



Helping Hands for Families

Password Protect Your Kids

Jayne Schenk, Health Director

Now that the school year is in full swing, it is important to talk to your kids about Stranger Danger and how to keep themselves safe. Though not very common, children are sometimes the target of adults who intend to abduct them or do them harm.

These people often have convincing reasons why that child should come with them. For example: "Your mom said she is going to be late from work and sent me" or "I am a good friend of your grandma."

Most children are trusting of adults and would be inclined to believe this "well meaning" person. For that reason, **memorize a PASSWORD with your child.** This code word should be unique, but easy for the child to remember. It should only be shared with those you can fully trust and rely on to keep your child safe.

Explain to your child that they should only accept a ride from those who have been trusted with the word, even if it is someone they know. If anyone tries to persuade your child to come with them, but they do not know the password, be sure your child knows to run to a safe place and get help.



YELL, RUN, TELL!

Dave Pepler, Counselor

Active kids want to explore their world to find out what is in it. This is a good thing, and when kids explore, we want them to do it as safely as possible.

It is important to help our kids understand what they are capable of doing to keep themselves safe, even at a very young age. It is especially true if their safety is threatened by another person.

Having worked with kids for many years, I am sure of a few things: **Kids can YELL loudly, they can RUN fast, and when they think someone is wronging them, they know how to TELL.** These natural traits are useful for their safety as well.

For the most part, our towns and villages are safe places where people respect and look out for each other. Once in a while though, a person with harmful intentions towards kids may cleverly try to do something.

If this should happen, we all want young ones to be as prepared as possible to protect themselves.

Please take a few minutes to practice YELL, RUN, TELL with your child. Their chances for avoiding harm increase greatly.

Yell, Run, Tell is a simple way that kids can use for personal safety and your peace of mind.

Marquette County Family Connections Coalition

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Marquette County Health Department
608-297-3135

Marquette Early Learning Center & Head Start
608-296-2141 x 2114

Marquette County UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County Economic Support
608-297-3124

WorkSmart Employment & Training Services
608-355-4806

Westfield School District Family/School Liaison & Guidance Program
608-296-2141

Montello School District
608-297-7617

Mission

The Marquette County Family Connections Coalition (FCC) mission is to link families with community agencies through communication and collaboration.

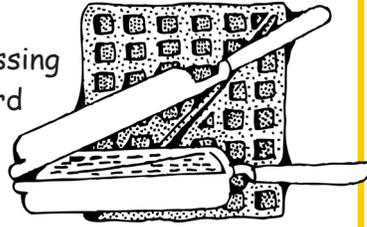


Waffle-Wiches

A fun way to grill sandwiches!

Ingredients:

- 1/4 cup low fat salad dressing
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 4 thin slices cheddar, Colby, Swiss or mozzarella cheese
- 4 slices (about 1/4 pound) deli turkey, ham or roast beef
- 8 slices whole wheat sandwich bread



Directions:

Remember to wash your hands!

1. Spray waffle iron with cooking spray and heat.
2. Combine salad dressing, mustard and honey in a small bowl.
3. Spread dressing on one side of each slice of bread.
4. Divide meat and cheese and place on dressing side of bread.
5. Top each with another slice of bread to make 4 sandwiches.
6. Place 1 sandwich in middle of heated waffle iron.
7. Bake for 2 to 3 minutes or until sandwich is golden brown and cheese is melted.
8. Repeat with other sandwiches.

Makes 4 two-slice sandwiches.

Source: <http://www.kidsacookin.ksu.edu>

Free or Reduced Price School Meals

Are you eligible?

Families with school age children who receive benefits through Food Share, the W2 Program, or in cases where a child has been placed in foster care, may qualify for free or reduced price school meals.

This is an excellent opportunity for kids to start the school day with a nutritious breakfast and keep going with a balanced lunch. It can also help ease pressure on the family budget!



Find the application on the Montello and Westfield School websites under "Food Service." A paper application can also be completed, just ask the school office for it.

Check Children's Vaccine Records

Rachel Schackow, Public Health Nurse

Getting all recommended vaccines is one of the most important things a parent can do to protect children's health, especially when kids are in a setting like a school or a child care center where disease outbreaks can occur.

Whether it is a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school - or even a college freshman - parents should check their child's vaccine records.

Vaccines Protect All Children

Vaccines give parents safe, proven power to protect their children from serious diseases and potentially life-threatening diseases such as polio, measles, whooping cough and chickenpox.

There are many important reasons to make sure your child is vaccinated:

HUG ME!



- Immunizations can protect your child from 14 serious diseases before they turn 2 years old.
- Vaccines are very safe and effective.
- Immunizations can protect others you care about.
- Immunization can save your family time and money.
- Immunization protects future generations by reducing the prevalence of serious diseases.

When children are not vaccinated, they are at increased risk and can spread diseases to others in their family and community, including babies who are too young to be fully vaccinated, and people with weakened immune systems due to cancer and other health conditions. **You can learn more about the recommended immunization schedule at www.cdc.gov/vaccines/parents or Marquette County Health Department 608-297-3135.** Source: National Public Health Information Coalition and Centers for Disease Control