

PARENT PAGES



*Because kids don't
come with directions!*

A quarterly digital publication from the
Howard County Office of Children's Services

SUMMER 2016 | VOLUME 5, Issue 3

WELCOME TO SUMMER!

With lots of warm weather, plenty of sunshine and hopefully some vacation days, parents have the opportunity to enjoy more quality time with their children. All year there has been school work, busy schedules and with everything on your to do list, it hasn't always been easy to enjoy everyday moments. Slow down, put away your phone and be present this summer. Enjoy game time, reading together, long walks, observing nature, and visiting somewhere new to expand your horizons. The added bonus of quality time together is that these bonding moments help your child's brain development—even in the first few years. To learn more watch: www.zerotothree.org/early-learning/brain-development

Not all moments should be doing. Just being with your child and connecting with them helps children learn to emotionally connect and empathize with other people. With technology dominating so much of people's busy lives, carving out time to develop people skills is critical to being successful in school and life. Dan Siegel describes many benefits to this in his talk titled, Being vs Doing: www.youtube.com/watch?v=PGUEDtGSwW4



FATHER'S DAY AND EVERY DAY

On Father's Day, many families will seek out ways to honor the males in their family through gift giving, hosting dinners, time together or parties. This year, we invite Dads to consciously include daily dad time in every day routines because you have such an important role in helping to guide and shape your child's life. It can be as simple as participating in a low- to no-cost memory-making activity such as:

- Daddy/Daughter or Daddy/Son Time
- Plan Your Next Family Trip Together
- Encourage Your Child's Creativity and Imagination;
- Make Something Together
- Help Your Child Grow While Teaching Them About How Plants and Vegetables Grow
- Start a Family Game Night
- Volunteer at Your Child's School or With Your Child
- Make a Fort
- Take a "What If" Trip...
"If you could go anywhere, where would it be and why?"
- Bus Stop or Morning Time Selfies

A great website that is full of practical and easy tips to promote a fathers involvement in a child's life is www.Fatherhood.gov. Involvement goes beyond participating in sports or physical activities; it should include investing in the child's interest, volunteering for school events, reading a book to watching a movie or playing a game. The website will not only provide information on resources, programs and innovative strategies to engage in, it also provides a host of ideas for dads in the Dad Talk blog, activity ideas, and even fun moments such as the video clip, [Cheerleader Daddy](#).

For more information, go to the website or like them on Facebook for daily inspiration. For local resources, call Howard County's free information and referral source, the **CAREline, 410-313-CARE (2273)**

FAMILY SUMMER TRAVEL

How often have you traveled by plane and wished that the family with young children had traveled by car, bus, train, boat, horseback – anything but on your flight? How often have you been “that family”? Even if you do travel by car, you still have to endure the challenges that young children present during road trips. To help with the family vacation, here are a few tips to help the trip become more memorable rather than forgettable, without always relying on the ever-popular “screen time”.

Take time to plan well. Prepare young children for an upcoming event that is out of the daily routine. Even for the same or similar trip, younger children tend to be in the here-and-now and may have trouble remembering what they did before. Looking at photos from previous trips (and making a photo story to take with you for reference) can help, as well as providing entertainment since children love to look at pictures of themselves. Children need the chance to ask questions, talk about their uncertainties and even help pack their things.

Practice going through some of the tougher parts of the trip. If you are going to fly, role play what going through security will be like. Practicing to become familiar with procedures or activities can help children stay calmer when the time comes to perform. Read children’s books about the type of vacation or travel. This can be a great way to help young children visualize what will happen. (Richard Scarry’s, *A Day at the Airport* is one example.) Also looking up pictures on the internet can help.

Try to limit sharing when there are multiple siblings. Pack individual containers of food (go light on sweets to avoid sugar highs and the eventual meltdowns), separate toys, coloring tools, etc. Pack in separate sandwich bags for each child. This is especially helpful on public transportation.

Keep the “to-do” and “to-take” list from one vacation to another. This helps to forget less on the following vacations.

For additional ideas and resources:

www.roughguides.com/article/20-tips-for-traveling-with-children/

www.minitime.com/trip-tips/Tip-Sheet-Flying-With-kids-article

MAINTAINING YOUR CHILD’S SLEEP ROUTINES ON VACATION

Many parents avoid taking vacations with their little ones for fear of wrecking their child’s sleep routine and everyone having a miserable time away from home. By taking the time to do some planning ahead of time, you can go on vacation with minimal disruption to your child’s sleep routine. Though changes in a child’s routine can result in disruptions, by anticipating the challenges, you are better prepared to handle the .

