

PARENT

# NEWSLETTER



CREATING CALM

**WITHOUT USING  
SCREEN TIME**

## 02

### WHAT DOES EMOTIONAL INTENTION MEAN?

*How being aware of feelings can help you be a better parent.*

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### 7 WAYS TO HELP KIDS CALM DOWN WITHOUT USING A SCREEN

*These mind-body tricks that work better than distractions.*

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### HOW TO TREAT THESE COMMON KID INJURIES

*Your basic first-aid guide for bumps and burns, nosebleeds, twisted ankle, and more.*

## STRONGER TOGETHER

*TMI is a model solution partnering police, school, health, and education to prevent substance use.*





# HOW PRACTICING EMOTIONAL INTENTION CAN HELP YOU AND YOUR FAMILY.

BY BROOKLYN WHITE-GRIER, PARENTS.COM

I've realized that I can impact the mood of my house. When I'm sleepy and quiet, the kids will crawl into bed with me, using me as a jungle gym and tapping away at electronics. When I'm upbeat and ready to dance, my 5-year-old asks me to put on some Daft Punk or a lively vinyl to shimmy together. If I'm upset and withdrawn, my family's energy will sometimes fall in line and cause us all to be a bit short. Being mindful of my emotional emanations helps bring a sense of honesty and stability to our home. We all benefit from Mommy's positive outlook and emotional awareness. This is the backbone of "emotional intention," a practice setting the day's tone with good emotion.

"Emotions can be a source of comfort and freedom," says Dr. Racine Henry, a licensed marriage and family therapist. "We feel things based on how we experience life, and a sudden burst of emotion or the presence of a particular emotion can be our body communicating a lack of safety, a need for comfort, or confirmation of something good occurring."

"Being intentional about your emotional state of being can serve several purposes, such as anxiety/panic regulation, clear and effective communication, and maintaining your interpersonal relationships positively," Dr. Henry adds. "We often talk about what people 'make' us do or feel without owning our role in certain outcomes."

I realize that emotional intention isn't the be-all and end-all. There will always be tough days, and sometimes, I get up on the wrong side of the bed. That's a part of life, and I won't kid myself (or my littles) by forcing it to be otherwise. Acknowledging this will also give my children the personal power to feel their feelings as deeply as they need to. Emotional intention isn't about forcing your heart to do what it's not ready for. It's knowing when you can choose to have a great day.

This journey has also shown my children that, just like mommy, they can determine their feelings. It makes me happy to see them waking up with excitement about the day ahead. Even if they have concerns, they know they control how they move through the day. "Children will benefit from seeing emotional intention modeled for them. It can help with social interactions, manage hormonal changes caused by puberty, and aid in self-discovery through childhood and adolescence. Additionally, children can be at their best when their parents/caregivers are at their healthiest, so there is a two-fold benefit," Dr. Henry also notes.

This has also allowed us to discuss emotional regulation—or ways to accept what you're experiencing and return to your emotional center. We do this through yoga, deep breathing, and honest conversations about how we're doing. I've let my kids know that if they're somewhere like school or with other family members, it's okay to briefly disengage and take a few deep breaths so they can come back to themselves. This lets them know that the methods we use to create a safe, free space at home can be applied to the outside world.

## WAYS TO SELF-REGULATE



HONEST CONVERSATIONS



DEEP BREATHING



YOGA

The most impactful aspect of practicing emotional intention has come from realizing that its effect can go as deeply as needed. It's a tool that can help me move through daily life while also being a salve that can keep things calm between my husband and me. Most importantly, it can ripple to our babies, who can always benefit from a joyful outlook on their experiences.

[READ FULL ARTICLE](#)



