



WARREN COUNTY HEALTH DISTRICT

Prevent-Promote-Protect



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NEWS & INFORMATION

Duane Stansbury, R.S., M.P.H
Health Commissioner

Children with Medical Handicaps Program (CMH)

CMH is a health care program in the Ohio Department of Health. It links families of children with special needs to a network of quality providers and helps families obtain payment for the services their child needs.

CMH has three programs to help children with special health care needs. The Diagnostic Program, the Treatment Program, and the Service Coordination Program.

Please contact Susie Traud at the Health Department at 513-695-1535 for more information concerning the CMH Program.



COVID-19 Back-To-School Plans

School is starting soon! To address COVID-19 safety and precautions, schools within the county are providing multiple options for your child's return.

The American Academy of Pediatrics advocates all policy considerations for the coming school year should start with a goal of having students physically present in school. Be sure to view information for your child's school district regarding their COVID-19-compliant plan. Procedures may differ

according to building and grade level. This is to accommodate the specific needs of the students and to ensure proper social/physical distancing.

Online learning is prevalent in some districts and an alternative option to in-person classes in other districts. Many districts are allowing this decision to be determined by the child's parents.

As the school year progresses, school administrators and public

health officials will continue monitoring virus spread and will direct students and parents on best practices for moving forward. For the most up-to-date information, call your child's school or check the school's website.

Schedule Back-to-School Vaccinations Today

Vaccinations are required each year for a child's return to school. Be sure to schedule these with our Warren County Health District immunization clinic. Hurry, slots are filling up!

For an appointment, please call 513-695-1468. Previous immunization records are required.

Adjusting Bedtime Schedules

Back-to-school plans are in gear. This means it's time to adjust routines and to determine an appropriate bedtime for your children. Switching from a summer schedule to an earlier school schedule is difficult; therefore, gradually setting earlier bedtimes in the weeks before school starts is recommended. This ensures your child's brain and body are ready to learn.



Student Impact

A wide variety of studies have indicated students with insufficient sleep show lower academic achievement in middle school, high school and college as well as higher rates of absenteeism and tardiness.

How Much Sleep?

Children 7 to 12 years old need 10 to 11 hours of sleep. Preteens and teens need 8 to 9 hours.

Tips to Establish Optimal Sleep Schedules:

- Set a consistent bedtime for your child and stick with it every night.
- Try a calming pre-bedtime routine such as a bath/shower or reading a book.
- Avoid exercise shortly before bedtime.

- A light snack with protein may be beneficial before bed. Be sure to avoid sugary or caffeinated snacks/beverages.
- Have your child turn off electronic devices well before bedtime.
- Try to have the home as quiet and calm as possible.

Resources:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/back-to-school-health-tips-for-parents-infographic>

<https://www.health.kaiserpermanente.org/back-to-school-health-tips/>

<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Back-to-School-Tips.aspx>

Take Care of Your Child's Eye Health!

Eye Health Background

Children grow everyday, and so do their eyes! Eye health and care are critical for success at school, so it is important for your child to receive annual examinations. In school-aged children, one in every four have a vision problem. Vision disorders are the fourth most common disability in the United States and the most prevalent handicapping condition in childhood.

Signs of Vision Changes

Most children are unaware if they are experiencing vision problems. As a result, many eye conditions go undetected. This is why a yearly exam is recommended for all children. See below for a list of common signs of vision changes.

- Being unable to see objects at a distance
- Having trouble reading the blackboard
- Squinting
- Difficulty reading

- Sitting too close to the TV

Eye Testing

Schedule an eye exam once a year with your eye doctor. The Warren County Health District is able to perform eye screenings, and can direct you to resources that can conduct a full eye exam if your child fails the screening and needs corrective lenses.



Your Child's Eyes in Sports

If your child is returning to sports, ask about appropriate eyewear. Studies show protective eyewear does not alter the player's sight. Some athletes may play better due to decreased fear of injury or getting hit in the eye. Baseball, basketball, ice hockey and racquet sports are the most common

sports associated with eye injuries. However, the American Academy of Ophthalmology recommends protective eyewear for any sport even for children who don't wear glasses or contacts.

See your eye doctor and ask about prescription sport glasses. For those without glasses/contacts, protective athletic eye-

wear can be purchased in-store in places such as Walmart or Dick's Sporting Goods. These items can also be purchased online for about \$10-\$20.

Warren County Child Health Clinic
Contact: (513) 695-1468

Resources:

<https://www.thevisioncouncil.org/sites/default/files/SportsEyeSafetyReport.pdf>
<https://preventblindness.org/childrens-vision-and-eye-health/>

Benefits of Breastfeeding

August is National Breastfeeding Month. If you are expecting or have a little one, resources and education for breastfeeding options are available.



Did You Know?

Breastfeeding decreases your child's chance of developing ear infections and chronic diseases such as diabetes and type II obesity. The mother also reduces her risk of type II diabetes by breastfeeding, while decreasing risk of ovarian and some breast cancers. Furthermore, breast feeding may help with weight loss following pregnancy. Un-

like formula, breastfeeding is completely free nourishment for your child. The breastfeeding experience improves the bond between mother and baby.

Breastfeeding Resources:

Be sure to see our dietitian, Bri Higgins for any questions about breastfeeding or child nutrition.

Check with your county health department about Women, Infants, and Children (WIC) eligibility. This program offers breastfeeding and formula feeding assistance, supplemental grocery coverage, and nutrition education for pregnant women, women who recently had a baby, and households with children under age five that meet other income requirements.

First Steps is a breastfeeding support center for any mothers having difficulties with breastfeeding. In this program, appointments with a certified lactation consultant are provided. There are also several regional support groups. Get connected now!

Breastfeeding Contacts:

- Bri Higgins, MS, RD: (513) 695-1477
- Warren County WIC: (513) 695-1217
 - First Steps: (937)-401-6881
 - University of Cincinnati Lactation Consultants: (513) 834-4105
 - Lactation at Hoxworth's Center for Women's Health: (513) 584-5239
- **call for appointment
- Ohio Statewide Breastfeeding Hotline: (888) 588-3423
- **Available 24/7