



WYOMING CITIZEN REVIEW PANEL

FAMILY NEWSLETTER

June 2015

Your Family's Health Matters

Every month, we try to focus on a different family centered topic. This June, we ask you to take a look at your family and at yourself.

What do you think of when you think of your family's health? Overall health includes much more than just physical well-being. Stress levels, quality and amount of sleep, emotional state and mental needs all play a part in your health and the health of your family.

Think about the medical providers your family uses. Are you confident and comfortable with all of them? When was the last time you went in for a regular check up? Are your kids up to date on all of their shots? Have you had your eyes checked and your teeth cleaned this year?

All of these things can greatly impact your health in ways you might not think of. Take time this month to be aware of what your needs are, what your family's needs are and then take action to be well.

If you have questions about finding a provider in your area or applying for insurance, talk to your parent educator. We can guide you to the people and departments who have the answers you need.

Keeping Kids Safe

Life is busy and kids are quick! It only takes a moment for a regular day to turn into something else altogether. Here are just a few easy tips to make sure you are doing all you can to keep your family safe!

- Lock windows and use barriers for sliding doors
- Install baby gates at the top and/or bottom of stairs
- Make sure swimming pools are fenced in or inaccessible
- Install smoke and carbon monoxide detectors/alarms and test them regularly
- Lower your water heater temp to 125 degrees F
- Use child resistant packages for all meds and dispose of those you are no longer using



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In the Community

Are your kids insured?

Check out Kid Care Chip, to see if your children qualify for low to no cost health care.

To apply or for more information, call 855-294-2127 or visit

www.wesystem.wyo.gov

Recommend Us To a Friend!

Please share this email/letter with family and friends to help us expand our mailing list!

We Still Have Openings!

Check our website for contact information and join our program! We have openings in Albany and Sweetwater County.

Do You Have An Idea?

Do you have an idea or question you would like to see in the newsletter? Submit your questions or ideas to kpierson@wycrp.org or your parent educator today!

Follow us on Social Media!

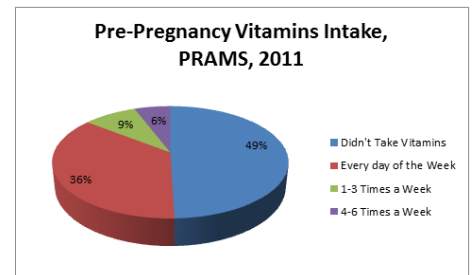
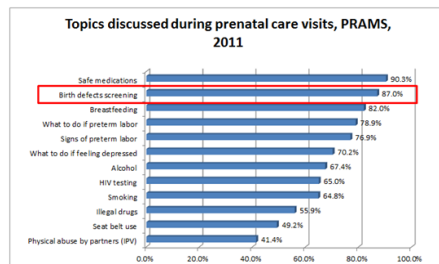
<https://www.facebook.com/WYCRP>

<http://www.pinterest.com/wycrp/>

What is PRAMS?

PRAMS (Pregnancy Risk Assessment Monitoring System) is a population-based risk factor surveillance system jointly sponsored by the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). The purpose of PRAMS is to find out why some babies are both healthy and others are not. To do this, PRAMS asks a sample of Wyoming women who had a live birth infant in the past two to six months, questions about their experience and behaviors before, during, and shortly after pregnancy.

Birth Defects Screening and Folic Acid Intake Results from PRAMS Data



Homemade Parent Corner

Steak on a Stick for Dad

Are you looking for a fun way to celebrate the men in your life this month? How about dinner on a stick!? Pick out your meat (chicken, pork, steak or anything else you can poke with a skewer!) veggies your family enjoys and spear your dinner! The kids will enjoy getting in and helping put ingredients on the skewer and the process is quick and easy so mom (or whoever is fixing dinner) will enjoy no slaving in the kitchen! Be sure to soak wooden skewers in water for 15-20 minutes before you begin prepping to avoid flare ups on the grill. Once all your ingredients are firmly poked and lined up, you can marinate with your favorite marinade or sprinkle with your favorite seasoning. Throw them on the grill until your meat is cooked and voilà...a yummy, healthy, daddy pleasing dinner is done! Serve with pasta, rice, potatoes, salad, fruit, etc...really it's all up to you!

