.
- Talk about [how to stand up to kids who bully](#). Give tips.
- Talk about strategies for staying safe, such as staying near adults or groups of other kids.
- Urge them to [help kids who are bullied](#) by showing kindness or getting help.
- Watch the short [webisodes](#) and [discuss them - PDF](#) with kids.



KEEP THE LINES OF COMMUNICATION OPEN



Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

- What was one good thing that happened today? Any bad things?
- What is lunch time like at your school? Who do you sit with? What do you talk about?
- What is it like to ride the school bus?
- What are you good at? What would you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise. Start conversations about bullying with questions like these:

- What does “bullying” mean to you?
- Describe what kids who bully are like. Why do you think people bully?
- Who are the adults you trust most when it comes to things like bullying?
- Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?
- What do you think parents can do to help stop bullying?
- Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
- What do you usually do when you see bullying going on?
- Do you ever see kids at your school being bullied by other kids? How does it make you feel?
- Have you ever tried to help someone who is being bullied? What would you do if it happens again?

There are simple ways that parents and caregivers can keep up-to-date with kids’ lives.

- Read class newsletters and school flyers. Talk about them at home.
- Check the school website
- Go to school events
- Greet the bus driver
- Meet teachers and counselors at “Back to School” night or reach out by email
- Share phone numbers with other kids’ parents

ENCOURAGE KIDS TO DO WHAT THEY LOVE

Help kids take part in activities, interests, and hobbies they like. Kids can volunteer, play sports, sing in a chorus, or join a youth group or school club. These activities give kids a chance to have fun and meet others with the same interests. They can build confidence and friendships that help protect kids from bullying.

MODEL HOW TO TREAT OTHERS WITH KINDNESS AND RESPECT

Kids learn from adults’ actions. By treating others with kindness and respect, adults show the kids in their lives that there is no place for bullying. Even if it seems like they are not paying attention, kids are watching how adults manage stress and conflict, as well as how they treat their friends, colleagues, and families.





NATIONAL DENTAL HYGIENE MONTH

Everyone loves a clean mouth, right? And we think keeping that mouth of yours clean on the regular is worth celebrating. In fact, we think it's worth celebrating not just for a day, but for an entire month; hence, the recognition of the month of October as National Dental Hygiene Month. This month is dedicated to promoting healthy mouths all across the country, and celebrating the hard work your favorite dental hygienist does to keep your pearly whites squeaky clean.

ORAL HEALTH: BRUSH UP ON DENTAL CARE BASICS

Think you know everything about proper brushing and flossing techniques? Understand the basics and what you can do to promote oral health.

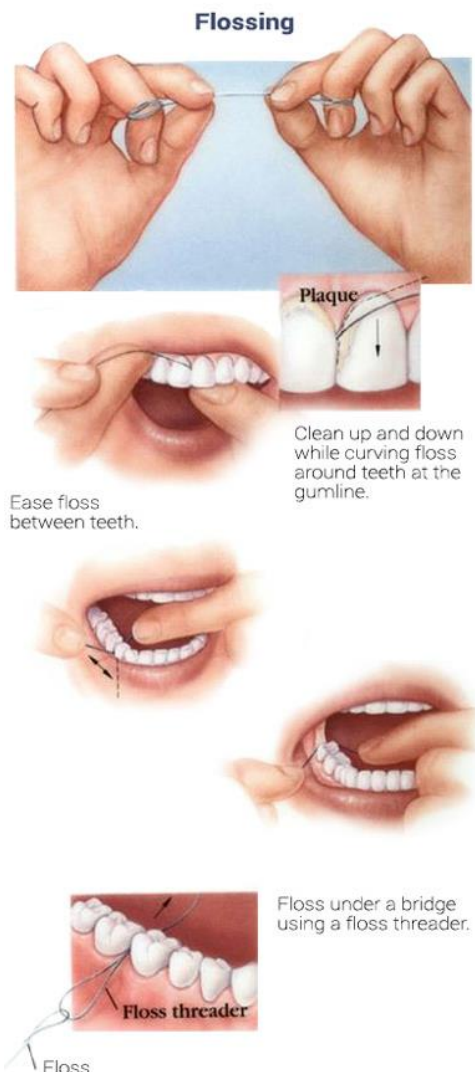
Your smile and your overall health depend on simple dental care habits, such as brushing and flossing. But are you using the right techniques? Follow these steps to protect your oral health.