# 7 WAYS TO HELP KIDS CALM DOWN WITHOUT USING A SCREEN

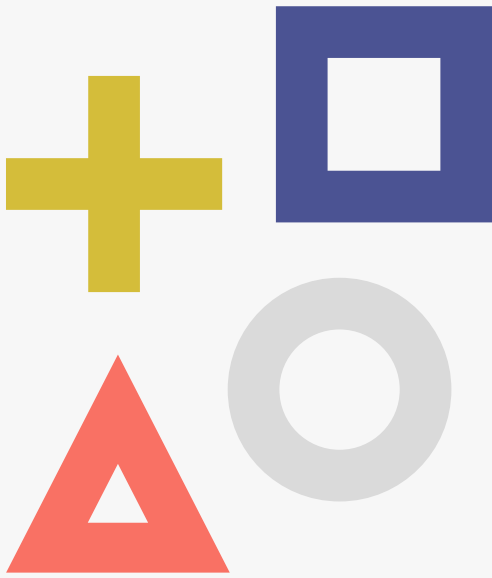
BY BETSY STEPHENS, PARENTS.COM



## THE BEHAVIORAL SCIENTIST SAYS: BE A MIRROR

Here's a technique to keep uneasiness from escalating into a full-blown fit. "When your child shares a frustration, paraphrase it back to her," says Robin Gurwitch, Ph.D., a professor in psychiatry and behavioral sciences at Duke University School of Medicine. Suppose they yell, "The math teacher gave us so much homework!" Instead of saying, "Uh-huh" or "Really," respond with, "Lots of math tonight!"

Follow up with a confidence booster: "You're really good at solving your math problems. And I like how you try when the problems get a bit hard. I'll be here to help if you get stuck." This strategy shows you've acknowledged your child's frustrations, so they won't have to become even more upset or angry to get your attention, says Dr. Gurwitch.



## THE MOM BLOGGER SAYS: PLAY A BRAIN GAME

The next time your child is sobbing so hard that you don't even think they can hear what you're saying, catch their attention by doing something unexpected, suggests Amanda Rueter, a former mental-health counselor who blogs at [Messy Motherhood](#).

"Turn off the lights, jump up and down, or whisper," she says. Now that your kiddo is listening ask them to name five things that are blue or three things they can touch right now. "It'll help him shift from using the emotional part of his brain to the logical area, and he'll start to calm down," Rueter explains.

## THE YOGA INSTRUCTOR SAYS: SEND POSITIVE VIBES

When you notice your baby's lip start to quiver, chanting "om" can help head off the tears, says Shakta Khalsa, founder of Radiant Child Yoga. Do it as you make eye contact and rock your baby back and forth. Alternatively, you can hold their hands, make gentle circles with their arms, and bask in the benefits of yoga for kids.

The strategy works for older children when you teach them to chant. Chanting is based on the idea that every sound we make carries a vibration affecting a particular area of the body, and "om" resonates in the heart, evoking peaceful feelings, says Khalsa. Scans have shown that the chant also causes areas of the brain associated with emotion to become less active.

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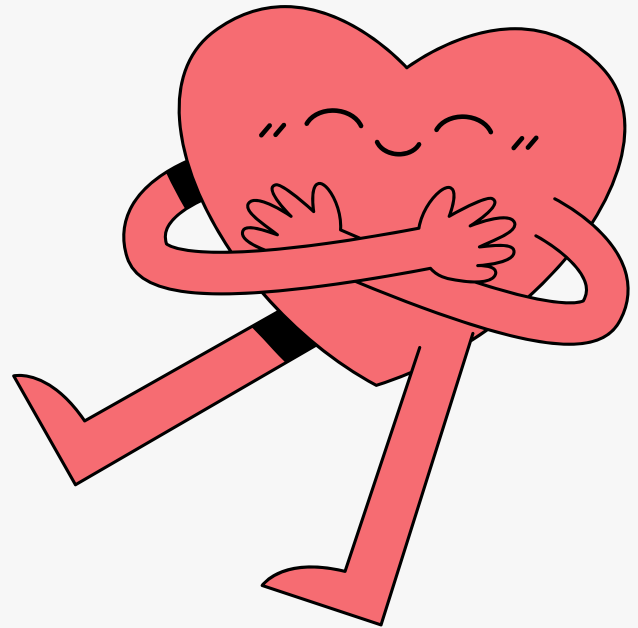
## THE THERAPIST SAYS: GIVE THEM A NEW WAY TO HUG

Hugs from parents are the best. But if your child starts feeling sad or anxious when you're not with them—whether they're at preschool or it's the middle of the night—they might be able to self-soothe with a "butterfly" hug, says Sonja Kromroy, a licensed therapist specializing in anxiety and trauma at Wild Tree Wellness, in St. Paul.

