

## A County Connection to Care



### **Five Ways to Foster Healthy Cell Phone Use with Your Child**

By: Melissa McCarthy, BS CSW

In the United States, on average, children receive their first cell phone around age 10. While cell phones provide many benefits to youth, they can be a distraction from learning in the classroom and increase safety concerns through social media use. Here are five ways you can foster healthy cell phone use with your child:

1. Establish clear expectations surrounding phone use, both at home and school. Work with your child to set boundaries and teach your child when and where it is and is not appropriate to use their phone.
2. Encourage face-to-face interactions. Text messages are great for quick chats but pose challenges. Texts can be easily misinterpreted and should be avoided when having meaningful or difficult conversations.
3. Define what is not okay. Don't be afraid to talk with your child about what is not appropriate to text or post on social media.
4. Monitor your child's accounts. Let them know that you are doing this and be sure to follow through.
5. Be a model. Your child observes how you interact with your phone. The rules don't have to be the same for you and your child, but you can provide valuable guidance by being transparent about your own phone use.

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## Concussions Can Happen to Anyone at Anytime

by John Snyder, RN

Symptoms range from mild to severe and can last for hours to weeks after the initial injury.

- Headache or pressure in the head
- Loss of consciousness
- Confusion and/or memory loss
- New inability to focus, concentrate or read
- Dizziness, nausea or vomiting
- Slurred or delayed speech
- Vision changes
- Unexplained fatigue

Seek medical attention immediately for severe symptoms and as soon as possible for ongoing symptoms, even if mild.

For more detailed information go to [www.mayoclinic.org/diseases-conditions/concussion](http://www.mayoclinic.org/diseases-conditions/concussion)



## Preventing the Flu in School Settings

By Emma Hood, RN, BSN

School aged children are a group that are more likely to get the flu because it is easier to spread germs when children are in larger groups or sharing materials.

Here are some easy ways to help prevent the spread of the flu and keep your child healthy:

- Teach your child to wash their hands frequently with soap and water.
- Teach your child how to cover their nose and mouth when they sneeze or cough.
- Immunize your child and family members with the flu vaccine.

## REMEMBER

Keep your child home when they are feeling sick.

If you are concerned about attendance, consult with your school nurse and medical provider for guidance.



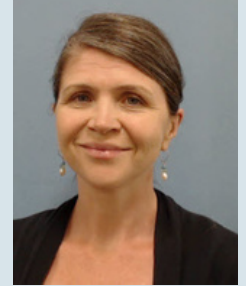
## Meet The Staff

Hello! Our names are Apple and Emma. We are the coordinators for the Immunization Program. Our job is to work with people of all ages within our community to make sure they are receiving any vaccines that are right for them. Vaccines are used to protect people from dangerous and deadly infectious diseases.

Keeping the community safe from disease involves providing vaccines to people and providing education when they have questions on different illnesses and their vaccines. We are available by phone. See the back page for contact information.



Apple Speropulos,  
RN, BSN



Emma Hood,  
RN, BSN

## Community News and Events

The Upper Mississippi River National Wildlife and Fish Refuge Visitor Center and lands are open Tuesday through Saturday until October 28th from 9am-3pm. Free "Let's Go Outside" backpacks are available to use at the front desk during your visit. They are packed with interactive tools and ideas!

[Mississippi Wildlife Refuge WEBSITE](#)



### DOG DAZE AT THE MAZE



**SATURDAY, OCTOBER 30 11AM - 6PM**

HIDDEN TRAILS CORN MAZE

Hidden Trails Corn Maze  
W4704 State Road 16 in West Salem, WI  
[Hidden Trails Corn Maze | West Salem WI | Facebook](#)

### Ecker's Apple Farm

ADDRESS:  
W27062 Wisconsin Hwy 54  
between Galesville and  
Centerville

Pick-your-own and freshly picked apples, train rides, baked goods, caramel apples, live music, crafts and more to spend some quality time inside and out.



Learn more at: [Ecker's Apple Farm WEBSITE](#)

# Understanding Child Development: Fear

by Doreen Cox, RN

## Key Facts to Keep in Mind

- Fear is part of a child's mental and emotional development and is an ongoing changing process throughout their entire childhood.
- Fears largely depend on the age and/or development of the child.
- Each milestone can demonstrate how a child is growing in the understanding of those things around them, the concept of time, and cause and effect relationships.

**The following 5 tips, based on advice from Dr. Jasmine Ghannadpour, Clinical Psychologist at Children's Health and Assistant Professor at UT Southwestern Medical Center, may help a child to work through their fears:**

**Stop and recognize the feeling of fear** that is being expressed and how it feels. Provide reassurance and then suggest ways (which are appropriate to their age/development level) to help the child deal with the feeling.