Plan Ahead • Have a plan so that your child is rested before leaving on your trip. A well-rested child is sure to handle some changes in their routine much better than a child who is sleep deprived.

Bring a Piece of Home with You • Bring items that make your child feel more at home while you are away that are special to him. Whether it is his lovey, favorite book, lullaby music or his white noise machine this will help create a soothing bedtime and a sense of normalcy despite the environmental change.

How to Handle Bed or Room Sharing While on Vacation • Having two rooms or a suite is ideal, however, if you have to share a room with your young child or baby while away from home, consider bringing or renting a pack and play or portable crib.

Know That Sleep Changes May Occur • Try to stay calm and find some quiet time so everyone can recuperate and get back on track.

Make Getting Back To Your Routine A Priority Upon Return • Try to have at least a day at home dedicated to rest and recuperation once you return from your trip. Make nap time and bed time a priority.



TALKING IS TEACHING by Too Small to Fail



Have a conversation with your child about how the sunshine feels on your skin, or sing “You Are My Sunshine” — in any language! — and ask your child to clap, sing or hum along.

Go on a scavenger hunt while out on a walk. Help your child look for birds, benches, trees, or bushes, and encourage her to explore different textures of rocks, tree bark, or grass. Describe the shapes and colors of all you see around you!

For more ideas, go to: <http://toosmall.org/community/body/STEM-Tipsheet-Families.pdf>

CHILDHOOD IMMUNIZATIONS

The Howard County Health Department offers immunizations through the Vaccines for Children (VFC) Program to eligible children through 18 years of age who meet the following criteria:

- No Health Insurance
- Medical Assistance
- Health Insurance that doesn't cover vaccines

Private Health Insurance is not accepted at this time. Children with private health insurance should schedule immunization appointments with their primary care provider.

You MUST bring the child's immunization record. A parent or guardian must accompany the children to the clinic appointment. Call **410-313-7500** for more information and to make an appointment.

FREE ONLINE LANGUAGE LEARNING THROUGH THE HOWARD COUNTY LIBRARY SYSTEM

We live in an increasingly diverse world where communication is essential. Whether you want to help children learn a new language, reinforce their native tongue, or learn a new language yourself, HCLS offers the following FREE online tools to all county residents:

Little Pim: Expose young children up to age 6 to foreign languages with these brief video vocabulary lessons in Spanish, French, German, Italian, Russian, Chinese, Japanese, Arabic, and Hebrew.

MUZZY Online: Kids ages 6 and up can watch videos, play interactive learning games, and get animated vocabulary lessons in Spanish, French, German, Italian, Mandarin, Korean, Russian, Portuguese, and English.

Mango: Teens and adults can engage in fun, conversational online lessons in more than 70 languages. Create a free account with your e-mail address and keep track of your learning progress. A free mobile app is available for Apple & Android devices to learn while on-the-go.

Pronunciator: Take your language skills to the next level. Learn 80 languages in any of 50 languages – for example, a native French speaker can learn Chinese in French! Also includes ESL for 50 non-English languages. Download free mobile apps for Androids, Apple devices, and Kindle Fires.

Coming JULY 2016 to the
Howard County Library System
ROSETTA STONE ONLINE!

To take advantage of these learning opportunities, all you need is a Howard County Library System card and a computer! Visit hclibrary.org, click on the big “Stream. Download.Learn” box, and then select eContent for Kids (for Little Pim or MUZZY) or Online Classes (for Mango, Pronunciator, or Rosetta Stone Online). Each online tool, requires your library card number and PIN (your PIN is the last four digits of your phone number).

If you have any questions or need a quick demonstration, please stop by your nearest HCLS branch and an Instructor & Research Specialist will be happy to assist you.

INCREASINGLY POPULAR APPS WITH TEENS

Parents and guardians need to be aware that there are several APPS that teens use that are fun and informative, but some provide an opportunity to make bad choices. In teaching teenagers to use technology appropriately, consider these few important tips:

- Know what apps your children are using.
- Learn which apps have age restrictions and know that some can be accessed when signing in with Facebook.
- Hidden apps can hide pictures that teens share with their peers.
- Inappropriate messages and threats can happen within minutes of using the app.
- Have the conversation that social media abuse and anonymous posting has led to acts of harassment and bullying.

