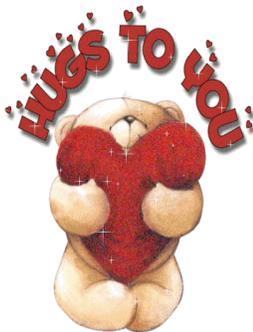




Talking Tazewell

AOK Connection



Quality Time With Your Child

The National Association for the Education of Young Children (NAEYC) report states, “Young children do best—now and later—when they are nurtured in a tightly woven web of love”. Meaningful connections are about quality of time, not quantity of time. Keep it simple and connect with your child in ways that make sense for your lifestyle and relationship.

Seven Tips for Busy Families

- * **Have a daily “connect time with your child”-** Do this face-to-face, if possible; but if this isn’t an option, create a routine for doing so in other ways, such as leaving a note in your child’s bag or writing a note by his toothbrush.
- * **Create a special ritual for you and your child**—something that can be done every day. For example, let your child choose and read one book with you at bedtime.
- * **Turn off technology when you spend time with your child**—Try not to text, answer calls, scroll through social media, or watch television.
- * **Tell your child you love her every day**—Tell her how important she is to you and how she makes you feel.
- * **Laugh and be silly with your child**—take time to enjoy the moment.
- * **Make and eat meals with your children whenever possible**—If time is limited, look for simple meals that require very little preparation, or grab a healthy snack, sit for a few minutes and chat with your child.
- * **Schedule time for activity of your child’s choosing**— Be sure to follow through and complete the activity without any distraction.

<https://www.naeyc.org/our-work/families/spending-quality-time-with-your-child>

What does AOK do?

AOK members are working together to ensure babies are born healthy, more children remain healthy, more children enter school ready to learn, and more parents/caregivers are leaders in their families and the community.

AOK Organizations

CASA of the 10th Judicial Circuit
 Center for Prevention of Abuse
 Center for Youth & Family Solutions
 Child & Family Connections #14
 Children’s Home Assoc. of IL
 Crittenton Centers
 Dept. Of Children & Family Services
 Easterseals
 Erickson Institute
 Faith Lutheran Child Care Center
 Good Beginnings / CHAIL
 Heartland Health Services
 Hult Center for Healthy Living
 iGrow Coordinated Intake
 Lincoln Prairie Behavioral Health Ctr.
 Marquette Heights District 102
 OSF IL Neurological Institute
 Pekin District 108
 Peoria County Bright Futures
 Prevent Child Abuse of IL
 Safe Families for Children
 SAL Child Care Connection
 Skip-A-Long Home Childcare Network
 Tazewell Cnty. Children’s Advocacy
 Tazewell Cnty. Health Department
 Tazewell Cnty. Sheriff Office
 Tazewell Mason Counties Special
 Education Association
 Tazewell Woodford Head Start
 Tazwood Center for Wellness
 Tazwood Community Services
 UIC Specialized Care for Children
 University of IL Extension

Newborn-2 years

Effective Jan. 1, 2019, Illinois law will require children under age 2 to be properly secured in a rear-facing child restraint system unless they weigh more than 40 pounds or are more than 40 inches tall. Children must remain rear-facing until age 2.

- * Never install a rear-facing safety seat in front of an active airbag.
- * Follow the recline indicator for rear-facing installation.
- * The child's head may need at least 1 inch or more below the top of the safety seat when rear-facing.
- * Use the harness straps/slots at or below shoulder level when rear-facing.
- * Harness straps must be snug on the child; the harness clip should be at armpit level.

<https://www.cyberdriveillinois.com/departments/drivers/childsafety.html>

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 begin immediately after and are 1.5 to 2 hours in length.

January 18, 2019

Raising of America / Wounded Places and Toxic Stress

Video showing and group discussion
Presenter: Julie Herzog (Tazewell County Health Depart.)
Location: Fondulac Bank
201 Clock Tower Drive, East Peoria, IL 61611

March 15, 2019

ACES: Adverse Childhood Experiences

Presenter: Kristen Kaufman (Prevent Child Abuse of IL)
Location: Tazewell Woodford Head Start (Lower level)
233 Leadley Avenue, East Peoria, IL 61611

May 17, 2019

Concussions & Brain Injury

Presenters: Jenna N. Ford APN (OSF Healthcare)
Michele R. Verda PhD (OSF Healthcare)
Location: OSF Jump Trading Simulation & Education Center
1306 N. Berkeley Avenue, Peoria, IL 61603

For more information, contact jill.mcclintock@uhsinc.com or (309) 221-9871.

Workshops sponsored by the All Our Kids Network, Lincoln Prairie Behavioral Health, and the Tazewell County Health Department.

#HandwashingHeroes Campaign



Germs are all around us—they lurk on our clothes, our food, the items we touch, and especially on our hands and bodies. Washing hands with soap and water is the best way to reduce the number of germs, helping keep us safe from illness. You can play a role in encouraging your community to make handwashing a habit by just sharing one social media post on your Instagram, Twitter, or Facebook page.

Remember these key times to wash hands:

- ◆ Before, during, and after preparing food
- ◆ After using the toilet
- ◆ After blowing your nose, coughing, or sneezing.

<https://www.cdc.gov/handwashing/heroes.html>

JANUARY IS CERVICAL CANCER AWARENESS MONTH



There are simple steps to prevent cervical cancer:

VACCINATE EARLY -
It is recommended that girls be vaccinated at 11-12 years. The vaccine produces a stronger immune response when taken during the preteen years, but young women can be vaccinated through age 26.

SCREEN REGULARLY -
Women should start with a Pap test at age 21 and should be co-tested with a Pap and an HPV test starting at age 30. A healthcare provider will offer advice on how often a woman should be screened.

FREE health screens for women ages 21-64 living in Marshall, Peoria, Tazewell and Woodford county.
Must meet eligibility requirements.
Call 866-925-5511, ext. 5324

Funding provided by Illinois Department of Public Health.



12/2018