



# Burke Early Head Start July 2017 Newsletter

## 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

### Contact Information:

**Burke Early Head Start**  
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[www.enolagroup.org](http://www.enolagroup.org)

**Facebook:** Early Head Start of Burke, The Enola Group

**Reminder!**

Men's Zone  
July 20  
6:00 pm-7:30 pm

Parent Meeting  
July 19  
10:30 am-12:30 pm

## Congratulations Cooking Matters for Parents Graduates!

In this 6-week cooking class, participants learned ways to select, cook, and purchase healthy foods while sticking to a budget. They enjoyed making new recipes and learning from each other. Way to go program graduates! If you were unable to join this class, another class will be offered at another date.



*How has this course affected your life?*

"Learning new tips and ways to shop/cook to eat healthier and cheaper."



*How has this course affected your life?*

"It has shown me there is a way to eat healthy on a budget."



## Keep the Bugs from Bugging You!

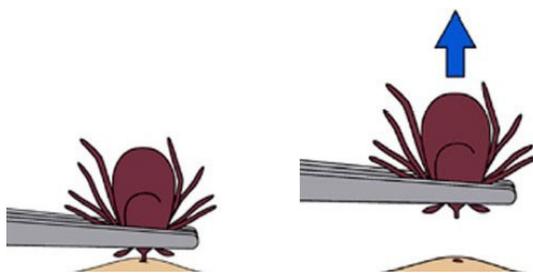
### Avoiding Mosquito Bites



- Use insect repellent while playing outdoors to discourage mosquitoes.
- Avoid using repellents with oil of lemon eucalyptus on children under age 3.
- Apply sunscreen first and then insect repellent. Sunscreen needs to be reapplied more frequently. Limit exposure to insect repellent chemicals by buying two different products.
- Apply repellent on exposed skin and clothing.
- Take care to avoid spraying on the face. Instead apply onto hands and then rub on face.
- Since children put their hands in their mouths, avoid applying to children's hands.
- Wash treated skin with soap and water when return indoors.
- Do not use on cuts, wounds, or irritated skin. If you get a rash or other reaction, stop using and contact your doctor.

### Ticks

- Discourage ticks by keeping grass mowed short and removing leaf litter & trash that may give ticks a place to hide.
- Check yourself and your children's hair and bodies for ticks every day.
- Remove ticks as quickly as possible.
- Avoid remedies such as painting with nail polish or using heat to make the tick detach itself.



### How to Remove a Tick

1. Use tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick because the mouth parts may remain in the skin. If this happens, try to remove the mouth parts. If you cannot remove them easily with tweezers, leave it alone and let the skin heal.
3. After removal, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the live tick by submersing it in alcohol, placing it in a sealed bag, or flushing it down the toilet.
5. If you develop a rash or fever within several weeks, see your doctor and tell them about the tick bite, when you were bitten and where you most likely got the tick.

Source: <https://www.cdc.gov/family/kids/summer/index.htm>