Most importantly, parents should be the first line of defense when it comes to online safety!

Learn more about how to understand which apps are good for your children through **Common Sense Media**: www.commonsensemedia.org/app-lists

“Reduced Radius Turn” were just three of the dozen exciting drills we got to do! This class is focused on allowing the participants to experience how their cars reacts in unfamiliar situations, in a controlled environment. Overall the course is a great way to sharpen up your driving skills, increase your vehicle understanding and have fun doing it!

Summer dates: June 25, July 23 and August 20

For more information, call 410-313-3700 or visit: www.howardcountymd.gov/



COLLISION AVOIDANCE TRAINING FOR YOUR TEEN

Collision Avoidance Training (CAT) is a defensive driving and vehicle control program for young drivers developed by the National Traffic Safety Academy. Adapted from law enforcement training, young drivers learn how to better handle their vehicles in various situations. Designed especially for newly licensed drivers ages 16-20.

Teen correspondent, Cameron Heath, shares his experience: “After taking Howard County's CAT course, my comfort level and vehicle awareness in my car was improved. The day long course starts in the classroom with a lesson on basic traffic rules and vehicle understanding. Shortly after a PowerPoint presentation, all the participants are asked to take their cars to the garage for inspection, followed by the beginning of in car drills. The drills test your vehicle control and allow you to be familiar with how your car acts and responds in different situations and at different speeds. Slamming on the brakes before you hit a cone that is thrown out in front of your car, speeding down a 300-yard straight away in “Allan's Maze” or shuffle steering through the

SUMMER TEEN TIPS

It is normal for teens to want to spread their wings and separate from their parents and the ample free time of the summer months becomes a big springboard for new behaviors and pushing for new freedoms. Before you get caught off guard on how to deal with this transition, think about a proactive approach to deal with this changing relationship with your teen.

Child Mind offers the following tips and ideas for dealing with this transition stage:

- Listen to What They Say
- Validate Their Feelings
- Show Trust
- Don't Be a Dictator
- Give Praise
- Control Your Emotions
- Do Things Together
- Regularly Have Meals Together
- Be Observant

To learn more details about how to do these with your adolescent, visit the [Child Mind](http://www.childmind.org/) website.

FIND YOUR PARK

Add Howard County Department of Recreation & Parks' "Find Your Park HoCo" quest to your family's list of summer fun!

Howard County's Department of Recreation & Parks has joined the national movement to connect people with parks in their communities through "Find Your Park HoCo," a program that guides the exploration of county parks with an interactive booklet.

The Department's "Find Your Park" booklet features maps of eight of the County's parks and directions for a special expedition that will lead visitors to a rubbing post located within a half-mile of the parking area in each park.

This program is a great way to spend time with family and friends and have an adventure at parks in different parts of the county.

To pick up your free booklet, stop by **Howard County's Robinson Nature Center**, 6692 Cedar Lane, Columbia, **REI** 6100 Dobbin Road, Columbia, or one of this summer's Recreation & Parks **Sunset Serenades concerts at Centennial Park**, held Wednesdays at 7:00 p.m. from June 29 to August 10.

The National Park Service created the, "Find Your Park," movement to celebrate its 100th anniversary. Visit www.howardcountymd.gov/FindYourParkHoCo to learn more and preview the booklet.

Summer Programs and Info

HCPSS Summer Programs

www.hcpss.org/summer-programs/

Kids on Campus- HCC

www.howardcc.edu/programs-courses/continuing-education/courses/kids-on-campus/

Howard County Library - Classes

www.hclibrary.org/index.php?page=22&lib=All&et=All&k-w=&ag=Preschool,K-5,Teens,Families&nd=

Howard County Recreation and Parks

www.howardcountymd.gov/Departments/Recreation-and-Parks

Barnes & Noble's Summer Reading Program

Kids can get a free book!.

For more info: [Barnes and Noble](http://BarnesandNoble.com)



Atholton Swim Club

<http://atholtonswimclub.weebly.com/>

Columbia Association Pools

www.columbiaassociation.org/facilities/pools/

Howard County Library System Youth Marathon

The Youth Marathon is a fun way for Kindergarten - 12th graders to keep active throughout the summer and complete a marathon (26.2 miles) one step at a time!