Ask your child to pretend they are blowing out candles several times. Then, have them cross their arms in front of their chest as if hugging themselves, with their fingertips resting just under their collarbones and pointing up toward their neck. Help them interlock their thumbs to make the body of the butterfly.

## THE YOGA INSTRUCTOR ALSO SAYS: BREATHE WITH THE BELLY

When your child is frustrated, you might tell them to take a deep breath. But do they know what that means? Teach your child one of the methods for "belly breathing," and you can remind them to do it when they are feeling emotional—and, hopefully, it'll become second nature.



Then, have them close their eyes and flutter their fingers—slowly tapping, alternating right to left six to eight times—while taking slow breaths. Your child can repeat the process until they feel better.

"The slow right-left stimulation helps strengthen networks in the brain that reduce emotional distress," explains Kromroy. While the technique originated over 30 years ago, this newer variation has been used to calm children traumatized by a hurricane.

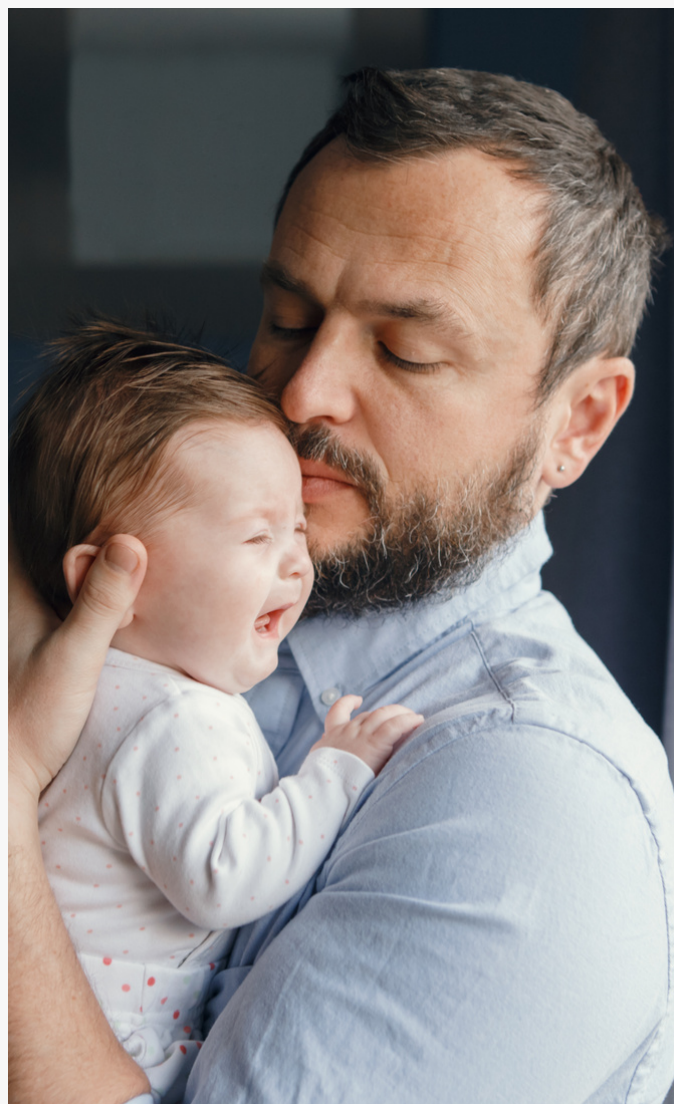
If you have a toddler, hold up one finger and ask them to imagine that they're taking a deep breath and blowing bubbles. When they are a little older, tell them to pretend their belly is a balloon and they need to breathe through their nose to fill it with air. You'll know your child is doing it right if you see their belly expand. If this doesn't work, have them raise their arms to make a big circle over their head as if they're the balloon, and they need to breathe in until it's "full." Then, they can "pop" it by clapping to let the air out.

## THE ACUPUNCTURIST SAYS: PRESS YOUR BABY'S CALM SPOT

If your child is still fussy after you pick them up, soothe them with an acupressure technique used in the neonatal intensive-care unit (NICU) and emergency department, suggests Alyssa Johnson, who has treated patients at Primary Children's Hospital in Salt Lake City.

