

# LCBOE Head Start January 2021 Nurse's Notes

## HAPPY NEW YEAR

Happy New Year! First and foremost, we would like to thank you for your support so far this school year. We are still waiting for several health documents to be returned to our office. This health information is important and we would appreciate it if we could get them all in as soon as possible. Reminder letters have gone out for health updates, check your mailbox. If you have any questions, feel free to contact Nurse Robinson at 334-548-2145.



## TIPS

Adequate sleep is critical for healthy development in young children. Good sleep habits correlate with improved attention, better memory retention, more consistent emotional regulation, better listening skills, improved balance and muscle coordination, and better physical health. Inadequate sleep correlates with an increase in injuries, hypertension, obesity and depression, among many other disorders.



## 5 Tips for Teaching Kids About Making Healthy New Year's Resolutions

- Resolve to become a better role model
- Start a new game of good grades for good food
  - Set up non-food rewards
- Set new limits for television viewing, especially of kids' shows
- Resolve to carve out time to enjoy more family dinnertime at home

## *Tips for Avoiding Winter Bugs:*

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- **Get vaccinated against flu**
  - **Wash your hands often**
  - **Limit exposure to infected people**
  - **Keep stress in check**
  - **Eat right**
  - **Sleep right**
  - **Exercise**

# Nurse's Notes

January is Cervical Cancer Awareness Month, a great time to educate yourself about how you can take steps to protect yourself against cervical cancer and human papillomavirus (HPV), an extremely common sexually transmitted infection that causes nearly all cases of cervical cancer. The good news is that, thanks to HPV vaccines and cervical cancer screenings, cervical cancer can often be prevented. HPV vaccines provide strong protection against HPV infection, and routine cervical screenings have significantly cut the number of cervical cancer cases and deaths.

### Gynecologic Cancers: Signs and Symptoms

Pay attention to your body. Know what is normal for you.

OVARIAN CANCER	UTERINE CANCER	VULVAR CANCER	VAGINAL CANCER	CERVICAL CANCER
Loss of appetite or feeling full quickly	Postmenopausal bleeding	Constant itching and/or burning of the vulva	Postmenopausal bleeding	Vaginal bleeding not related to your menstrual period
Gas, indigestion, bloating, and nausea	Irregular bleeding between menstrual cycles	Change in skin color of the vulva or skin irritation, such as rash, sores, or warts	Pain or bleeding during intercourse	Postmenopausal bleeding
Frequent urination	Heavier and/or longer menstrual bleeding than normal		Pelvic pain and constipation	Pain or bleeding during intercourse
Pelvic pain or pressure	Pelvic pain		Vaginal mass	Significant watery or foul-smelling discharge

**UAB MEDICINE**

**How to Stay Healthy This Winter**

- Change your toothbrush after a cold
- Moisturize your feet to avoid cracks
- Let your kids get vitamin D when it's sunny outside
- Avoid dehydration by drinking plenty of water
- Eat fibers like apple, nuts and oats
- Slip zinc into your yogurt

