

Road to **WELLfluent**TM

Embrace better health.

Every Kid Healthy Week - April 25-29, 2022



Spring is a great time to focus on the health of our children! Take a look at a few ways to focus on childhood health this month!

Every Kid Healthy Week - What is it?

Every Kid HealthyTM Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April, each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health and learning – because healthy kids are better prepared to learn and thrive!

National Infant Immunization Week April 25-May 2, 2022

During National Infant Immunization Week we are highlighting the importance of protecting children two years and younger from vaccine-preventable diseases (VPDs). This year it's critical to ensure that families stay on track for children's routine checkups and recommended vaccinations — even during COVID-19. Visit <https://www.cdc.gov/vaccines/events/niiw/index.html> to make sure children stay on track with their well-child appointments and routine vaccinations.

Put some spring in your child's step this season with a spring activities jar

It's an easy way to collect a bunch of ideas for family fun. Pull them out any time you're ready for some active play! Kids

usually enjoy helping you brainstorm the ideas, but it's also fun to include some options they don't know about. Nothing beats the element of surprise. See below for lots of categories to get you started. Then supplement with your favorite hobbies, games, and local hangouts.

Walk this Way

There's more sunlight and warmer weather in the spring, so enjoy it with a walk. Mix things up by finding a new path or trail to explore, adding letterboxing or geocaching, singing songs, or playing walking games. If your kids have pedometers or other activity trackers, don't forget to bring them along for some pedometer activities.

Family Game Day/Night

Play some old-fashioned backyard games: Anything from Red Rover to catch, croquet to statues, ladder ball or dodgeball. List them separately in your jar, or make entries like "family game tournament—kids pick first game" or "play 3 kinds of tag." Gather some friends or neighbors for a kickball game, or try nighttime flashlight games. Or pick from this huge list of quick brain-break games.

On Wheels

Spruce up your wheeled toys after a winter in storage and take them for a spin: Inline skates, skateboards, scooters, bicycles, tricycles, wagons, jogging strollers, or a combination of all of these! Or hit your local roller rink for public skating hours.

Old Toys New Tricks

No need for pricey new toys. Just use these simple objects that you already have for tons of fun games and activities:

- Hula hoops
- Jump ropes
- Pool noodles (no pool necessary)
- Sidewalk chalk
- Cardboard boxes

Or, if you have a dog, make it a project to teach him a new trick!

Source: <https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/> and <https://www.verywellfamily.com/spring-activities-for-family-fun-3955377>

IBS - Recognizing Symptoms

An attack of irritable bowel syndrome (IBS) can happen at any time. It may seem to have no rhyme or reason. Symptoms may even change from time to time. But IBS does follow patterns recognizable by a doctor. It may help to keep a Symptom Diary so your doctor can see how your symptoms change over time and in relation to diet, stress, and other factors.

Abdominal pain is the key symptom of IBS and is often relieved with the passing of a bowel movement (defecation). There are many causes for abdominal pain, but in IBS, the pain or discomfort is connected with a change in bowel habits.

Symptoms Won't Stop

Everyone suffers from bowel changes now and then. However, for those with IBS the symptoms are more severe, or occur more often. They can be constant or keep coming back.

Symptoms Change

Some or all of IBS symptoms can occur at the same time. Some symptoms may be worse than others. Symptoms can vary and sometimes seem contradictory. Diarrhea may alternate with constipation.

In women, gut function appears to be influenced by changes in the level of female hormones. IBS symptoms can become worse at certain times of the menstrual cycle. Healthy women and women with IBS report more GI symptoms, such as pain and



bloating, just prior and at the time of menses. But it is reported as more intense in women with IBS.

Symptoms are Recognizable

The typical features of IBS are recognizable by a healthcare physician. Usually, the physician will examine the abdomen of a patient with IBS, and it will be normal or have only tenderness. The most important first step is to confidently recognize the diagnosis of IBS and remove the suspicion of other diseases.

IBS affects men and women of all ages. It also occurs in children. For more information visit: <https://aboutibs.org/>

Let's Have a Laugh! April is National Humor Month



April is National Humor Month! Did you know that laughter is the best medicine? Just goes to show you can't go wrong with celebrating – humor is one of the most essential qualities to human life. Larry Wilde, an author and humorist, started National Humor Month in April 1976. He created this day with the idea to bring public awareness of the therapeutic value of humor.

Larry Wilde created National Humor Month in 1976 to show

people how humor is a useful tool to improve our ways of life. He stated, "The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times." Through laughing, we're reducing our

stress and pain levels, strengthening our immune systems, and recharging our bodies.

Humor plays an important role in our overall health. Due to scientific research, it is proven that humor is a useful tool that heals us emotionally and physically. Laughter is part of human behavior regulated by the brain. It is an expression of happiness and inner joy. In social interactions, it's a sign of acceptance and positive interactions with others. It is contagious and oftentimes, the laughter of one person provokes the laughter of another. Humor is a useful way to relieve stress.

Have you ever heard the saying, "Laughter is the best medicine?" As human beings, we love to laugh because it brings happiness and joy into our lives (the average adult laughs 17 times a day). The more we're able to laugh at ourselves, the more we're able to share those moments with our friends and family. The industries built around laughter such as jokes, sitcoms, and comedians are all designed to make us laugh because it makes us feel good. It has a positive effect on our bodies; it relaxes our muscles as well as increases our blood flow and boosts our heart rate. <https://nationaltoday.com/national-humor-month/>

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