Follow the curve around the top of your baby's ear with your finger until you feel an indentation. Then, gently rub that spot (a pressure point) in small, circular motions for five to 10 seconds. Next, go to the inner crease of their elbow and slide your finger to the edge closest to their body. Gently rub that pressure point for 10 to 15 seconds.

Alternate between ear and elbow on both sides until they settle down. Johnson notes that this is thought to clear blockages in "energy channels" and release feel-good endorphins.



## THE PSYCHOLOGIST SAYS: COOL THEM OFF

A gentle splash of water may help your baby or toddler keep cool, says Ilana Luft, Ph.D., a clinical psychologist at St. Louis Children's Hospital. Dr. Luft suggests applying a cold, wet washcloth or dipping your fingers in cold water and gently touching your face. Cooling their body's temperature can slow their heart rate and help calm their breathing.



[READ FULL ARTICLE](#)

# A PARENT'S FIRST AID GUIDE FOR TREATING COMMON KID INJURIES



STACEY COLINO AND CLAIRE MCCARTHY, M.D.  
PARENTS.COM



## A BUMPED HEAD

According to the American Academy of Pediatrics (AAP), most head injuries are minor and do not result in serious problems. But knowing what to do and what to look out for can make all the difference. When your child bumps their head, do the following:

If your child seems like their usual self, watch them for changes in symptoms or behavior. "Rest is part of the treatment for a concussion, and most young children will need some after even a minor head injury," says Ethan Wiener, MD, director of the division of pediatric emergency medicine at NYU Langone Health in New York City.

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*Watch for signs of concussion.*



*Wrap an ice pack or a bag of frozen vegetables in a thin towel and hold it against the area to reduce swelling.*



*You can also offer acetaminophen for pain.*

### WHAT TO AVOID



*Don't give ibuprofen to a child with a head injury. The drug might increase bleeding, which can be dangerous when there's the potential risk (even if it's a super-slight one) of a brain injury.*



## NOSEBLEEDS

According to the AAP, nosebleeds are extremely common and do not indicate anything abnormal or dangerous.<sup>3</sup> Still, the amount of blood that spontaneously flows from your child's nose can be alarming, to say the least!

"You need to do this for longer than you think, so set a phone timer," suggests Christopher Hogrefe, MD, emergency medicine clinical associate professor at the University of Iowa Carver College of Medicine in Iowa City. An hour or so after the nosebleed stops and a clot forms, you can dab Vaseline inside the nostril to keep it moist.



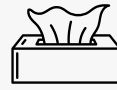
## MINOR BURNS

Burns occur in different severities: First-degree (skin reddens but doesn't blister), second-degree (skin reddens and blisters), and third-degree (skin is charred and irreversibly damaged).

According to the AAP, most mild, blistering burns can be cared for at home. To treat a minor burn, follow these steps:



*Have your kid tilt their head forward slightly.*



*Use a towel or a wad of tissue to pinch their nose tightly just below the nasal bone.*



*Hold this position for 10 to 15 minutes to stop the bleeding. Be patient!*

### WHAT TO AVOID



*Don't allow your child to lean back. If they do, blood could go down their throat and into their stomach, making them throw up.*

*Also, discourage them from blowing their nose for several hours, as even a short, gentle blow can trigger the bleeding again.*

*Finally, don't stuff tissue or cotton up their nostril; putting any object up a nose is never safe.*



*Hold the area under a cool tap for five minutes to cool the skin, ease pain, and halt inflammation.*



*Cover the burn with a clean bandage.*



*Protect the burn by washing with soap and water, but no ointments.*

## WHEN TO GET HELP

When to get help

Get medical help in the following situations:

- Your child's skin looks very angry, splotchy, wet, or waxy, or if they can't move it
- Your child has a chemical burn (for example, from getting bleach or drain cleaner on their skin)
- If a burn is the size of their palm or larger
- If it's on their face, ears, hands, genitals, or feet
- If it extends around their wrist or the circumference of another extremity.

These symptoms indicate severe burns that require prompt medical attention.

## CUTS

Cuts and scrapes are part of being a kid. Kids are adventurous, active, and prone to tumble while they play. This often results in abrasions from their skin sliding over dirt or concrete.

Dr. Hogrefe says that if you see blood through the bandage, apply direct pressure for 15 minutes and elevate the injured area above the heart to stop the bleeding.