Log walking, jogging or running mileage throughout the day. Registration begins June 4 and ends August 13. Kindergarten - 5th graders must complete 25.1 miles, 6th - 12th graders must complete 23.1 miles. All must be completed by September 5.

Register at any branch of the Howard County Library System or [online](#).

COMMUNITY EVENTS

EARLY CHILD CARE AND EDUCATION EXPO

Saturday, June 18 • 9 a.m. – 3 p.m. FREE
Johns Hopkins, School of Education Columbia Campus
6740 Alexander Bell Dr.
ctecommunity.org

Outdoor, kid-friendly activities such as pony rides, petting zoo and face painting; plus, workshops for adults.

THE THREE MUSKETEERS

June 24 – July 24
Chesapeake Shakespeare Company in the Ruins
410-244-8570
www.chesapeakeshakespeare.com

With themes of loyalty and honor and exciting stage combat, this high-energy play is perfect for the outdoor summer stage at the Patapsco Female Institute Historic Park in Ellicott City. Bring a picnic, friends, and your whole family. Gates will open 90 minutes before the performance for picnicking. Call or email for ticket information.

SOLAR FEST

Saturday, July 9 • 6:30 – 9:30 p.m. \$5 per person
Alpha Ridge Park Observatory
410-313-4634
www.howardcountymd.gov/

Howard County Recreation & Parks is teaming up with the Howard Astronomical League for a fun evening of science, engineering, arts, crafts, games, astronomy and much more. Enjoy the many vendors providing interactive and dynamic STEAM activities for all to enjoy. Bring the whole family and enjoy fun for all ages. Preregistration encouraged but not required.

FLIT AND FLUTTER– BUTTERFLY WONDERS

Saturday, July 16 • 10 a.m. FREE
Belmont Manor and Historic Park
6555 Belmont Woods Road, Elkridge
<http://hconservancy.org/upcoming-events.html>

Become a Howard County Lepidopterist! Join butterfly specialist, Dick Smith, to learn about the County's mid-summer common butterflies. Following a brief presentation, hike the trails around Belmont (approx. one mile); wear comfortable shoes and sunscreen. Binoculars are recommended and cameras encouraged. Appropriate for families; adults must accompany children under 12.

BUILDING WOODLAND FAIRY HOUSES

Saturday, July 23 • 10 a.m. FREE
Howard County Conservancy
10520 Old Frederick Road, Woodstock
410-465-8877
<http://www.hconservancy.org/upcoming-events.htm>

Children build beautiful dwellings for the fairies in the Conservancy's woodlands and stream edges. We will have bark, twigs, cones and nuts as natural building materials, and you may bring other natural materials, as well. For families with children ages 10 and under.

33RD ANNUAL NATIONAL NIGHT OUT

Tuesday, August 2 • 6:30 p.m. FREE
North Laurel Community Center
9411 Whiskey Bottom Road. Laurel
410-313-0390

The evening is designed to heighten awareness of crime and drug prevention; generate support for local anti-crime programs; and strengthen neighborhood spirit and police-community partnerships. Enjoy a live concert, displays and more.

HOWARD COUNTY FAIR

August 6 - 13 • 8 a.m. – 11 p.m.
Howard County Fairgrounds, West Friendship
<http://howardcountyfair.org/>

The 71st annual county fair. Livestock shows, rides, vendor exhibits, petting farm, horse shows, home arts, entertainment, horse and tractor pulls, and more.

ROCKBURN OPEN CAR SHOW

Saturday, August 20 • 10 a.m. – 2 p.m.
Rockburn Branch Park
Visitors FREE/For Exhibitor fees, call 410-313-4624
www.howardcountymd.gov/rap

Come out and see all kinds of cars!

KINDERGARTEN, HERE WE COME!

Howard County Library System
<http://hclibrary.org/>

For children entering Kindergarten this fall, there will be 45-60 minute classes at all library branches in August. Free, but registration is required. Children will engage in stories and activities to help mark that all important first day, including boarding a real school bus. Visit the website for dates and locations.

