

health matters

Volume 13, Issue 3
Fall 2006

things to know

Success—just a phone call away

Anyone who's tried it knows—quitting smoking isn't easy.

But now extra help is as close as your phone. And it's help that can double your chance of success. Just call a smoking quitline.

When you call a quitline, you can talk to someone who is an expert in how to stop smoking. That person can help you make a plan to quit. These experts also can send you information in the mail.

If you start smoking again, they can help you figure out why. And they can make it easier for you to get back on track.

Call the national quitline at
(800) 784-8669.

Sources: American Cancer Society,
National Cancer Institute



Need a reason to stop smoking?

Cancer. Lung disease. Heart disease.

Avoiding all those things should rank high on your list of reasons to quit smoking.

But there are many other benefits to kicking the habit. Here are a few that might help motivate you.

Protect your loved ones from secondhand smoke. Children who breathe secondhand smoke are at risk for asthma, as well as ear and lung infections.

Look nicer. Quitting smoking

will help you have whiter teeth and fresher breath. You might also avoid the wrinkled skin that smoking can cause.

Improve your senses.

Smoking dulls your sense of taste and smell. But your senses will improve within a few days after quitting.

Save time and money.

Cigarettes cost a lot. And you can waste a lot of time running to the store to buy cigarettes, not to mention the time you spend on cigarette breaks.

Source: National Cancer Institute

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Baby basics

Feeding hints for mom and baby

Feeding your baby—whether you breastfeed or use a bottle—is a time for both of you to connect.

This advice can help you with feeding your baby.

Breastfeeding basics

Breastfeeding may take practice. Hang in there. You'll make a good team.

Your baby's mouth should cover much of the area around the nipple, not just the nipple. Your baby's mouth should be wide open and your nipple as far back in his or her mouth as possible.

You should:

- Feed your baby often, at least eight times a day. Let your baby nurse when he or she is hungry.
- Burp your baby at least twice while you nurse.
- Check that your baby has at least eight wet diapers a day.

Bottle-feeding basics

Breastfeeding is best for babies. But not everyone can, or chooses to, breastfeed.

If you bottle-feed, ask your doctor what formula is best.

And consider this advice:

- Sterilize baby bottles and bottle nipples in boiling water for five minutes or in a dishwasher.
- Follow the label when you mix formula with water. Refrigerate it until it's used.
- Boil water and let it cool before you add it to the formula.
- Never warm a bottle in a microwave.

Ask your doctor whenever you have questions. And enjoy this time to bond with your baby.

Sources: American Academy of Pediatrics; U.S. Food and Drug Administration

When can thumb sucking or pacifiers be a problem?

It's a habit babies are born with.

Children are often calmed by sucking their fingers, a thumb or a pacifier. It's natural.

But if these habits last too long, they could lead to dental problems such as crooked teeth—especially if the child sucks very hard.

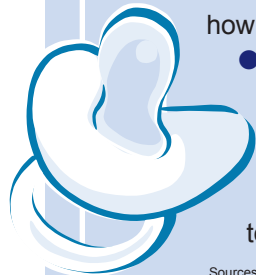
Children should stop sucking before their front adult teeth come in. Most kids do quit before then, usually by age 4.

If your child's sucking habits concern you, here's what you can do:

- Tell your dentist. He or she can watch how your child's teeth come in.
- Praise your child for not sucking.
 - Calm your child. Children often suck their thumbs for security.

Dentists sometimes suggest a bitter medicine or a mouth device to prevent sucking.

Sources: American Academy of Pediatric Dentistry; American Dental Association



To learn more about caring for your baby, visit the American Academy of Pediatrics Web site at www.aap.org.

Fire safety: A great escape

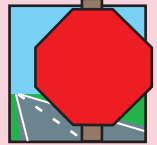


You need to know how to get out of your house fast if there's a fire. A map can help. Get a large piece of paper and draw a map of your home. Mark all of the doors and windows and two ways out of each room. Also, mark a spot outside your home where your family can meet. Practice your escape plan at least twice a year.

Three words to remember...

If your clothes catch on fire, what should you do? Write the word that describes each picture on the lines below to find out.

1. _____



2. _____



3. _____



ANSWER: 1. STOP moving, 2. DROP to the ground, 3. ROLL back and forth to put out the flames.

Seeing things

In this picture are four fire hazards and three things that may help keep people safe from fire. Can you find them?

Put an X on the hazards. Circle the things that help keep people safe.



ANSWER: Fire hazards: 1. Child handling matches. 2. Too many cords plugged into electrical outlet. 3. Candle burning near drapes. 4. Clothes draped over space heater. Fire safety: 1. Smoke alarm. 2. Fire extinguisher on the wall. 3. Copy of the escape map.



Good moments with less stress

Parenting is filled with rewards—too many to count.

But it also has its share of stress. There are no paid vacations. You are always on call. And you're often short on sleep, time and help.

Still, there are ways to ease the stress that comes with parenting.

Don't try to do it all. Team up with fellow parents and take turns helping each other with babysitting. Ask a relative or friend to lend a hand so you can have a break.

Be kind to yourself. Do something just for you—every day if possible. Watch your favorite

TV show. Read a bit. Visit on the phone with a friend. Small things can do a lot to improve your mood.

Get some exercise. A brisk walk or a bike ride can be a great stress buster.

Share your stress. Talk to other parents with similar stresses and find out how they cope.

Do something just for you—every day if possible.

Take a “time-out.” If your temper's about to get the best of you, step away from

Limit how much soda kids drink

One way to help keep kids from gaining weight may be to limit how much soda they drink.

A large soda may contain hundreds of calories. Even if you drink just a few sodas a week, those calories add up. Before you know it, those calories put on pounds.

Soft drinks may be OK once in a while. But most of the time it's better for your kids to have healthier drinks.

Water is a good choice. So is milk—it's loaded with nutrients and calcium that can help your kids have healthy teeth and bones.



Source: American Dietetic Association

your child and calm down.

Don't sweat the small stuff. Many of the mistakes that kids make aren't worth getting upset over. Let them go.

Watch for trouble. Are you tired and irritable most of the time? Have you stopped enjoying things that used to make you happy? Do you feel helpless? These are signs that your stress level may be unhealthy. Talk to your doctor.

Sources: American Academy of Pediatrics; American Medical Association