### WHAT TO AVOID

*Don't clean a bad cut with alcohol, hydrogen peroxide, or Betadine (an antiseptic). Alcohol stings like mad (which makes for an unhappy kiddo), and hydrogen peroxide and Betadine can damage skin, preventing healing.*



### WHAT TO AVOID

*When treating burns at home, avoid the following:*

- *Using butter, grease, or other "home remedies"*
- *Using ice on a burn*
- *Rubbing a burn*

*Doing any of these things could cause more pain, delay healing, or damage the skin further.*



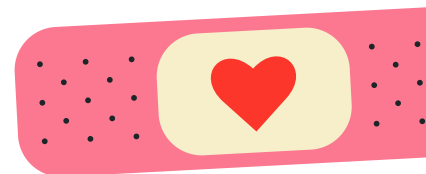
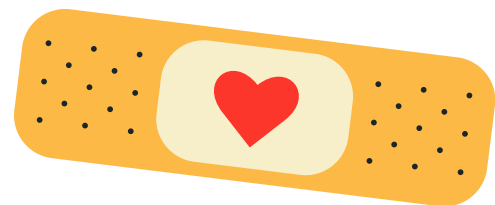
*Apply direct pressure with clean gauze for five to 10 minutes to help the bleeding stop.*



*Flush the wound with tap water and soap for five minutes.*



*Dab on an antibiotic ointment and put on a bandage.*



## TWISTED ANKLE

Kids' gregarious activity levels mean they sometimes twist and injure their ankles. Medically, this is called a sprain. It occurs when your child stretches the ligaments in their ankles too far.

Have your child lie down and elevate their injured ankle above the level of their heart with an ice pack draped over it, Dr. Carius says. Over the next 48 hours, apply ice to the area for 15 minutes every hour.

Wrap a bandage around the ankle to help prevent swelling. Ibuprofen can also help reduce pain and swelling.



*Have your kid tilt their head forward slightly.*



*Use a towel or a wad of tissue to pinch their nose tightly just below the nasal bone.*



*Hold this position for 10 to 15 minutes to stop the bleeding. Be patient!*

### WHAT TO AVOID



*Don't apply a heating pad or let them soak their foot in a warm tub for the first 48 hours. Heat can increase swelling and pain—not what you want!*

### WHEN TO GET HELP

*Sometimes, twisted ankles need more than at-home care. Go to the ER or an urgent care center if your child can't bear weight on the injured ankle or if it looks deformed. These are signs that it may be broken or dislocated rather than just sprained.*

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# CHOKING

Choking is scary, and when it happens to your child, it's natural to feel a surge of panic. But try your hardest to stay calm so you can evaluate the situation and help your kid through it. Chances are, they will get through it with little assistance.

First, keep talking. If your child can answer you with simple sounds, their airway is clear, says Mark Morocco, MD, clinical professor of emergency medicine at the Ronald Reagan UCLA Medical Center.

If they can't respond, get someone to call 911 or dial it yourself and put the phone on speaker. According to Stanford Medicine, Children's Health, the following are the steps for the Heimlich maneuver in kids ages 1-8.

## WHAT TO AVOID



*Don't respond aggressively. Dr. Carius says if your child is coughing but can talk, let them cough up the item. Resist the urge to put your fingers in their mouth or throat.*

*Stand behind your child.*

*Wrap your arms around their waist.*

*Make a fist, and place the thumb side of your fist against their upper abdomen (just below their rib cage and above their belly button).*

*Now, grasp your fist with your other hand.*

*Perform quick, upward thrusts until the item is expelled.*

*If your child is a baby under 1, pick them up and place them face down on your forearm. Then, use the heel of your hand to deliver five firm back blows between their shoulder blades.*

## WHEN TO GET HELP

*If their breathing seems strange, or they can't speak normally after the episode, you should take them to the ER. Always call 911 if your child becomes unresponsive or you need to perform the Heimlich maneuver.*

## GET CPR TRAINING

*Consider taking a CPR course if you don't know what to do when your child is choking or stops breathing. You can sign up for in-person or online classes and get the skills to help you prepare for an emergency.*

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# BROKEN BONES

Broken bones always require emergency medical attention. But knowing what to do before you get to the hospital or urgent care is good.