FLOSSING FOR ORAL HEALTH

You can't reach the bacteria in the tight spaces between your teeth and under the gum line with a toothbrush. That's why daily flossing is important. When you floss:

- **Don't skimp.** Break off about 18 inches (46 centimeters) of dental floss. Wind most of the floss around the middle finger on one hand, and the rest around the middle finger on the other hand. Grip the floss tightly between your thumbs and forefingers.
- **Be gentle.** Guide the floss between your teeth using a rubbing motion. Don't snap the floss into your gums. When the floss reaches your gum line, curve it against one tooth, making a c shape.
- **Take it one tooth at a time.** Slide the floss into the space between your gum and tooth. Use the floss to gently rub the side of the tooth in an up-and-down motion. Unwind fresh floss as you progress to the rest of your teeth.
- **Keep it up.** If you find it hard to handle floss, use an interdental cleaner — such as a dental pick, pre-threaded flosser, tiny brushes that reach between teeth, a water flosser, or wooden or silicone wedge plaque remover.

As long as you do a thorough job, it doesn't matter if you brush or floss first.



BRUSHING FOR ORAL HEALTH

Oral health begins with clean teeth. Keeping the area where your teeth meet your gums clean can prevent gum disease, while keeping your tooth surfaces clean can help you stave off cavities and gum disease.

CONSIDER THESE BRUSHING BASICS:

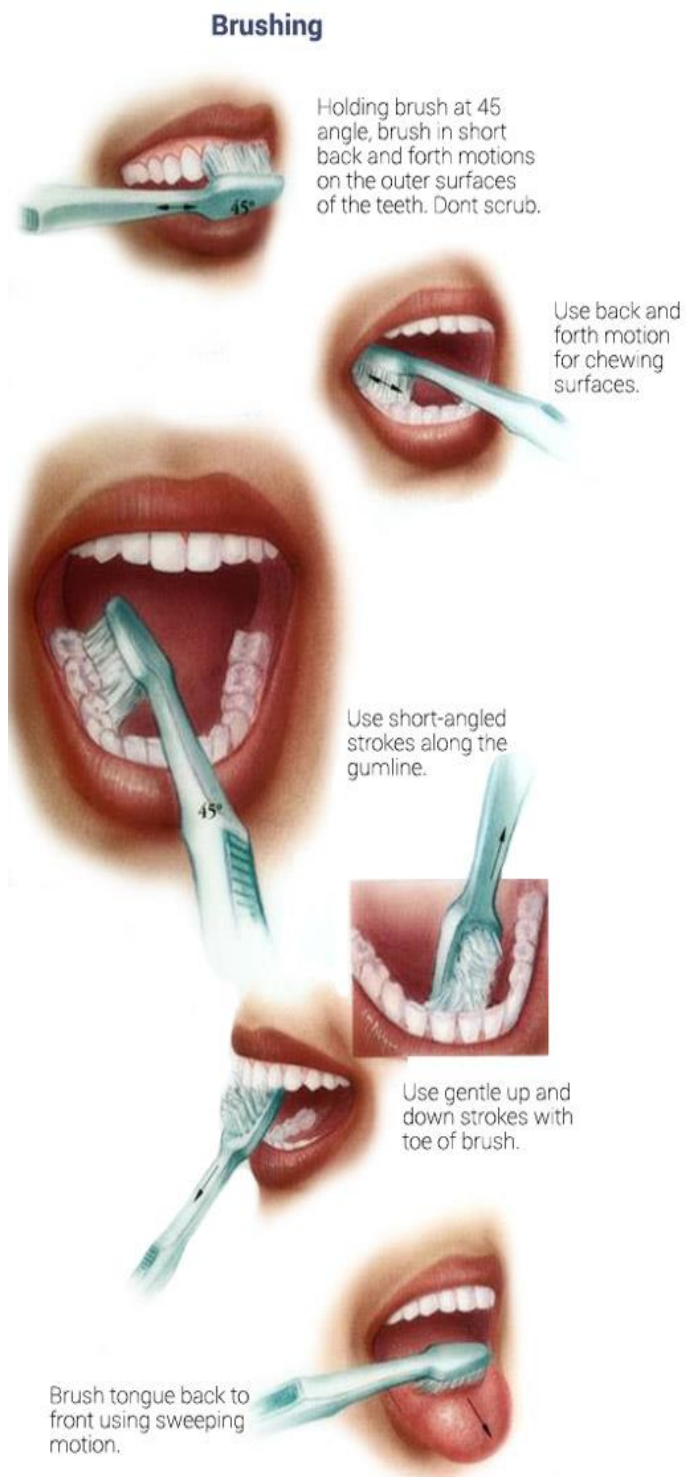
- **Brush your teeth twice a day.** When you brush, don't rush. Take about two minutes to do a thorough job. Don't brush right after eating, especially if you had something acidic such as grapefruit or soda. Don't forget to clean your tongue, which harbors bacteria, with a toothbrush or tongue scraper.
- **Use the proper equipment.** Use a fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably. Consider using an electric or battery-operated toothbrush, which can reduce plaque and a mild form of gum disease (gingivitis) more than does manual brushing. These devices are also helpful if you have arthritis or other problems that make it difficult to brush effectively.
- **Practice good technique.** Hold your toothbrush at a slight angle — aiming the bristles toward the area where your tooth meets your gum. Gently brush with circular short back-and-forth motions. Brushing too hard or with hard bristles can hurt your gums.

