



Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

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Alexander Early Head Start May 2017 Newsletter

The Power of Outdoor Play

According to research (Fjortoft 2004; Burdette and Whitaker 2005), children who play outdoors regularly:

- * become fitter and leaner
- * develop stronger immune systems
- * have more active imaginations
- * have lower stress levels
- * play more creatively
- * have greater respect for themselves and others

Speaking of outdoor play, during Men's Zone in April they went on a scavenger Hunt, ate delicious spaghetti and had lots of fun together! Our next Men's Zone event is May 23rd. A trip to Rocky Face Mt. to make and Fly kites is planned, don't miss out!



Don't miss out on celebrating outside activity right in your own back yard! The Annual Spring Fling is scheduled for Tuesday, May 9th from 4:00 pm -7:00 pm at Matheson Park. It is an event promoting physical activity and health and lots of local agencies will be there with fun things for the family to do. There is no cost for this event, so come enjoy and celebrate spring! Rain date is May 6th.

Some things to remember when playing outside are:

- Apply sunscreen regularly
- Drink lots of water
- Supervise children closely
- Be aware of heat exhaustion and stay inside during intense heat

Closed May 29
Memorial Day



May is Asthma and Allergy Awareness Month

It's a peak season for asthma and allergy sufferers, and a perfect time to learn more about these diseases. Asthma affects more than 24 million Americans. More than 6 million children under the age of 18 suffer from asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing.

Asthma is a chronic condition. Allergies are just one of the factors that can trigger an asthma attack. Not all people with asthma are allergic, and there are many people who have allergies but do not have asthma. If you or your children show any of the symptoms of asthma or allergies, please talk with your doctor or pediatrician about your concerns.

Allergies

An allergy occurs when the body's immune system sees a substance as harmful and overreacts to it. The substances that cause allergic reactions are *allergens*. When someone has allergies, their immune system makes an antibody called immunoglobulin E (IgE). These antibodies respond to allergens. The symptoms that result are an *allergic reaction*.

What Are the Types of Allergens?

- Drug (medicine)
- Food
- Insects that sting (bee, wasp, fire ant); bite (mosquito, tick); or are household pests (cockroach and dust mite)
- Latex
- Mold
- Pet (dog or cat urine, saliva and dander)
- Pollen

The most common allergy symptoms can simply make you uncomfortable. For example, you may have watery eyes, runny nose, sneezing, a rash or hives. Other more serious symptoms, like trouble breathing and swelling in your mouth or throat, may be a life-threatening reaction called anaphylaxis ("anna-fih-LACK-sis").



Asthma

Asthma causes your airways to become inflamed, making it hard to breathe. There is no cure for asthma.

The best way to manage asthma is to avoid triggers, take medications to prevent symptoms and prepare to treat asthma episodes if they occur.

Common symptoms are coughing, shortness of breath, wheezing and chest tightness. Asthma may lead to a medical emergency. It is important to know the signs of a severe asthma episode (or asthma attack).



Recently, a 10-year-old girl in a nearby county passed away because of an Asthma attack. Be sure to have medications on hand and know how to handle this type of medical emergency if you or a family member has Asthma

