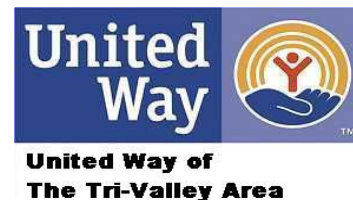


Franklin County Children's Task Force



Franklin County Children's Task Force
113 Church Street
Farmington, Me 04938
778-6960
fcctf@fcctf.org



United Way of
The Tri-Valley Area

Summer Hours:
Monday -Thursday
8 to 4:30,
Fridays Closed



Help us save money:

E-Mail Newsletter? We have received great response to e-mailed newsletters. Contact us fcctf@fcctf.org today to receive a colorful newsletter in this manner.

WE NEED YOUR HELP!

The FCCTF is in need of community help for our home visiting program. Our Growing Healthy Families Program puts together Welcome Baby Bags for all new parents who give birth at Franklin Memorial Hospital. These wonderful bags contain packets of information for the new family as well as goodies for baby and parent. Things we put into the bags include diapers, samples or small containers of baby shampoo and powder, pacifiers, a pair of baby socks, a washcloth, a receiving blanket, a boy or girl outfit (depending on the sex of the child) and a handmade quilt. We are also in need of fabric for the making of the actual baby bags, each bag requires approximately 1.5 yards of fabric. In the past donations have come from various agencies and businesses but these tough economic times have donations at an all time low. The cost for a complete baby bag is \$25 but the welcoming of a new child into our community is priceless. If you would be interested in sponsoring a bag or donating items for the bags themselves please give us a call at 778-6960 or stop by our office at 113 Church Street. All donations are tax deductible and you are contributing to a great start for a new member of our community.

Sincerely, Renee Blanchet, Executive Director

Parent Education Schedule

Nurturing Program:

September 7th to November 30th, 5:30– 7:30

1,2,3 Magic -

June 27th, 8am to 1pm

December 5th, 8am to 1pm

Nurturing Fathers

June 22nd to August 10th, 5:30– 7:30

(These are one day workshops)

Contact FCCTF at 778-6960 to register. Childcare provided as needed.

A new schedule will be out in the Fall.

Ticks and Lyme Disease

Reviewed by: [Stephen C. Eppes, MD](#) April 2009, Kidshealth.org

Signs and Symptoms:

1. The first sign of infection is a circular rash. The rash often has a characteristic "bull's-eye" appearance, with a central red spot surrounded by clear skin that is ringed by an expanding red rash. It may also appear as an expanding ring of solid redness. It may be warm to the touch and is usually not painful or itchy. The rash usually resolves in about a month. Although this rash is considered typical of Lyme disease, **many people never develop it.**

2. A person may experience flu-like symptoms such as swollen lymph nodes, fatigue, headache, and muscle aches. Left untreated, symptoms of the initial illness may go away on their own. But in some people, the infection can spread to other parts of the body. Symptoms of this stage of Lyme disease usually appear within several weeks after the tick bite, even in someone who has not developed the initial rash. The person may feel very tired and unwell, or may have more areas of rash that aren't at the site of the bite. Swelling and pain in the large joints also can occur.

3. Lyme disease can occur if the early stages of the disease were not detected or appropriately treated. Symptoms of late Lyme disease can appear any time from weeks to years after an infectious tick bite. They may include arthritis, particularly in the knees, and memory lapses (this last symptom happens mainly to adults and is rare in kids and teens).

Having such a wide range of symptoms can make Lyme disease difficult for doctors to diagnose. Fortunately, there's a blood test that looks for evidence of the body's reaction to Lyme disease.



If You Find a Tick: First, don't panic.

The risk of developing Lyme disease after being bitten by a tick is only about 1% to 3%. On top of that, it takes at least 24 to 48 hours for the tick to transmit the bacteria that cause Lyme disease. (To be safe, though, you'll want to remove the tick as soon as possible.) This is why a daily tick check is a good idea for people who live in high-risk areas.

- Call your doctor, who might want you to save the tick after removal so it can be determined if it's the type that can carry Lyme disease. Put the tick in a sealed container to kill it.
- Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.
- Pull firmly and steadily on the tick until it lets go of the skin. If part of the tick stays in the skin, don't worry. It will eventually come out — although you should call your doctor if you notice any irritation in the area or symptoms of Lyme disease.
- Swab the bite site with alcohol.

One note of caution: **Don't use "folk remedies" like petroleum jelly or a lit match to kill and remove a tick.**

Tick bites don't generally hurt — that's part of the difficulty in knowing whether someone has Lyme disease because pain usually helps to call attention to problems. So be on the lookout for ticks and rashes, and call your doctor if you're at all concerned.

Clothing Exchange Bring A Bag-Take A Bag! Sizes Newborn to 4T. Bring in a bag of gently worn clothing and exchange it. First-time parents and expectant moms, no exchange is needed for 1st free bag of clothes. Limited maternity items available.

FCCTF: Hours : 8:30 am-4:30 pm Monday-Thursday & Fridays Closed

Summer Safety Tips

Sun Safety, tips from the American Academy of Pediatrics (AAP).

Between 15 and 60 minutes of daily sunlight exposure is healthy (the time will vary according to your particular susceptibility to sunburn and the intensity of sunlight). Sun exposure is vital for mental health, vitamin D production, and maintenance of bone density.

