

Preschool trains parents to treat sick kids

Grownups get lesson, prizes

By Sharon Corcoran

The Goodland Star-News
As they scrunched down on the tiny chairs, they probably felt like they were back in preschool.

Nonetheless, about 30 parents, some with children in tow, gathered in the Head Start preschool building to learn how to treat a sick child at home.

Corry Dudley, a teacher's aide at the school, talked Wednesday, Oct. 18, showing parents how to use the table of contents and the picture in the front of the book "What to Do When Your Child Gets Sick" to find information on a particular problem.

Dudley asked the parents to use the picture to find the chapter on earaches. A line pointing to the ear directed them to page 46. She asked the parents to turn to that page and look at the information in the chapter. She did the same using the table of contents to find "sore throat."

The book lists some over-the-counter medications you can give kids, Dudley said, and some you shouldn't, for example, aspirin, which can cause problems for children. The book tells parents how to check a child's temperature, she said, and lists signs that a child is sick.

If a baby has a cold or flu, Dudley said, the parents should raise his head by raising the mattress, but you don't put a pillow in a baby's bed.

Other points Dudley brought out included what to do if a child has something stuck in his nose, what to do in case of choking or if a child swallows something he shouldn't.

In the chapter about "poison," she noted, it says if the child is having



Corry Dudley, a teacher's aide (right) at the Head Start preschool, showed parents how to look up information in the book, "What to Do When Your Child Gets Sick," at a training session Wednesday, Oct. 18. Parents started looking at the book while they waited for the session to start.

Photos by Sharon Corcoran/The Goodland Star-News

trouble breathing or you can't wake the child, go to the emergency room immediately. Otherwise, she said, call poison control.

A chapter about "choking" recommends prevention. Don't give smaller children M&Ms, peanuts, or other small, hard food items, Dudley said, check toys for small parts that can come off and don't let children run with food in their mouths.

Each chapter has four sections, she said, "What is it? What do I see? When to call a doctor or nurse? and else should you know?"

Make this book your own, she urged parents, pointing out that it has a section to record phone numbers of doctors, nurses, etc., and room to make notes on the child, such as allergies. It is a good thing for a day care provider to have, she

said.

The book, is by Gloria Gilbert Mayer and Ann Kuklierus, both registered nurses, she said, and the training program was designed by the University of California at Los Angeles and the Johnson & Johnson Health Care Institute.

Each of the parents who attended the session got a copy of the book, a thermometer, a calendar and a tube of toothpaste and dental floss. The calendars were from Wallace County Co-op, Dudley said, and were donated by Rona Langdon; the thermometers from Wal-Mart; and the toothpaste and dental floss from the Northwest Kansas Education Service Center in Oakley. The service center also donated door prizes, she said, which included kids' movies, a picture frame and kids' toothbrushes.



Link found between smoking while pregnant and attention deficit

Attention Deficit Hyperactivity Disorder is a brain disorder, which various estimates say affect between 4 and 12 percent of school-age children, as many as 3.8 million kids.

Children with the disorder often have trouble sitting still and paying attention and act impulsively at home, school and in social settings. Often, they have a low frustration tolerance and may engage in frequent temper outbursts.

The disorder is seen more frequently in boys than in girls. Recent research has established a possible link between mothers smoking while pregnant and children developing the disorder.

According to one on-line journal, "Environmental Health Perspectives," about one-third of attention deficit cases among U.S. children may be linked with tobacco use by the mother while pregnant or to lead exposure during infancy and childhood.

The researchers analyzed data on nearly 4,000 U.S. children ages 4 to 15 who were part of a 1999-2002 government health survey. They asked whether mothers smoked during pregnancy but used blood tests to determine lead exposure.

Children whose mothers smoked during pregnancy were 2.5 times

high plains mental health

- plain sense

more likely to have the disorder than children who were not prenatally exposed to tobacco.

These findings build on previous research linking attention problems

with childhood lead exposure and smoking during pregnancy.

The findings are consistent with a National Academy of Sciences report in 2000 that said about 3 percent of all developmental and neurological disorders in American children are caused by toxic chemicals and other environmental factors, and 25 percent are due to a combination of environmental factors and genetics.

In other words, the environment

children are exposed to both before and after birth has significant long-term health implications.

Although there are still many questions regarding the causes of Attention Deficit Hyperactivity Disorder, these studies clearly demonstrate the importance of good prenatal health and maintaining a home environment free of dangerous substances.

Contributed by Ken Loos, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

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Upcoming

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Honda open house 2x9 in back

A Vote for Chuck Thomas is A Vote for Experience!