A Special Kind of "Grill Paint" For Dad

There are not many men who aren't fond of the grill and cooking with fire! What goes better with fire cooking than BBQ sauce?! And what sauce is better than homemade?! To show dad just how much you appreciate him, have the kids get dirty and help make some homemade BBQ sauce and decorate (in many fashion of course!) a new paint brush he can use the next time he grills! You can check out our Pinterest page for BBQ sauce recipe ideas to fit your family's tastes and needs! Have fun, let the kids get creative and most importantly, make some memories and celebrate a big part of your family!!!

June 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Fremont -Birthday Carnival @ Lander Children's Museum Sweetwater -CDC free developmental screenings	2	3	4	5 Natrona -Red Cross Workshop Sweetwater -Stock Car Races @ Sweetwater Events Complex	6 Natrona -2015 Marathon Race packet pick up and pasta dinner Natrona -Heroes for Life Walk
7	8	9	10 Sweetwater -Father's Day sit down dinner @ Young at Heart Center	11	12 Natrona -WY Goes Maui @ CanDo Hanger	13 Natrona -Health Screening "His Health" @ Sam's Club Fremont -Fast and the Furriest run/walk Fremont -Book Sale at the Book Nook Sweetwater - Demolition Derby @ Sweetwater Events Complex
14	15	16 Natrona -Summer Market @ Central WY Fairgrounds	17	18 Natrona -History Hunts @ National Historic Trails Interpretive Center Sweetwater -Educational Water Safety Day @ Green River Rec Center	19 Fremont -Relay for Life @ Riverton HS Fremont -Creatures of the Wind River Valley @ Riverton Museum	20 Fremont -Rock Your Foundation Concert @ Fremont County Fairgrounds Natrona -Father's Day Event @ Washington Park Sweetwater -Medieval Faire @ Expedition Island Pavilion
21 Natrona -Midsummer's Eve Celebration @ Crimson Dawn Museum	22	23	24 Sweetwater -Shrine Circus @ Sweetwater Events Complex	25	26 Fremont -Brain Drain Annual walk/run @ WY Life Resource Center	27 Natrona -Fremont Family Fun Day @ Fort Casper Museum Natrona -Paradise Valley Annual Garage Sale @ Paradise Valley
28	29	30 Sweetwater -Fire Safety @ White Mtn. Library				

Community Health and Wellness Resource List

ALBANY COUNTY

Albany County Public Health	307-721-2561
CLIMB Wyoming	307-742-9346
Developmental Preschool	307-742-3571
Peak Wellness Center	307-745-8915
SAFE Project	307-745-3556
UW Counseling Center	307-766-2187

Fremont County

Child Development Services	Lander-307-332-5508 Riverton-307-856-4337
Fremont County Public Health	Lander-307-332-1073 Riverton-307-856-6850

Natrona County

Central Wyoming Counseling Center	307-237-9583
Child Development Center	307-235-5097
CLIMB Wyoming (Casper)	307-237-2855
Natrona County Early Head Start	307-473-5831
Natrona County Health Department	307-235-9340
Self Help Center	307-235-2814
True Care	307-215-9684

Sweetwater County

Better Solutions Counseling Center	307-382-3058
Child Development Center	Green River-307-872-3290 Rock Springs-307-352-6871
Community Nursing	307-922-5390
Family Resource Center	307-362-6549
Head Start	307-352-3430
YWCA	Green River-307-872-3252 Rock Springs-307-352-6635

State and National

Cen\$ible Nutrition	1-877-219-4646
Poison Help	1-800-222-1222
WAMHSAC-Mental Health	307-237-9583
Wyoming Department of Health	1-866-571-0944
Wyoming Quit Tobacco	1-800-784-8669

Dad, It Is All About You!!

Fathers play a significant role in fostering social-emotional, cognitive, language, and motor development in the lives of their young children. Research shows that fathers strengthen development when they take an active role early and often in the lives of their children, even before they are born.

Child development is part of a complex social system that varies widely from family to family. There is no single “right” way for fathers to be involved. Instead, there are many types of father involvement in all aspects of raising a child. These include playing together, being nearby while a child explores, and taking a child for health checkups.

Research has found that the value of father involvement is determined by the quality of the interaction between fathers and their children – for example, a father’s responsiveness to the needs of his child – rather than the amount of time fathers spend with their children.

Article from www.parentsasteachers.org



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Contact Us

Contact us for more information about our program or to reserve a spot for your family today!

WYCRP

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Visit us on the web at
www.wycrp.org

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