HEALTHY & NUTRITIOUS SUMMERTIME

Summertime! What a great time to be outdoors with the kids... playing in the park, swimming, walking, biking, and more. It's also a great time to enjoy fresh seasonal fruits and vegetables such as strawberries, peaches, zucchini and snap peas. Try adding something new and different to the family meal or snacks. You can find fresh fruits and vegetables by visiting area farmers' markets, pick-your-own farms, road side farm stands, or the produce section of grocery stores. How about trying out a Community Supported Agriculture (CSA) farm? CSA farms allow you to purchase a share of the farm and in return, you receive a portion of the harvest. Do you have a green thumb? Why not grow your own fruits and vegetables? If you're a beginner, take a class and start your own garden. There are also community gardens that you may join and help provide fresh, nutritious produce for others. Enjoy the summer's bounty and don't forget to drink plenty of water.

Howard County Farmers Markets

Howard County Library-Miller Branch

9421 Frederick Road, Ellicott City
Wednesdays, 2:00 – 6:00 pm (May 4 - Nov 14, 2016)

Howard County Library-East Columbia Branch

6600 Cradlerock Way, Columbia
Thursdays, 2:00 – 6:00 p.m. (May 5 - Nov 17, 2016)

Howard County General Hospital

5755 Cedar Lane, Columbia
Fridays, 11:30 a.m. - 4:30 p.m. (May 6 - Oct 28, 2016)

Maple Lawn Farmers Market

8191 Westside Boulevard, Fulton
Saturdays, 9:00 a.m.-1:00 p.m. (May 7- Oct 29, 2016)

Ellicott City Old Town Market

The Wine Bin & Little French Market Old Ellicott City
Saturdays, 9:00 a.m.-1:00 p.m. (May 14 - Oct 29, 2016)

Glenwood Community Market

Howard County Library-Glenwood Branch, Cooksville
Saturdays, 9:00 a.m.-1:00 p.m. (May 14 - Oct 29, 2016)

River Hill Farmers Market

River Hill Garden Center, Clarksville
Saturdays, 9:00 a.m.-1:00 p.m. (May 14 - Nov 5, 2016)

Oakland Mills Village Center

5851 Robert Oliver Place, Columbia
Sundays, 9:00 a.m.-1:00 p.m. (May 8 - Nov 20, 2016)



Pick-Your-Own

Larriland Farms

2415 Woodbine Road 21797
410-442-2605 or 301-854-6110, www.pickyourown.com

Rock Hill Orchard

28600 Ridge Road, Mt Airy 21771
301-831-7427, www.rockhillorchard.com

CSAs

Breezy Willow Farm at Hopkins Spring

15307 Frederick Road. Woodbine 21797
410-442-1807, www.breezywillowfarm.com

Gorman Farm

10151 Gorman Road, Laurel 20723
301-908-8063, www.gormanproducefarm.com

Community Gardens

Columbia Gardeners

PO Box 193. Columbia, MD 21045
www.columbiagardeners.com

Howard County Conservancy

10520 Old Frederick Road. Woodstock 21163
410-465-8877
www.hcconservancy.org/community-garden

Seeds of New Life

9580 Old Route 108. Ellicott City, MD 21042
443-472-8293
<https://www.facebook.com/seedsofnewlife/timeline>

Home Gardening

Grow It Eat It-University of Maryland Extension

3300 N. Ridge Road, Suite 240. Ellicott City 21043
410-313-2707, www.extension.umd.edu

BOOK REVIEW

The Gift of Failure – How the Best Parent Can Learn to Let Go So Their Children Can Succeed

By Jessica Lahey

“Our kids have not entirely lost their ability to face failure; they have simply misplaced it among their trophies, ribbons and award certificates.”

It is very uncomfortable for parents to watch their child struggle or fail. In an effort to be helpful, parents unwittingly become over protective or even controlling. This book gives realistic practical strategies to help parents understand how to support their child’s growth through letting them experience failure as an opportunity to learn to solve their own problems.

The author uses her experience as a both a teacher and a parent to provide a blueprint to follow for turning mistakes into successes when handling everyday situations such as household duties, sports, friends and homework. There is an entire chapter devoted to the difficult years of middle school, which the author calls “prime time for failure” due to hormonal changes and a time they typically question authority.

Parents tend to want to jump in and rescue their children from the consequences of their mistakes and the disappointment of failure. Though painful to see our children struggle or fail, children will grow up to be more confident, self-reliant and productive adults when parents let them experience and learn from their failures.