Vote
Chuck Thomas,
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on Nov. 7th!

Paid for
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Artists can show at center

Area artists can show and sell their work in December at the Carnegie Arts Center.

Any artist interested in the show can bring the items in during the week beginning Nov. 27. Organizers will have just one day to install the items, Saturday, Dec. 2.

Entries will be accepted in all categories, including watercolor, acrylic, oils, pastels, sculpture, hand-made ceramics and photography. The Goodland Arts Council invites area artists to exhibit their work for display only or for sale.

Artists may bring in as many pieces as they wish, and exhibit organizers will hang or display as many as space permit. Works must be labeled, including name of artist, title of piece, medium and price if it is for sale.

The council will hold a reception for the artists from 1 to 4 p.m. Sunday, Dec. 3, in conjunction with the Holiday Home Tour. Call Tina Goodwin at the center, 890-6442, for information.

matters of record

Sherman County Sheriff

The following worthless checks have been reported to the Sherman County Sheriff.

Oct. 31 — Wal-Mart, 2160 Commerce Road, received a worthless check on April 17, 2005, for \$27.49.

Wal-Mart, 2160 Commerce Road, received a worthless check on Jan. 28, 2005, for \$115.71.

Wal-Mart, 2160 Commerce Road, received a worthless check on Jan. 29, 2005, for \$49.24.

AUCTION

Antique & Personal Property

Sellers: Betty Day, Wade & Diane Heidemann, Tito Ramiro & OTHERS

Saturday, Nov. 4, 2006
VFW Hall, 824 Main, Goodland
9:30 a.m. MT

This will be a large sale with very nice furniture. Plan now to attend a fun auction where everyone has "Satisfaction at the sound of the Gavel"

ANTIQUES: 2 Antique waterfall bedroom sets, beds, dressers, chests; Victrola Cabinet; Oak Buffet, Oak Desk; Dry Sink; Telephone stand; 3 Ant. kitchen cupboards, High boy dresser, Wardrobe, Small secretary desk; Singer sewing machine; Maytag ringer washer, 50's Roadmaster bicycle; Greyhound wagon; Ice saw; Wood rocking horse, Wood nail keg, 50's Magazine rack; 2 US Air Force 40's dresser scarfs; Sad irons; Iron bed; Granite & Porcelain pans; Cabbage Cutter; Several 1 to 5 gal crocks; Crock bowls; Copper Broiler; Tractor Seats; Brann Wringer; Milk & cream cans; Metal toy phone; Toy building blocks; Doll w/ brass head; Trunks & pictures; Zenith Radio; 40's mild bottle caps; Meat Saw, Popcorn popper; Milk bottles; Kerosene lamp; Horse hair coat; Quilts; Cast waffle iron, cake & bunt pans; several more small items. **FURNITURE & HOUSEHOLD:** Lazy Boy corner sofa, hide-a-bed & recliner, very nice; Several end & coffee tables, glass top; 3 nice full sofas; China Hutch; 6 recliners & swivel rockers; Chrome Craft table w/4 chairs; Wood kitchen table w/ 4 chairs & leaves; Portable GE dishwasher, Whirlpool washing machine; Small Whirlpool freezer; Queen BR set w/ dresser, chest, night stand; 2 double beds; 6 dressers; Roll top desk; Cedar chest; 6 portable TVs all are working; Several microwaves & stands; TV carts; Almost new Roll-a way bed; Bookcases; Vacuums; Several entertainment centers; Small drop leaf table w/ 3 chairs; Quilting rack; Trader Jack pine table w/ 6 chairs, matching buffet; 2 Oak night stands. **SPECIAL ITEMS & MIS.:** Suntana Sun System tanning bed; Portable wire dog crate; Little Bissell carpet cleaner; New treadmill; 8' utility table; Shop Vac; Portable air compressor; Oxygen bottle; Chain saw, Tap & die set; Murray mower; Lots of garden tools; Live animal trap; Army cots; HP Pavilion 553W computer w/ monitor, CDR/DVD, Windows XP; 1992 Cornelious IWC 530 Ice maker; Kelvinator Bag Ice storage freezer; area rugs; 6 large boxes of egg crates.

Many more items by sale day. For more information contact Terry Richardson at Homestead Realty & Auction. Visit our website for pictures and receive our free sale bill notification directly to your e-mail.

For details on how to win a **\$100⁰⁰** Christmas Shopping spree, visit us at our **NEW** website www.goodland-homestead.com

HOMESTEAD
REALTY AND AUCTION
1023 Main - Goodland, KS.
auctions@goodlandhomestead.com
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Terry Richardson
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Butch Ewing
Auctioneer