Brush your teeth for two minutes. Remember to brush the outside, inside and chewing surfaces of your teeth, as well as your tongue.

- **Keep your equipment clean.** Always rinse your toothbrush with water after brushing. Store your toothbrush in an upright position and allow it to air-dry until using it again.

Try to keep it separate from other toothbrushes in the same holder to prevent cross-contamination. Don't routinely cover toothbrushes or store them in closed containers, which can encourage the growth of bacteria, mold and yeast.

- **Know when to replace your toothbrush.** Invest in a new toothbrush or a replacement head for your electric or battery-operated toothbrush every three months — or sooner if the bristles fray or become irregular.



OTHER ORAL HEALTH CARE TIPS

In addition to daily brushing and flossing, consider using mouthwash containing fluoride to promote oral health.

Also, resist the temptation to use toothpicks or other objects that could injure your gums and let in bacteria. If you smoke, try to quit. Using tobacco increases your risk of many diseases, including gum disease and tooth loss.

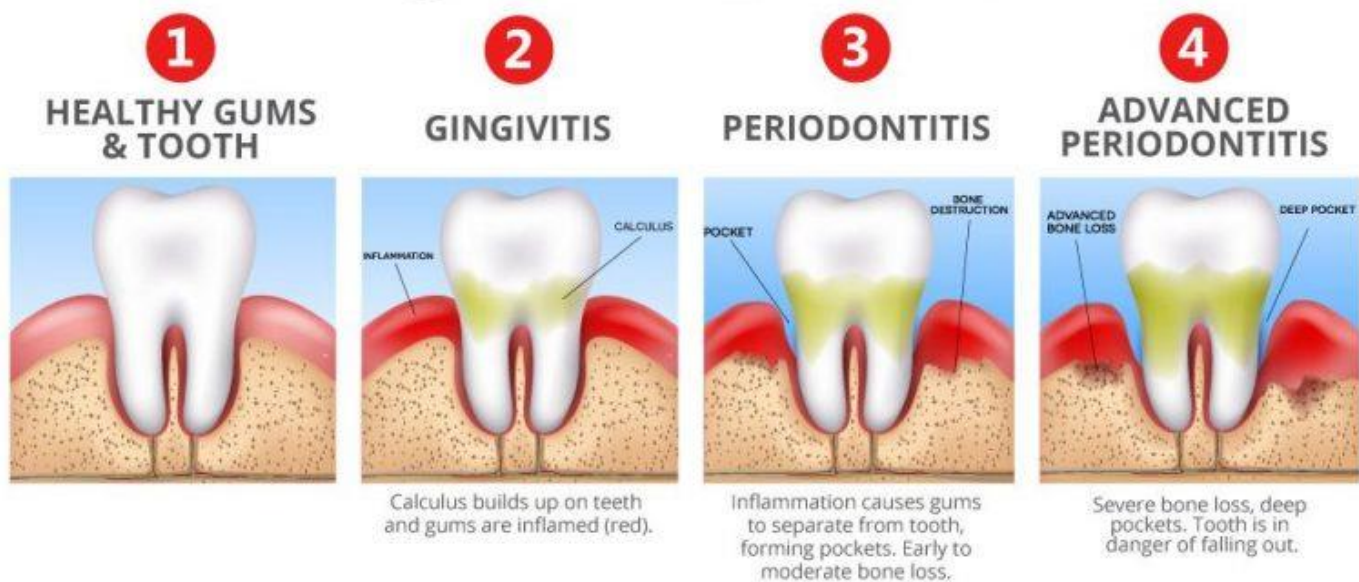
WHEN TO SEE THE DENTIST

To prevent gum disease and other oral health problems, schedule regular dental cleanings and exams that include X-rays. In the meantime, contact your dentist if you notice any signs or symptoms that could suggest oral health problems, such as:

- Red, tender or swollen gums
- Gums that bleed when you brush or floss
- Gums that begin pulling away from your teeth
- Loose permanent teeth
- Unusual sensitivity to hot and cold
- Persistent bad breath or an unusual taste in your mouth
- Painful chewing

Remember, early detection and treatment of problems with your gums, teeth and mouth can help ensure a lifetime of good oral health.

Stages Of Gum Disease





SUDDEN INFANT DEATH SYNDROME (SIDS)

OVERVIEW

Sudden infant death syndrome (SIDS) is the unexplained death, usually during sleep, of a seemingly healthy baby less than a year old. SIDS is sometimes known as crib death because the infants often die in their cribs.