This book is a must read for parents of children of all ages. This book is available at the Howard County Library System.

PREPARE TO CARE

As our parents age, it’s important to start talking with them about their values, wishes and gathering information about their health, legal, financial and their end of life preferences to assist you in your caregiving journey. It’s important to understand that the aging process can be difficult on them as their lives are changing. Having these conversations with your loved ones will help create a plan for when they may need your help. It will also help guide you when you may need to make decisions on their behalf. Planning for future needs will help save time, energy, money and allows everyone to be on the same page.

When Starting the “Prepare to Care” Conversations

- Be patient, some people may need a little more time to think. Every attempt at a conversation is valuable
- The conversations may take place over several visits
- Listen openly, express support, and don’t judge
- Maximize the person’s strengths
- Discuss best case and worst case scenarios
- Don’t make promises or allow guilt to guide you.
- Be realistic and open about what you can do in regard to your time, physical ability, and finances when caring for your parents
- Nothing is set in stone
- One can always change their mind

To learn more about how to start the conversation; assess ones needs; create a plan; and what services are available for your aging parents, call Maryland Access Point (MAP) at 410-313- 5980.

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Parent Pages is a FREE, quarterly, digital publication, geared to children of all age and interests, specifically to Howard County.

www.howardcountymd.gov/children

To view a list of current workshops, or sign up to receive your digital issues of Parent Pages:

www.howardcountymd.gov/familyinstitute/

Howard County Office of Children's Services
3300 North Ridge Road, Suite 380
Ellicott City, MD 21043

410-313-1940 (VOICE/RELAY)

Resource Room open Monday - Friday, 8:00 AM – 4:45 PM

Find us  www.facebook.com/HoCoCitizen

This information is available in alternate formats upon request.

PLEASE FEEL FREE TO SHARE THIS PUBLICATION

Ideas for Talking to your Children about Zika



Your children may have heard about the Zika virus disease (Zika) outbreak and may have questions about it. Children can better cope with any disease outbreak when they know more about what is happening and that they can do something to help protect themselves, family, and friends.

It's important that children understand anyone living in or traveling to an area with Zika may be at risk for getting sick. People who are not living in or traveling to an area with Zika are not likely to get Zika. There are steps we can take to prevent catching and spreading Zika.

By tailoring your conversation to your child's age, developmental stage, and concerns, you can help him or her understand and cope with the current Zika outbreak.

www.cdc.gov/zika

For children of all ages, start the conversation by asking: **What have you heard about Zika?**

- ◆ Listen to see if your children have any fears about Zika.
- ◆ Learn what your children have heard and correct any misinformation.
- ◆ Let your children know that you are open to answering questions and talking about Zika.
- ◆ Limit your children's exposure to news reports and media on Zika. When they see a lot of information, it may seem like the risk is bigger than it really is.

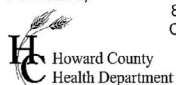
Explain what you know about Zika, simply and directly. **Here are some facts you can talk about with children.**

- ◆ Zika is mostly spread by getting bitten by a certain type of mosquito.
- ◆ Any person that lives in an area where the type of mosquito that spreads Zika lives could catch Zika through a mosquito bite.
- ◆ A mosquito that bites a person who has Zika can get infected and spread it to another person through bites.
- ◆ They can only catch Zika if they live in or travel to an area where mosquitoes are spreading Zika and are bit by a mosquito carrying Zika.
- ◆ Everyone can take steps to prevent mosquito bites to protect themselves and others. Children can help remind adults about taking steps to protect the family from mosquito bites.
- ◆ Most people infected with Zika will not get sick. The people who do get sick will probably only feel a little sick for a few days. They might not even know they have Zika.
- ◆ People who do get sick with Zika might get a fever, rash, joint pain (like in elbows or knees), or red eyes.
- ◆ There is no medicine or vaccine for Zika. If people get sick they will go to the doctor for some tests. People who get Zika can feel better by getting a lot of rest and drinking fluids and taking medicine for pain.



The government, doctors, health departments, and their community are taking steps to keep everyone healthy.

Distributed by:



8930 Stanford Blvd.
Columbia, MD 21045

410-313-7500
(voice/relay)

www.hchealth.org



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
May 9, 2016 CS264558-A

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