



May



SUN SAFETY

Sun protection is important all year round, even on cloudy or cool days. UV rays can pass through clouds and reach your skin.

Who needs sun screen?

- The American Academy of Dermatology recommends that everyone regardless of skin tone wear sunscreen with an SPF of 30 or Higher
- Babies 6 months or younger should not have sunscreen applied. Instead they should be kept out of the sun at all times. Keep them in the shade or covered with clothing to avoid any sun exposure.



When using Sun Screen:

- Apply sun screen about 15 minutes before going outside, and re apply every 2 hours.
- When applying sun screen do not forget about your ears, hands, feet, back of neck and lips. You should be using a lip balm with at least an SPF of 30.



Sun Burn:

- Can occur within 15 minutes of being in the sun unprotected and repeat sun burns can lead to skin cancer.
 - *Signs & Symptoms*
 - **Mild sunburn:** skin redness/ warmth, pain and itchiness.
 - **Severe sunburn:** blistering, pain, tingling, swelling, headache, nausea, fever, chills and dizziness.
 - *What to do if your child has a sun burn:*
 - Remove child from sun right away
 - Place child in a cool not cold shower or bath
 - Use moisturizing creams or aloe gel to provide comfort
 - When going outside after a sunburn, all areas that were effected should be fully covered to protect area from the sun until healed.
 - **Seek emergency medical care if** -sunburn is extremely painful, if child has facial swelling, sun burn covers a large area of the body, child has fever or chills, headache, confusion or feeling of faintness. Or If you observe any signs of dehydration- increased thirst or dry eyes/mouth. - *Info from kids health.org*



First aid for Hot Weather

Hot weather can affect your baby or child because their bodies cannot adjust to changes in temperature as well as adults. Babies and children sweat less, reducing their bodies' ability to cool down. They are at risk of overheating and developing a heat-related illness such as Heat exhaustion and Heat stroke.



Doulas improve health outcomes for pregnant women with Medicaid: Report

Women who received doula care were healthier during and after their pregnancies even in with limited access to doctors or midwives.

By Alejandra O'Connell-Domenech | Feb. 15, 2024

Doula care improves health outcomes for pregnant women with Medicaid, according to a new report from public policy institute Elevance Health.

The country's worsening maternal health crisis has stirred interest in using doulas as an additional support for expecting mothers, especially Black women, who have the highest maternal mortality rate in the U.S.

But most insurance companies do not cover doula care, and only 13 states, along with Washington D.C., offer reimbursed doula care through Medicaid.

Another 30 states are either in the process of implementing some Medicaid coverage of doula services or considering doing so, according to data from the National Health Law Program.

"Investments in offering these services have positive outcomes for women who are at greater risk of maternal morbidity mortality," Jennifer Kowalski, vice president of Elevance Health Public Policy Institute, said.

The report compares the health outcomes of 869 women enrolled in Medicaid, the federal health insurance coverage for low-income Americans, who received doula care before, during or after a pregnancy with 1,094,005 women who did not.

Women who received doula care were less likely to undergo a Cesarean section during delivery than women who did not receive doula care.

In addition, women who received doula support had higher rates of postpartum visits and lower rates of postpartum anxiety or depression if their doula care started in the first trimester of their pregnancy. Most of the doulas referenced in the study are community-based doulas or doulas who "live and work in the same communities they are from," according to Kowalski.

In these communities, doulas act as "advocates" for expecting mothers, Kowalski added, helping women communicate with their doctors, develop birth plans, and connect new mothers to supplemental nutrition programs like WIC once a baby is born.

"There are a lot of different things doulas can do at every stage of the pregnancy, as well as in the postpartum period," Kowalski said.

The majority of women receiving care from doulas are Black women, who comprise 44 percent of women receiving doula support. White women and Hispanic women make up 30 and 17 percent of those receiving care from doulas, respectively.

Over 90 percent of women who received doula care lived in either urban or suburban areas.