It's not always easy to tell if your child has a fracture. You should suspect a break if there is a lot of swelling and your child can not move or put pressure on the limb. However, sometimes, kids with broken bones can still move the limb.

If there is a lot of pain or you suspect a broken bone, contact a health care provider or go to urgent care right away.

## WHAT TO AVOID



*If you can see bone coming through the skin, do not attempt to move your child or push the bone back inside. This could be very painful, complicate the matter, and lead to infection. Instead, call 911 and provide comfort until the ambulance arrives.*

## WHEN TO GET HELP

*Fractures always require medical attention. So, whenever you suspect a broken bone, always take your child to an urgent care or emergency room or call an ambulance.*

*Keep the limb still with an improvised sling.*

*Don't give anything by mouth for pain relief unless a health care provider tells you to (they may need light sedation at the hospital).*

*Use an ice pack to help with pain (unless your child is an infant or toddler).*

*If the broken limb is a leg, don't try to move your child yourself; call 911 and let paramedics safely move them.*

*If part of the bone protrudes, apply pressure and cover with a clean, sterile gauze.*



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# POISONING

Poisoning, especially with small children, is a big risk because young kids are curious and put everything in their mouths. The best way to prevent poisoning is to ensure kids can't get into things they're not supposed to by keeping medicines and cleaning products out of reach and behind childproof doors.

If you suspect your child has ingested something poisonous, the AAP suggests calling 911 if your child loses consciousness, has trouble breathing, or convulses. Otherwise, contact poison control. They will advise you based on the situation.

## WHAT TO AVOID



*Do not induce vomiting or give syrup of ipecac. That's because, in some cases, certain substances can cause more gastrointestinal or airway injury when you vomit.*

## WHEN TO GET HELP

*Poisoning is complicated, with different treatments depending on the substance. So, whenever your child ingests or is exposed to poison, always contact a health care provider for guidance.*

*If your child swallowed something, take the remaining item(s) away and have them spit out what's in their mouth.*

*If they swallowed a battery, call 911 or go to the ER.*

*If the poison is on their skin, remove their clothes and rinse their skin with lukewarm water for at least 15 minutes.*

*If it's in their eyes, flush their eyes with water for 15 minutes, aiming for the inner corner.*

*If they inhale poisonous fumes, get to fresh air immediately and start CPR if they stop breathing.*



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# ALLERGIC REACTIONS

Allergic reactions can happen for a variety of reasons. It could be from something your child ate, being stung by a bee, coming in contact with a plant, or petting a dog or cat. Whatever the cause, knowing what to do if your child develops an allergic reaction is good.

Common allergy symptoms in kids are usually more of a nuisance than an emergency. If your child has a benign allergic reaction, they may sneeze, have a runny nose, or have a rash. You can treat mild allergies at home with over-the-counter (OTC) antihistamines or creams.

However, some allergic reactions are severe—this is called anaphylaxis.

## WHEN TO GET HELP

*Even with mild allergic reactions, seeing a health care provider is a good idea. They can help diagnose precisely what is causing the allergy so you can help your child avoid the allergens. They will also help you develop a plan for managing their allergies.*

*Severe allergic reactions require prompt medical attention. If your child has anaphylaxis symptoms, call 911 right away.*

- Wheezing
- Coughing
- Difficulty breathing or swallowing
- Hives
- Skin that turns pale or blue
- Lip or tongue swelling
- Nasal symptoms, like sneezing and runny nose
- Hoarseness
- Weak pulse
- Vomiting
- Diarrhea
- Dizziness or fainting
- A feeling of impending doom
- Confusion or agitation

## WHAT TO AVOID



*If your child has a severe allergic reaction, don't treat it alone at home. Anaphylaxis is life-threatening. Even if you used an epi-pen successfully, still take your child in to be seen.*



[READ FULL ARTICLE](#)



# A MODEL SOLUTION

*TO A NATIONAL PROBLEM*

*Our mission is to prevent substance use disorders, build strong families, and empower the Martinsburg community through police, school, community, health, and education partnerships.*

1

### **Increase awareness**

of how to prevent substance use disorder through community empowerment.

2

### **Mitigate negative consequences**

Resulting from substance misuse or trauma through community interventions, medication overdose.

3

### **Identify, risk stratify and offer appropriate interventions**

for individuals experiencing risk factors of trauma or substance misuse.

