

# PENNINGTON & RED LAKE COUNTY WELLNESS NEWSLETTER October 2022



## Breast Cancer Awareness Month



Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Be physically active.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer and improve your chances of surviving cancer if it occurs.

[https://www.cdc.gov/cancer/breast/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/breast/basic_info/prevention.htm)

## Down Syndrome Awareness Month

Down syndrome is one of the most common types of intellectual disabilities. Down syndrome is a condition in which a person is born with an extra chromosome. A baby is typically born with 46

chromosomes, but a baby with Down syndrome has an extra copy or part of a copy of chromosome 21. This extra copy changes how the baby's body and brain develop, which can cause both mental and physical challenges for the baby. The physical symptoms of Down syndrome vary from person to person, but they commonly include:

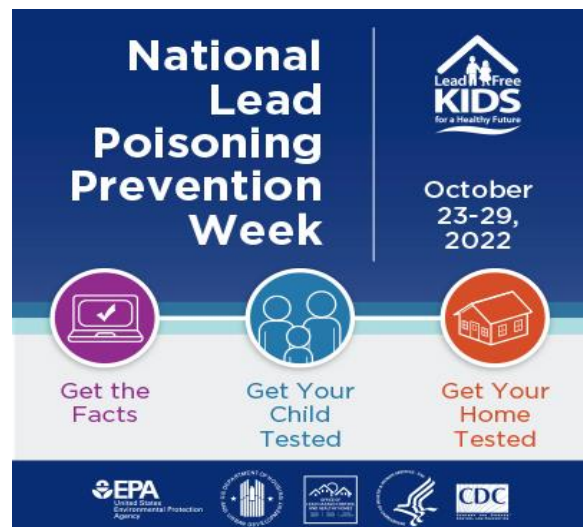
- A flattened facial profile
- Short neck, excess skin at the back of the neck
- Small head, ears, and mouth
- Decreased muscle tone or loose joints

People with Down syndrome usually have an IQ in the mildly-to-moderately low range and are slower to speak than other children.

Even though people with Down syndrome might act and look similar, each person has different abilities. They have dreams and goals, and they want to have successful careers and families. They can drive, go to work, go to college, go on dates, get married, and contribute to society.

People with Down syndrome still face stereotypes and myths, but they've shown time and again that the condition is just one part of who they are and doesn't define them or limit their abilities. That's why it's so important that during Down Syndrome Awareness Month and all year long, we help spread the message of love, acceptance, inclusion, and respect.

<https://www.cdc.gov/ncbddd/birthdefects/downsyndrome.html> <https://www.specialolympics.org/stories/news/down-syndrome-awareness-month#:~:text=October%20was%20first%20designated%20as,of%20their%20abilities%20and%20accomplishments.>



Learn more at CDC's Lead FAQs page:

<https://www.cdc.gov/nceh/lead/docs/know-the-facts.html>

## Experts Issue Health Warning About Giving Melatonin to Children

The American Academy of Sleep Medicine (AASM) has issued a health advisory encouraging parents to talk to a healthcare professional before giving melatonin or any supplement to children. Melatonin is a natural hormone that helps us regulate our own sleep timing. Even though our body makes its melatonin in the brain, some people use extra melatonin to improve their sleep. Melatonin can improve sleep in children whose body clocks are “off schedule” and in some children with developmental problems. Melatonin is the second-most popular “natural” product that parents give to their children, next to multivitamins. With this increased use, there are growing reports of melatonin overdose, calls to poison control centers, and emergency room visits. Melatonin is considered a “dietary supplement.” It is not under FDA oversight like other over-the-counter (OTC) or prescription medications. Melatonin content in supplements can vary widely. The most significant variability in melatonin content was in chewable tablets – the form children are most likely to use.

AASM advises that:

- Melatonin should be handled as any other medication and kept out of reach of children.
- Before starting melatonin or any supplement in their children, parents should discuss this decision with a pediatric health care provider.
- Many sleep problems can be better managed with a change in schedules, habits, or behaviors rather than taking melatonin.
- If melatonin is used, the health care professional can recommend the melatonin dose and timing for the sleep problem. Parents should select a product with the USP Verified Mark to allow for safer use.

<https://aasm.org/advocacy/position-statements/melatonin-use-in-children-and-adolescents-health-advisory/>

**NATIONAL  
FARM to  
SCHOOL  
MONTH**



## Parenting Tips

# POSITIVE PARENTING



## 15 Ways To Be a Positive Parent

BilingualKidspot.com

- 1 CONSEQUENCES THAT MAKE SENSE
- 2 VALIDATE, EMPATHIZE, SYMPATHIZE
- 3 TALK AT THE CHILD'S LEVEL
- 4 EXPLAIN & HELP THEM LEARN FROM THEIR MISTAKES
- 5 TALK TO YOUR CHILD LIKE AN INDIVIDUAL
- 6 PROVIDE WARNINGS
- 7 PROVIDE CLEAR EXPECTATIONS
- 8 TELL KIDS WHAT THEY SHOULD DO RATHER THAN WHAT THEY SHOULDN'T
- 9 KEEP IT POSITIVE
- 10 BE CONSISTENT AND KEEP YOUR WORD
- 11 BE LOVING AND FIRM
- 12 USE HUMOR
- 13 LET YOUR CHILD HAVE A RIGHT TO THEIR FEELINGS
- 14 BE AWARE OF AGE APPROPRIATENESS
- 15 KEEP YOUR OWN FEELINGS AND JUDGMENTS IN CHECK

Read more: <https://bilingualkidspot.com/2018/10/31/what-is-positive-parenting-tips-techniques/>



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[www.pennredlakecopublichealth.com](http://www.pennredlakecopublichealth.com)

