



HEAL

Health Education & Awareness for a Lifetime

July
2014

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



WATER SAFETY

DID YOU KNOW?

- Children under age five still have the highest risk of drowning.
- Girls between ages one and four, drowning remains the second leading cause of death from accidental injury.
- Boys between ages one and four, drowning replaced traffic accidents and has been the leading cause of death from accidental injury since 2005.
- Swimming pools were the most common places where children under five drowned.
- Older children were most likely to drown in natural bodies of water.
- Infants under age one were most likely to drown in a bath tub.



(Centers for Disease Control and Prevention.)

KEEPING KIDS SAFE

- Teach your children to **ALWAYS ASK PERMISSION** before entering a pool or body of water - no matter what size it is.
- Never let your children swim alone, always have a buddy regardless of age and swimming ability.
- For young children and non-swimmers, never let them go in past their belly-buttons.
- Water wings, pool noodles, kickboards, loungers, rafts and inner tubes **ARE NOT** life-saving equipment. They give a child a false sense of security. Teach your child to swim, then let them use these items in the water.
- Adults should **ALWAYS** be within arm's reach of children - never more than four feet away.
- There should be a designated "**Water Watcher**" who is in charge of watching children in and around water. This person should never be distracted by talking, etc. They should switch with another adult every 30 minutes.



- When going to a new pool, show children the deep end and where the transition to the deep end begins, any life-saving equipment and if there are life guards, where to find them.
- Teach children to **ALWAYS** enter the water **FEET FIRST - EVERY TIME**. This is especially important in open bodies of water where tides can shift the bottom sands even over-night.
- **LEARN CPR** - All adults and older teens should take a CPR class. There are now Hands-Only CPR classes available. CPR is easy to learn and may save someone's life someday. (CPR classes are available at the Florida Department of Health in Wakulla County. Call 926-0400, ext. 215 or 745-6042 for more information or to register for a class.)





HEALTHY START
Chat & Chew

FREE INTERACTIVE COMMUNITY EVENT

FOOD DEMOS
SAFE SLEEP DEMOS
100+ DOOR PRIZES
PACK-N-PLAYS
SLEEP SACKS

Wakulla One Stop Community Center
318 Shadeville Rd
Crawfordville, FL

Saturday, July 19, 2014
9:00 A.M. – 12:00 P.M.

850.488.0288 ext. 101
CapitalAreaHealthyStart.org








The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.



Classes offered by Florida Department of Health in Wakulla County

For more information or to reserve your space, please call the Wakulla One Stop Community Center at 745-6042 or 926-0400, ext. 215.



Prenatal Care Class - Suggested for newly pregnant mothers and their partners. This class teaches moms how to keep themselves and their babies healthy throughout their pregnancy. It covers the following information:

- Fetal Development – changes to baby and mom in each trimester
- Medical Care – choosing a provider, appointments, what to expect, what to ask
- Nutrition – weight gain, good eating habits, foods to avoid, based on MyPlate
- Exercise – guidelines, safe and unsafe activities, exercise tips by trimester
- Discomforts and how to manage them
- Hazards for pregnant moms and unborn babies
- Emotions – common stressors, stress-relief tips, support regarding body image, relationships, etc.

Mondays - July 14, 21, 28 - 6:30-8:30 p.m.



Baby Basics – Suggested for new parents and soon-to-be parents, grandparents, and other family members. The class includes the essentials to newborn care, common challenges, information for parents to make the healthiest choices for their new baby. The topics include:

- New Infant care to six weeks
- Physical and Mental Development
- Understanding Babies' Cues
- Comfort Techniques
- Nutrition
- Bathing and Diapering
- Sleeping
- Health & Safety
- Safety Proofing Your Home

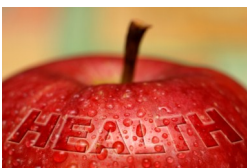
**Mondays - August 11, 18
6:30-8:30 p.m.**

Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for **July 8 - August 5 from 6:30-8:30 p.m.. The next class series starts on August 12. All classes are held at the Florida Department of Health in Wakulla.** For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



The next Hands-only CPR class is on Thursday, July 10 from 7-9 p.m., 2014 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. There is currently no cost for this class.

Basic First Aid... The next class is **July 24 from 7-9 p.m.** and it is held at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov