



Talking Tazewell

AOK Connection



Depression

It's normal for kids to feel sad, down, or irritated, or to be in bad moods from time to time. But when negative feelings and thoughts linger for a long time and limit a child's ability to function normally, it might be depression. Depression can interfere with energy, concentration, sleep, and appetite. Kids with depression may lose interest in activities and schoolwork, seem tired, give up easily, or withdraw from friends or family.

Depression can get better with the right attention and care. But problems can also continue or get worse if they are not treated.

If you think your child might be depressed, here are some things that you can do:

- ◇ **Talk with your child**— Listen, offer your support, and show love.
- ◇ **Schedule a visit to your child's pediatrician**—A full exam lets the doctor check your child for other health conditions that could cause depression-like symptoms.
- ◇ **Contact a mental health specialist**—A child or adolescent psychiatrist or psychologist can evaluate your child and recommend treatment.
- ◇ **Enjoy time together**—Spend time with your child doing things you both can enjoy.
- ◇ **Be patient and kind**—Try to stay patient and understanding. A positive relationship with a parent helps strengthen a child's resilience against depression.

<https://kidshealth.org/en/parents/understanding-depression.html>

AOK Spotlight Agency



igrow connects families to resources that build strong foundations for education, strengthen family connections in the home, and grow healthy relationships in the community.

igrow pairs families with a home-visitor based on each family's needs and schedules. Our home visitors work with parents on practical parenting skills as well as family bonding before birth and as children grow up.

Home visitors can:

- Serve as the family's main point of contact.
- Ease the anxiety that every parent feels.
- Answer questions about feeding and sleeping habits.
- Provide parenting tips that match your child's needs.
- Show you activities to help your child develop and grow.

For more information,
contact (309) 687-7615 or go to
<http://www.igrowcentralil.org/>

"A little consideration, a little thought for others, makes all the difference." ~ Winnie the Pooh

Survey Time



The Tazewell County All Our Kids Network (AOK) is conducting a survey to understand smoking behaviors during pregnancy. Your input is very important. The survey is open to any woman who lives in Peoria, Tazewell or Woodford and is pregnant or has had a baby within the last 5 years. Complete the survey for a chance to win a \$30 gas card.

<https://www.surveymonkey.com/r/HB27LZ8>

AOK Lunch & Learn Workshops

Workshop series focused on diverse behavioral health topics. Cost is FREE and lunch is included. **Registration is required.** Lunch will be served 11:00am—11:30am. Workshops are from 11:30am—1:30pm.

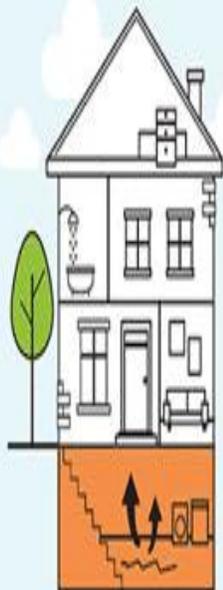
Jan. 18, 2019 Wounded Places- Confronting Childhood PTSD in America's Shell Shocked Cities (video & discussion)
Presenter: Julie Herzog (TCHD / All Our Kids Network)
Location: Pekin Public Library
301 S. 4th Street
Pekin, IL 61554

Mar. 15, 2019 Adverse Childhood Experiences (ACES)
Presenter: Kristin Kaufman (Prevent Child Abuse of IL)
Location: Tazewell Woodford Head Start
233 Leadley Avenue
East Peoria, IL 61611

To register or for more information, contact Jill.mcclintock@uhsinc.com or (309) 221-9871. Space is limited. CEU's are provided upon request. Workshops are sponsored by the All Our Kids Network, Lincoln Prairie Behavioral Health Center and the Tazewell County Health Department.

Protect Your Family from Radon

Radon is a gas that you can't see, smell, or taste – but it can be dangerous. It's the second leading cause of lung cancer in the U.S.



Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

FREE Radon Prize Packs to the first 20 people who contact TCHD Environmental Health Division.

Radon-related lung cancers are responsible for an estimated 21,000 deaths annually in the United States. As many as 1,160 Illinois citizens are at risk of developing radon-related lung cancer each year, according to the Illinois Emergency Management Agency (IEMA) and EPA. Approximately one in two homes tested in Illinois (45 percent of homes) have radon at or above levels the EPA action level of 4 pCi/L. (Source: IEMA).

Environmental Health is giving away 20 radon prize packs which includes a free shirt, pencil, and radon test kit. This offer is good to the first 20 people who ask us about radon. Be sure to include your contact information!

Phone: (309) 929-0272

Email: eh@tchd.net

Mail: Tazewell County Health Department
21306 IL Rt. 9, Tremont, IL 61568