HOME VISITATION

FEBRUARY - APRIL

SAY HELLO TO OUR NEWEST STAFF MEMBER!



My name is Rachel
Simmons and I
have been a
Parent Educator at
CSS for 5 months
now. I grew up on
the Oregon Coast
and have a deep
love for nature
and outdoor
activities. I also
have a love of
travel and culture,
and one of my
favorite places to

visit is my mother's homeland of Mexico. Before CSS, I finished with my Bachelor's degree in Sociology at BYU. Although this is my first job in child development, I have worked in the past as a mentor and counselor to teenagers and children in therapeutic settings. I love CSS and look forward to learning and growing from each interaction with those we serve.

THIS ISSUE

SAY HELLO TO OUR NEWEST STAFF MEMBER

LUNG HEALTH

EMERGENCY Preparedness

> STAYING ACTIVE IN THE COLD

GROUP CONNECTIONS

Development & Sensory Games

CSS Office, 12pm-4pm

MARCH 7 How women can Invest in their Future Webinar 12pm-1pm

APRIL 3 Book Baby Chapman Library, 10am-10:30am

WHY IS THE AIR SO BAD IN SALT LAKE?

Cold air is denser and moves slower than warm air. This density means the cold air traps the pollution and also doesn't whisk it away. Air pollution in winter remains in place much longer than normal and therefore is breathed in at a higher rate than during the warmer seasons. This coupled with the high mountains that trap the air, makes the air hang around that much longer.

WHY POLLUTION IS BAD FOR US

- Particulate matter (PM2.5) is the main cause for respiratory irritation during inversions.
 - The 2.5 refers to the particles' size in micrometers, fine enough to infiltrate our lungs
- Poor air quality is especially hard for people with health conditions, such as heart or lung disease, as well as children, infants, and the elderly

LUNG HEALTH AND WHAT YOU CAN DO

It can be scary hearing about pollution and how bad it can be for your health. While it is something that can have serious health affects, there are things you can do to help mitigate this and stay healthy. Below is a list of things you can do to keep you and your family safe

- Check air quality levels every day (especially when the sky is particularly foggy or hazy)
 - Sources include local radio and TV/Weather Reports
- Avoid exercising outdoors on days when inversion rates are at their worst
 - Working out indoors at home or a rec center allows you to breath cleaner air
- · Limit your children's outdoor playtime
 - Finding ways to engage in fun activities at a local rec center or at home can help get their energy out without exposing them to unsafe air

WAYS YOU CAN HELP

- Limit wood burning fireplace use. Studies show that burning wood emits thousands of times more particulate matter than natural gas
- Avoid driving on peak inversion days
 - Carpool with family or coworkers
 - Use TRAX or the bus
- Review your community's air pollution plans and follow recommended guidelines

DO YOU KNOW WHAT TO DO IN AN EMERGENCY?

Winter can be a fun and exciting time of year filled with lots of winter sports and cozy nights in. Sometimes it's easy to forget that it can also be a dangerous time. Taking the time to make sure you and your loved ones know what to do during an emergency can save lives.

DRIVING IN BAD WEATHER

If you've lived in Utah during the winter you know that at any moment the weather can take a turn for the worst. Ensuring your vehicle is equipped to handle the roads is key in staying safe. Below is a list of helpful items to keep in your car to help make sure you're taken care of if you get caught in a snow storm.

- Extra phone charger
- Extra water and snacks
- Flashlight
- Boots, mittens, and warm clothes
- First Aid Kit
- Jumper Cables
- Tire chains
- Flares
- Full tank of gas
- Bag of sand or cat liter
- Shovel and ice scraper
- Tow Rope
- Blanket

WHAT YOU NEED TO KNOW TO KEEP YOU SAFE AT HOME

Sometimes our home can be overlooked when thinking of how to be prepared for an emergency. It can be easy to assume you have everything you need but it never hurts to double check. Check the list below to see if there's anything you may be missing. Some may surprise you!

- Make sure at least one family member knows first aid and CPR
- Have a family communication plan
- Have all family members' and other important phone numbers written down or memorized
- Have an emergency kit and at least three days of food and water
- Ensure all important documents - birth certificates, insurance policies, etc. - are in fire/water proof containe
- Know how to shut off utilities

WHY IT'S SO IMPORTANT TO STAY ACTIVE EVEN WHEN YOU'RE NOT MOTIVATED

Staying active during the colder months can be difficult. The discomfort of being cold often makes it challenges to muster up the motivation to engage in physical activity. Ironically, it's during these moments of low motivation that it's the most crucial to get up and move. If the idea of going outside seems too unappealing, there are numerous familyfriendly activities that can be done indoors to get your body moving. Give these suggestions a try and observe the positive impact on your mood. Consistently staying active can play a significant role in alleviated seasonal affective disorder and also encourage quality time spent together as a family. You won't regret it!

STAYING ACTIVE WHEN IT'S COLD OUTSIDE

OUTSIDE ACTIVITIES

- Walk around the neighborhood with your family
 - Look for certain colored cars or count the light posts you see to help entertain the children
- Go for a hike
- Shovel snow
 - Try making this fun by creating paths for the children (or animals) to run around in
- Build a snowman
- Go sledding
- Ice Skating
- Cross-country skiing
- Snowshoeing
- Have a snowball fight
- Make an igloo and drink hot chocolate in it

INSIDE ACTIVITIES

- Home workout circuit
- Dancing
- Go bowling
- Roller skating
- Trampoline Park
- Yoga or other fun group classes at a local gym or community center
- Stair Climbing
- The Floor is Lava
- Hide and Seek
- Have a nerf gun fight

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