



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Laboratory
Services

Services We
Provide

BACK TO SCHOOL CHECKLIST

Checklist

- ✓ Backpack
- ✓ Calculator
- ✓ Pencils
- ✓ Notebooks
- ✓ **VACCINES**

MAKE VACCINES A PART OF YOUR
BACK-TO-SCHOOL CHECKLIST.



Don't wait until the last minute! Make sure your child's immunizations are up-to-date before they head back to school. Vaccinations not only safeguard your child's health but also contribute to the well-being of the entire school community.

Early Childhood
Programs

Kindergarten-12th
Grade



AUGUST

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 Becoming a Mom Class Barton County Comm'r Meeting	02	03 SSS Farmers Market 4-7PM	04	05
06 National Farmers Market Week	07	08 Becoming a Mom Class Barton County Comm'r Meeting	09 Breastfeeding Support Group @ 3:30 PM	10 SSS Farmers Market 4-7PM	11	12
13	14 Central Kansas Partnership Community Meeting	15 Becoming a Mom Class Barton County Comm'r Meeting	16 Breastfeeding Support Group @ 1:30 PM	17 SSS Farmers Market 4-7PM	18	19
20	21	22 Becoming a Mom Class Barton County Comm'r Meeting	23 Prenatal Breastfeeding Class @ 2:00PM	24 SSS Farmers Market 4-7PM	25	26
27	28	29 Barton County Commissioners Meeting 9:00AM	30	31 SSS Farmers Market 4-7PM		

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman

**Barton County
Public Health**



August is Family Fun Month, which is a time to celebrate quality time with loved ones before the chaos of the school year takes over. A suggestion may be to put away all the devices simply and have some good 'ol fashioned quality time with each other. You may want to go bike riding, build a backyard fort, go fishing, cook meals together, order pizza, go out for ice cream, go hiking, etc. Use your imagination, spend time together, and have fun!

This is a busy month for your health department staff as they provide vaccinations for the students prior to the start of school. Check out the link in this newsletter to see which age-appropriate vaccines your child may be eligible for. Vaccinations are provided on a walk-in basis. No appointment is required.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call @ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!

The Well-Child Visit:

Why Go and What to Expect



Regular checkups are an important way to keep track of your child's health and physical, emotional, and social development. These visits are important for ALL children, including children and youth with special health care needs who may also be under the care of specialists. Your conversations can range from sharing your successes and milestones, to overall concerns about child development, to challenges in daily routines. Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. By focusing on your child's growth and learning, both you and your health care professional make sure your child is developing as expected. Your family and health care professional form a partnership based on respect, trust, honest communication, and understanding your family's culture and traditions.

How to prepare for the well-child visit

To get the most out of your time with the health care team during the visit, take a few simple steps to prepare. For example:

- 1 Make notes about what you've noticed about your child's health and development. Include any changes in behavior or family routines.
- 2 Write a list of questions. You will have time to ask them during your visit. If you have many questions, ask the most important ones first and plan for another time for a longer discussion. The Well-Visit Planner (see link below) is an online tool that can help you identify questions and concerns to raise with your health care professional. Encourage your teen to ask questions about his/her own health.
- 3 Gather information that might be helpful for your health care professional. Share information from school (such as your child's Individualized Education Program) or child care to help your health care professional learn more about your child.

What to expect during your visit

A well-child visit is a chance to get regular updates about your child's health and development. Your health care team will take measurements, conduct a head-to-toe examination, update immunizations, and offer you a chance to talk with your health care professional. Your well-child visit includes 4 specific activities:

- 1 Determining whether your child has any health concerns
- 2 Offering ways to keep your child from developing health concerns
- 3 Providing support for your child's overall health and well-being
- 4 Talking through health information and offering advice

By focusing on each activity, your health care professional offers you tools and information that you can use to support your child's development.

What will you talk about?

- Your child's growth and development
- Your proud moments
- Your family's health
- Your everyday life
- Your challenges
- Your health care professional's advice