**Model healthy and effective coping techniques** such as a deep breathing, momentary distractions, and a reminder of rational facts a child of their age is likely to understand and be familiar with.

**Understand and control your own fears** enough to put them behind you for the moments needed to focus on the child's perspective and needs.

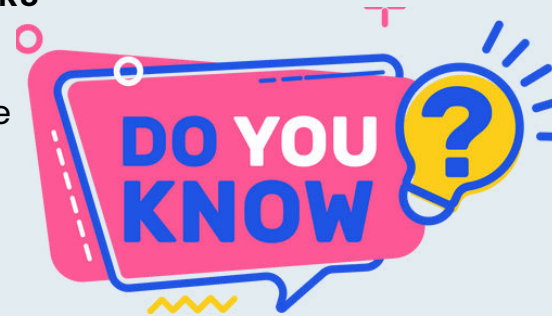
**Be aware of outside influences** such as adult stories and talk, news programs, entertainment programs, events that sensationalize, and child-to-child peer conversations. Be willing to step in and divert those before they become overwhelming. Keep in mind that a child may not appear to be bothered at the time, but they could process it later and then be affected. Remember that one person's fun is another person's fear. Exercise sensitivity.

**Build confidence** by breaking the conquer of a fear into smaller steps. Help the child to be aware of the growth that has occurred in these steps and feel good about it.

**Work to understand the differences** between standard child development, a fearful temperament, and an anxiety disorder. Talk with your trusted medical professionals to learn more. For more information, see *Childhood Fears: What's Common and How Can You Help?* - Children's Health ([childrens.com](http://childrens.com))

## Food Safety In Schools By Lindsay Neitzel, RS

Did you know that the La Crosse County Environmental Health Program inspects your school every year to make sure that the food your child is eating every day is safe? The program inspectors visit the kitchen on site to observe normal operations and talk to the school kitchen staff about food safety. Our inspectors check that:



- All cold food and drinks are held at temperatures below 41°F and all hot foods and drinks are held above 135°F
- Kitchen staff are washing their hands and using gloves at the right times
- Kitchens are clean
- Food sources are safe
- Staff know a lot about food safety
- Good record keeping and marking dates are being used

Your school kitchen staff want to serve delicious and safe foods, and Environmental Health Inspectors help the school kitchens stay on track with this goal. No two kitchens are the same, but all schools are doing a great job with making safe food!



## Recipe: Bliss Balls

In a large bowl, mix together the moist ingredients until smooth. Add the cocoa powder, oats, and salt. Stir well. Add the “extras” and stir until evenly mixed in. Roll into one-inch balls right away and set on waxed paper. Refrigerate until they are no longer sticky to the touch, about an hour. Transfer to an airtight container. Eat at room temperature within a week of making. Can be frozen for longer storage if needed. Let them thaw in your lunch bag or pop them in the microwave for a few seconds if you are in a hurry to eat them!

### Ingredients

- 1/2 cup nut or seed butter
- 1/8 tsp salt if using salted nut/seed butter OR 1/4 tsp salt if you are using unsalted
- 1/3 cup sweet syrup such as honey, agave, maple etc.
- 1-2 tsp flavor extract of your choosing, such as vanilla, almond, orange etc.
- 1/4 cup unsweetened baking cocoa powder
- 1 cup quick or old-fashioned oats, uncooked
- 3/4 cup shredded or flaked coconut
- 1/4 cup small pieces of dried fruit of your choice (such as raisins, raisins, cherries, apricots)
- 1/4 cup mini or chopped candy chips such as semi-sweet, milk chocolate, PB, butterscotch morsels etc.





John Snyder, BSN, RN  
Public Health Nurse with the Access to Care Section  
jsnyder@lacrossecounty.org

Melissa McCarthy, BS CSW

Crisis Supervisor with Integrated Supports and Recovery Services

For more information about guiding cell phone use or any of the other specialized support that Human Services offers, contact Melissa at 608-784-4357.



Lindsay Neitzel, RS

Sanitation Supervisor with Environmental Services

Dedicated to safe community service offerings in businesses.  
For questions or more information, please contact Environmental Health at 608-785-9771.

Doreen Cox and Emma Hood,

Public Health Nurses with the Access to Care Section

For more information or resources on school age related issues, communicable diseases, or immunizations, please contact the School Surveillance team at 608-785-9872.



## Resources Information Services Education

R.I.S.E. is an acronym AND an invitation! La Crosse County Health Department exists to help all La Crosse County residents be as smart, strong, and safe as they can be. R.I.S.E. stands for the Resources, Information, Services, and Education that we offer. With the right tools YOU can RISE to meet today's challenges with all that you and your family need to make the best choices possible. We are working with YOUR school to support smart students, strong schools, and safe settings. With YOUR participation, La Crosse County thrives!