4

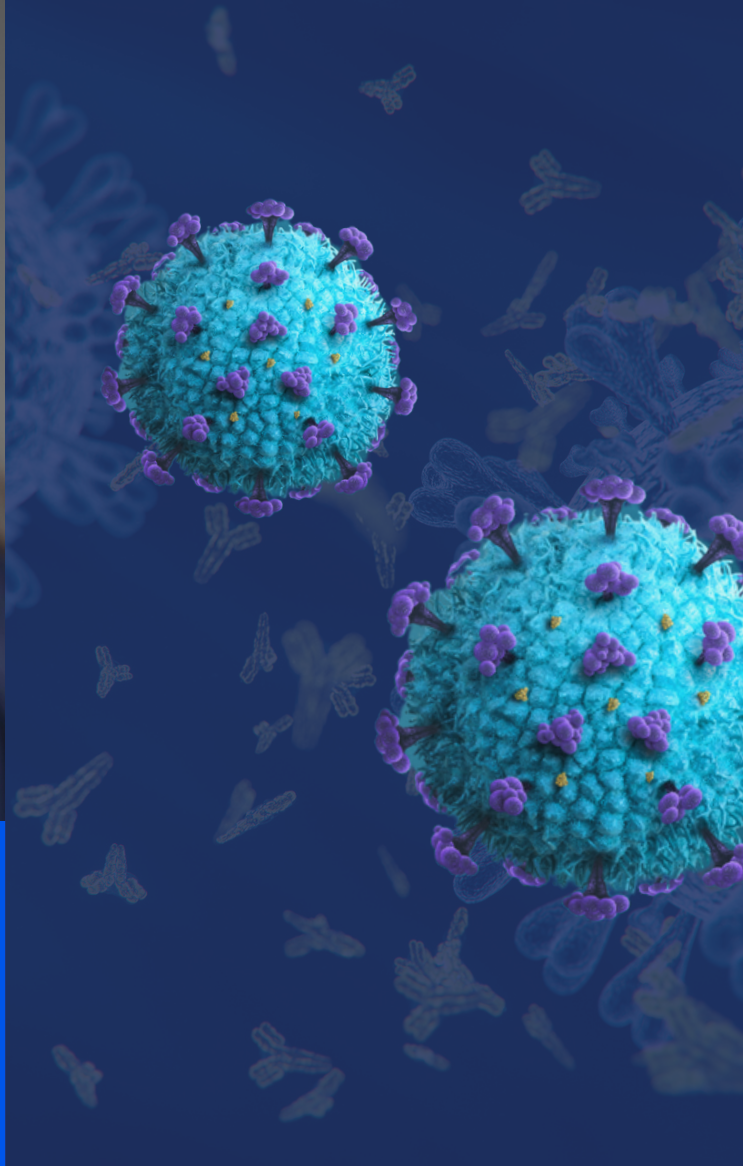
### **Evaluate and report performance.**



THE  
**MARTINSBURG**  
INITIATIVE

A POLICE, SCHOOL, COMMUNITY PARTNERSHIP



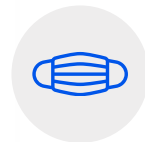


# COVID IS STILL ALIVE AND WELL.

Protect yourself  
and others.



GET YOUR VACCINE



WEAR A MASK



WASH YOUR HANDS



West Virginia  
Immunization Network

A PROGRAM OF The Center for Rural Health Development





# It's a family affair.

*Get your family and friends vaccinated for COVID-19, Flu, Pneumonia, Meningitis, Shingles, and mpox.*

Everyone 6 months and older should get a COVID-19 vaccine.

All adults need an annual flu vaccine.

1 in 3 will develop shingles in their lifetime, but vaccines can reduce the risk

CDC recommends meningitis vaccines for all preteens and teens.

Children under 2 and adults over 65 are most at risk for pneumonia.

People at risk of mpox should get both doses of the vaccine to get the most protection against infection.



Community  
Education  
Group

Join our list for updates.



[vaccines.gov](https://www.vaccines.gov)

1 (833) 734-0965

#BoostUp!

# STRONGER TOGETHER

 [themartinsburginitiative.com](http://themartinsburginitiative.com)

515 W. Martin Street, Martinsburg,  
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