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

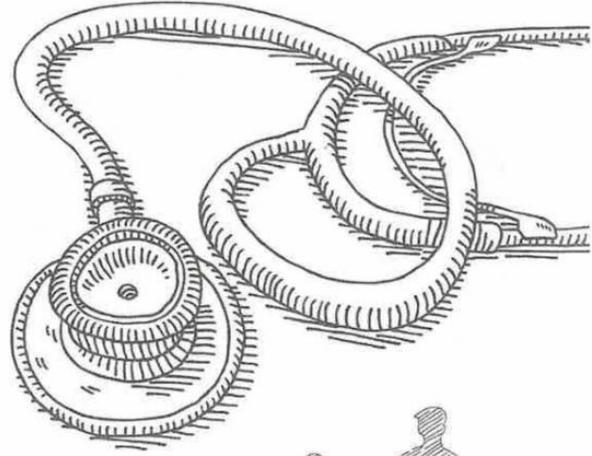


The Well-Child Visit: Why Go and What to Expect

What happens after the visit is over

Depending on your child's age, you may have well-child visits every few weeks, months, or yearly (see the AAP Schedule of Well-Child Care Visits link below). To help you create a plan for when you get home, write a "to do" list during the visit. List tasks that you can easily fit into your life like "keep healthy snacks in the house" or "turn off the TV or computer an hour before bedtime." Also include tasks to follow up on such as "make an appointment with the specialist" or "talk with teachers about special education services." Clarify with your health care team each task on your "to do" list so that you know exactly what to do and when to do it.

Your well-child visit isn't the only time you can talk with your health care team. If questions arise after your visit is over, call the office and ask the team for answers. Or if you follow up on a task you discussed during your well-child visit, call the office to update the team. Keeping your health care team up to date helps make the most out of your next well-child visit.



A special note for parents of teenagers

The well-child visit has a special meaning for teenagers. It is a chance for teens to build responsibility for their own health and wellness. By ensuring teens follow the same steps and regularly attend these yearly visits, you set the stage for their independence. Typically, teens can expect to have one-on-one time with their health care professional. Teens need to prepare for visits so that they can engage in conversations with their health care team and then follow up on tasks to promote their overall well-being. As teens practice these skills, they learn how to promote their own lifelong health. You also continue to support them by encouraging healthful habits at home such as eating nutritious foods, getting a good night's sleep, and paying attention to their emotional well-being.



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



CONNECTING PARENTS TO PROGRAMS.



Universal Home Visiting Program is an education home visiting program that provides prenatal and postpartum support to caregivers and their families in Barton County with no out-of-pocket expense to participants. Registered nurses and community liaisons provide education and family support through home and office visits.

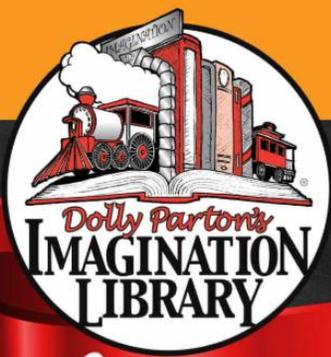
How do you sign up?

Complete a phone self-referral by calling (620) 793-1902

WORLD BREASTFEEDING WEEK 2023



Parents & Caregivers



Inspire a Love of Reading



A love of books and reading offers the foundation for literacy skills that set children up for future success. Parents reading to their children from birth improves a child's future reading ability.

Dolly Parton believes that if you can read, you can do anything, dream anything, and be anything. Through her Imagination Library program, she wants to ensure all children have books at home, regardless of the environment in which they live.

"The single most significant factor influencing a child's early educational success is an introduction to books and being read to at home prior to beginning school."

National Commission on Reading

As a parent or caregiver, reading with your child is the most important activity that you can do to help set them up for future success.

Through the Imagination Library, Dolly wants children to be excited about books and to feel the magic that books create. Moreover, she could insure that every child would have books, regardless of their family's income. For over 20 years, tens of millions of Imagination Library books have been sent to children around the world.



Dolly Parton's Imagination Library puts books into the hands and hearts of children across the world.

Register your child to receive a book a month from the Imagination Library.

We partner with local communities to provide one free, specially-selected, age-appropriate, high-quality book each month to children from birth to age five. These books are personalized with your child's name and mailed directly to your home to create a gifting experience that makes books exciting and shows the child someone is thinking of them.

Visit the [ImaginationLibrary.com](https://www.imaginationlibrary.com) website to access proven and trusted resources for parents and caregivers including tips for reading to children and family engagement activities.

[ImaginationLibrary.com](https://www.imaginationlibrary.com)



Engaging Parents & Caregivers

Imagination Library has lots of experience with caregivers, children, and reading. We encourage good reading habits for parents, caregivers, and their children. When your child receives their Imagination Library books, we ask you to do the following:



Begin reading to your child immediately



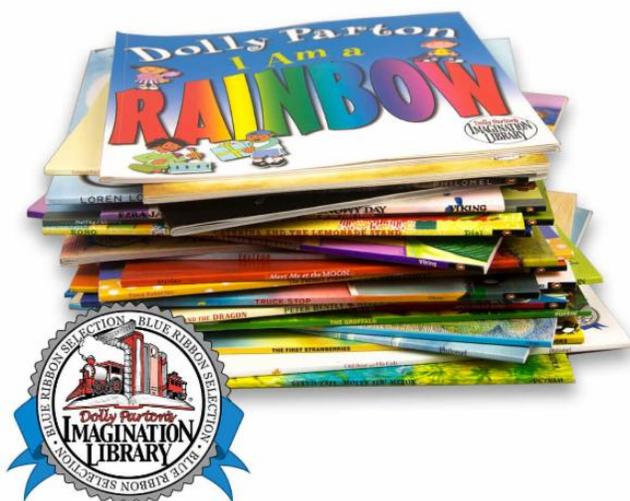
Read to your child at least five days per week



Read books multiple times

Snuggle, ask questions, notice letters, make sounds, have fun!

Dolly Parton's Imagination Library books are specially-selected, age-appropriate, high-quality books that are mailed to registered children at home each month from birth to age five. And best of all, it is a *free* gift to the family!



The Imagination Library Blue Ribbon Selection Committee consists of a nationally recognized group of professionals hand selected to lend their expert recommendations and guidance when tasked with choosing the perfect set of books for hundreds of thousands of children.

Parents and caregivers may visit the Parent Resource section of ImaginationLibrary.com to access reading tips and guides by age, activities, and more.

Thank you so much for the books! I love reading them to my daughter, some I had never read, and some I loved as a kid. It is an awesome program and my three year old LOVES getting her own special mail every month.

Smyrna, TN

My kids absolutely love getting their books in the mail every month! My husband and I read to our kids every night and enjoy the variety of stories we get to introduce them to. It was hard to pick just three that topped our lists, since so many are a huge hit in our house. Awesome program!!!

Waterford, MI

I absolutely love Imagination Library. It is such a wonderful way to get children on the right track to a successful education. Thank you for providing books to my child. He's almost two and he loves your books and uses them on a daily basis!

Harlingen, TX

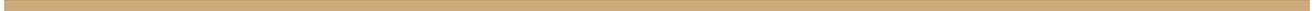
WE ARE HIRING

**RN
Or LPN**



Contact Us At
620-793-1902

Visit our
Website



NATIONAL FARMERS MARKET WEEK 2023

August 6-12, 2023



National Farmers Market Week (August 6-12, 2023) is an annual celebration highlighting farmers' markets' vital role in our nation's food system.

[More Information](#)

Easy Back-to-School Snack!



Homemade Granola Bars are one of my go-to healthy snacks for kids. They're super easy to make, require minimal added sweeteners, have a texture that even babies and younger toddlers can chew, and store SO well. And you can make them allergy-friendly as needed too!

Ingredients You Need

Here's what you'll need to make this recipe:

- [Rolled oats](#)
- Shredded unsweetened coconut
- Flour
- [Chia seeds](#)
- Honey
- Nut or seed butter

TIP: You can use gluten-free flour if needed.

Step-by-Step Instructions

Here's a look at the easy process involved in making this granola bar recipe. Scroll down to the bottom of this post for the full recipe.

1. Add ingredients to a [food processor](#), choosing your flavor. Grind until the mixture starts to hold together.
2. Pour the batter onto a parchment-lined [baking sheet](#) and press flat.
3. Score the batter with a knife, making them easy to break into pieces once baked.
4. Bake, let cool, and enjoy.

TIP: In Step 1, you'll see the batter start to pull together, and you can also check it by squeezing a bit between your fingers—it should be sticky enough to hold together when you squeeze it. Add a little more water or puree if it's not quite sticky enough.

Read
More

GET YOUR LIFE BACK



**MY LIFE
MY QUIT**

QUIT VAPING NOW

Learn
More



Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?

Pregnancy & Post-Partum Quit Program

- \$30 Mastercard gift card mailed to your house after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).



Before your
baby is born

**PROTECT
BOTH OF YOU**

WITH VACCINES



National Immunization
Awareness Month



BCHD Health Advisory Committee

Barton County is accepting applications for Two full terms on Barton County Health Advisory Committee until the positions are filled.

Contact the Health Department for more information.

The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff.

Membership requirements may include allied health or the animal health field. The uncompensated position's term is December 31, 2025.

Return the signed application to the Human Resource's Office:
by mail to: 1400 Main, Room 107,
Great Bend, KS 67530
or scan and email
to dwatson@bartoncounty.org

Application

Barton County Health Department

1300 Kansas Ave.,
Great Bend, KS 67530
+1 620-793-1902

Contact Us



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Barton County Health Department | 1300 Kansas Ave., Great Bend, KS 67530 6207931902

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