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.
- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - Reapply sunscreen every two hours, or after swimming or sweating.
- Toss out your sunscreen at the end of each summer - effectiveness and quality become compromised after a year in the medicine cabinet.



Dehydration: The little ones, especially, forget to drink or to tell you that they need to drink. If you find the children getting peaked and cranky toward the afternoon, it might be because they're tired, or it might be because they're dehydrated. **Remember: By the time a person feels thirsty, he's already partly dehydrated, so drink to prevent thirst, not to quench it.** Common symptoms of dehydration are crankiness, headaches, aches in the joints and weariness. And don't allow your child to fill up on juice or soft drinks; these are dehydrators. Water or child-appropriate hydrating drinks are best. However, if you or your child has severe dehydration (dry mouth, sunken eyes, reluctant to drink, unable to pee or cry, high fever, lethargy), call for emergency help and have your child sip an electrolyte-replacement fluid (such as Pedialyte).

Hot Cars: Don't EVER leave your children alone in the car -- not even for a moment. Besides the danger of abduction, the temperature in a car can skyrocket in minutes. What seems like a pleasant 70-degree temperature outside can turn into a suffocating sauna in just minutes -- even if you leave the windows down. Children die every year from suffering heat stroke in hot cars, and it's a particularly nasty way to die. It might be a pain, but please always take your children with you. And, if you see an unattended young child in a vehicle, please call 911, the police or other emergency personnel. Your call could save the child's life. Tips suggested by, Saferchild.org



Kid Stuff Sale

Western Mountains Summer Camp Scholarship Fund

Thanks to all who helped raise money through the Kids' Stuff Sale in May for the Western Mountains' Summer Camp Scholarship fund. The fund helped send 40 campers to camps for a total of \$3,009! Funds are totally exhausted for this year, but we hope to earn even more money next year and send more children to the camps of their choice.

Look for the 9th Annual Kids' Stuff Sale on the last Saturday of April in 2010!

We need your help!

Together, we can make a difference in the lives of children in Franklin County!



Name _____

Address _____

Phone _____

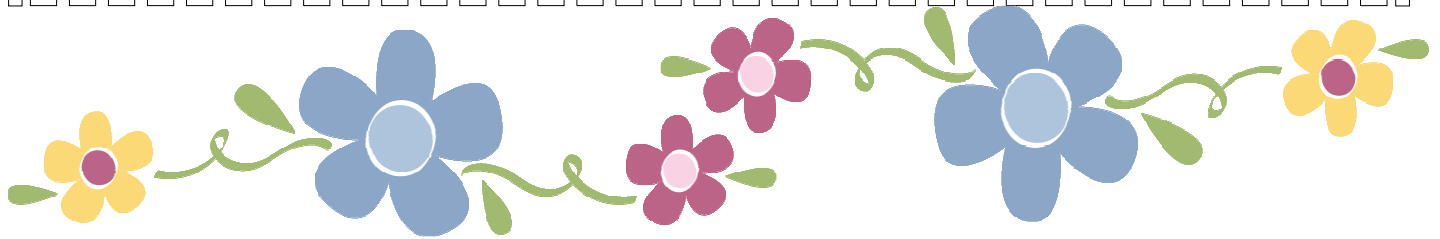
E-Mail _____

Please make my gift in memory of _____

Please make my gift anonymous

Please make your tax deductible check payable to:

FCCTF, 113 Church St., Farmington, Maine 04938

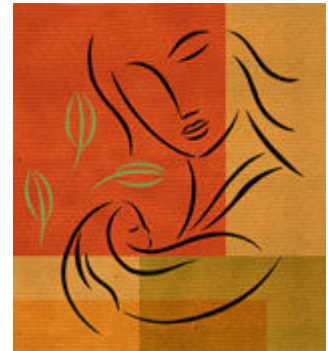


Attachment from Growing Healthy Families

One of our biggest strengths here in the Growing Healthy Families Program is that we help promote healthy attachment between parents, knowing all parents want to do well by their child. Attachment, whether it is healthy or unhealthy, stays with the child throughout their lifetime. Babies are not born with the ability to regulate their emotional or physiological states and need a caregiver to do this for them. Healthy attachment is more than just taking care of your baby, healthy attachment can start in the womb.

Here are some ways that you can have a healthy attachment with your child:

- Talk and play music to the baby in the womb. By having you and your partner and play with the baby in your womb the bonding process has started.
- Skin to Skin contact and eye gazing after the baby is born establishes the connection between baby and caregiver.
- Breastfeeding is a natural way of healthy attachment because of the skin to skin contact and the mother
- soothingly talking to the baby.
- Listening to the baby's cries and understanding the different cues
- Responding to the cues quickly and consistently
- Consistent and loving care from the caregiver
- Smiling and looking into the eyes of your child
- Listening, responding to needs, and spending time with your children



talk

When a baby experiences ongoing stress, such as crying with no response from caregivers, it can lead to insecure attachment. Insecure attachment fosters future vulnerability, and incapability of dealing with stressful life events. By six months old a child will either have a secure or insecure attachment to their caregivers.

Nurturing touch, warm interaction, loving play, and sensitive comfort are components in the endless cycle of parenting that is the science behind attachment. By nurturing our children and meeting their needs they will grow into strong, compassionate, and independent people. We can trust our heart and follow our children's lead.