Women who received doula care tended to live in counties with fewer OB-GYNs and certified midwives, compared to women who did not receive doula care, the report found.

"Results, therefore, suggest that even though women with a doula had lower access to perinatal providers, they still had more favorable outcomes through the inclusion of an additional support person during their prenatal experience," the report states.

The use and misuse of alcohol, tobacco, illicit drugs, and prescription medications affect the health and well-being of millions of Americans.

Learn more about substance use, and find resources to help yourself or someone you know:

<https://www.samhsa.gov/find-help/atod>

You never know the kindness you have to offer 🧡 Treating people with respect, compassion & empathy; providing support; and following up with loved ones are just some actions we can all take to help others who may be struggling.

[samhsa.gov/find-support/helping-someone](https://www.samhsa.gov/find-support/helping-someone)



FIND HELP

24/7/365 • CONFIDENTIAL

**FOR MENTAL HEALTH
AND SUBSTANCE USE**

988 Suicide & Crisis Lifeline

Call or text 988 Chat 988Lifeline.org

SAMHSA's National Helpline

1-800-662-HELP (4357)

Veterans Crisis Line

Dial 988 (press 1) Text 838255

FindTreatment.gov

FindSupport.gov

Disaster Distress Helpline

1-800-985-5990

[samhsa.gov/find-help](https://www.samhsa.gov/find-help) 

SAMHSA

Teaching Your Child to Identify and Express Emotions

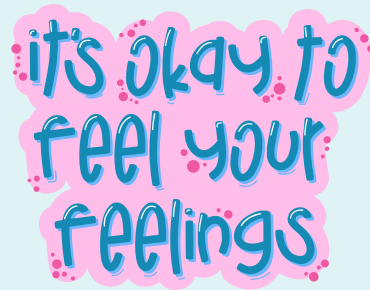


Children deal with many of the same emotions that adults do every day. Just as we feel the emotions of sadness, anger, frustration, nervousness, happiness, or feeling embarrassed, children feel the same. We have the words and knowledge on how to deal with a wide range of emotions, children do not have the same experience. Instead children tend to act on their feelings inappropriately by using physical aggression, tantrums, and/or hiding.

What can we do as adults to help our children? According to The Center on the Social Emotional Foundations for Early Learning, the following strategies can help children express their feelings:

Solutions:

- Name their feelings
- Talk about your own feelings
- How we can express our feelings
- Different ways to respond to feelings
- Different ways to respond to conflicts



Steps:

1. Explain feelings by using words your child can easily understand. Use pictures, and books to help get your point across.
2. Teach the different ways we can deal with feelings. Let your child come up with ways she can deal with her feelings. Talk about positive and not so positive ways to express feelings.
3. Praise your child the first time he tries to talk about his feelings instead of just reacting. It is REALLY important to let your child know exactly what he or she did right and how proud you are of her for talking about feelings. It should always be OK to say what we are feeling. It's how we choose to show our feelings and respond that requires special effort.
4. Support your child to talk about feelings and practice her new strategies for expressing emotions appropriately every chance you get. For example, you can talk about feelings when you are playing a game, when you are riding in the car, or when you are eating dinner. There will be all kinds of things that happen every day that will be great opportunities for you to talk about feelings. The more often your child practices, the faster your child will learn.

WARNING - Do not try and practice when your child is in the middle of a "meltdown." Use quiet, calm times to teach and practice the new strategies. Ex- I know you are really upset right now and that you would like to have a snack, but we are going to eat our meal in five minutes, you may have your snack after dinner.

Activities to do with your child to help with expressing their emotions:

- Make an emotion book with your child. An easy project to do with your child is to create a homemade book. All you need is paper, crayons or markers, and a stapler. You can make a book about one emotion and have your child fill the pages with things that make her feel that way.
- Make faces in the mirror and talk about why you would feel that way. If you make sad or angry face what can you do to feel happy?