Although the cause is unknown, it appears that SIDS might be associated with defects in the portion of an infant's brain that controls breathing and arousal from sleep.

Researchers have discovered some factors that might put babies at extra risk. They've also identified measures you can take to help protect your child from SIDS. Perhaps the most important is placing your baby on his or her back to sleep.

CAUSES

A combination of physical and sleep environmental factors can make an infant more vulnerable to SIDS. These factors vary from child to child.

PHYSICAL FACTORS

Physical factors associated with SIDS include:

- **Brain defects.** Some infants are born with problems that make them more likely to die of SIDS. In many of these babies, the portion of the brain that controls breathing and arousal from sleep hasn't matured enough to work properly.

- Low birth weight. Premature birth or being part of a multiple birth increases the likelihood that a baby's brain hasn't matured completely, so he or she has less control over such automatic processes as breathing and heart rate.
- Respiratory infection. Many infants who died of SIDS had recently had a cold, which might contribute to breathing problems.

SLEEP ENVIRONMENTAL FACTORS

The items in a baby's crib and his or her sleeping position can combine with a baby's physical problems to increase the risk of SIDS. Examples include:

- Sleeping on the stomach or side. Babies placed in these positions to sleep might have more difficulty breathing than those placed on their backs.
- Sleeping on a soft surface. Lying face down on a fluffy comforter, a soft mattress or a waterbed can block an infant's airway.
- Sharing a bed. While the risk of SIDS is lowered if an infant sleeps in the same room as his or her parents, the risk increases if the baby sleeps in the same bed with parents, siblings or pets.
- Overheating. Being too warm while sleeping can increase a baby's risk of SIDS.

PREVENTION

There's no guaranteed way to prevent SIDS, but you can help your baby sleep more safely by following these tips:

- **Back to sleep.** Place your baby to sleep on his or her back, rather than on the stomach or side, every time you — or anyone else — put the baby to sleep for the first year of life. This isn't necessary when your baby's awake or able to roll over both ways without help.

Don't assume that others will place your baby to sleep in the correct position — insist on it. Advise sitters and child care providers not to use the stomach position to calm an upset baby.

- **Keep the crib as bare as possible.** Use a firm mattress and avoid placing your baby on thick, fluffy padding, such as lambskin or a thick quilt. Don't leave pillows, fluffy toys or stuffed animals in the crib. These can interfere with breathing if your baby's face presses against them.
- **Don't overheat your baby.** To keep your baby warm, try a sleep sack or other sleep clothing that doesn't require additional covers. Don't cover your baby's head.
- **Have your baby sleep in your room.** Ideally, your baby should sleep in your room with you, but alone in a crib, bassinet or other structure designed for infants, for at least six months, and, if possible, up to a year.

Adult beds aren't safe for infants. A baby can become trapped and suffocate between the headboard slats, the space between the mattress and the bed frame, or the space between the mattress and the wall. A baby can also suffocate if a sleeping parent accidentally rolls over and covers the baby's nose and mouth.

- **Breast-feed your baby, if possible.** Breast-feeding for at least six months lowers the risk of SIDS.
- **Don't use baby monitors and other commercial devices that claim to reduce the risk of SIDS.** The American Academy of Pediatrics discourages the use of monitors and other devices because of ineffectiveness and safety issues.
- **Offer a pacifier.** Sucking on a pacifier without a strap or string at naptime and bedtime might reduce the risk of SIDS. One caveat — if you're breast-feeding, wait to offer a pacifier until your baby is 3 to 4 weeks old and you've settled into a nursing routine.

If your baby's not interested in the pacifier, don't force it. Try again another day. If the pacifier falls out of your baby's mouth while he or she is sleeping, don't pop it back in.

- **Immunize your baby.** There's no evidence that routine immunizations increase SIDS risk. Some evidence indicates immunizations can help prevent SIDS.

The **DO** and **DON'T** List for Safe Sleep

- ♥ **DO** put your baby to sleep on his/her back.
- ♥ **DO** put your baby in a crib to sleep for naptime and bedtime.
- ♥ **DO** use a firm crib mattress covered by a fitted sheet designed for specific product.
- ♥ **DO** put your baby's crib in the same room as your bed (room-sharing).
- ♥ **DO** breastfeed your baby.
- ♥ **DO** use a pacifier for sleep.
- ♥ **DO** keep your baby's immunizations up to date.

- ♥ **DON'T** put your baby to sleep on his/her side or stomach.
- ♥ **DON'T** use a car seat, swing, bouncy seat, stroller, infant carrier, or infant sling for routine sleep.
- ♥ **DON'T** use blankets, pillows, or bumper pads in the crib.
- ♥ **DON'T** sleep in the same bed as your baby (co-sleeping).
- ♥ **DON'T** use sleep positioners.
- ♥ **DON'T** hang the pacifier around your baby's neck.
- ♥ **DON'T** smoke around your baby.



www.charlieskids.org

The information in this publication is for general informational and/or educational purposes only. It is not intended, nor implied, to make any kind of medical diagnosis or be a substitute for professional medical advice. Consult a physician to determine the appropriateness of the information for your own situation or for any questions regarding SIDS or SIDS prevention.

resources this issue

Resources: <https://www.stopbullying.gov/prevention/index.html/>
<https://nationaltoday.com/national-dental-hygiene-month/>
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536>
<https://www.mayoclinic.org/diseases-conditions/sudden-infant-death-syndrome/symptoms-causes/syc-20352800>