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▶ HEALTHY TIP 1

Monroe County Health & Wellness

Newsletter

ADDRESSING THE HEALTH AND WELLNESS NEEDS
OF OUR COMMUNITY AND PLANTING THE SEEDS
FOR A HEALTHY FUTURE.

*Illini Pediatrics is the author of the featured article in our
Monroe County Health & Wellness Newsletter.
Read more about them below!*

Feature Article

THEIR BACK!

It's 'Back To School' season. Most of your children have had their school physicals and are counting down the days until school starts. Two of the most important factors in getting them on track for a great school year are SLEEP and DIET. Both of these greatly effect our children's attention and behaviors.

Did you know most elementary school aged children need up to 12

hours of sleep a night? With our busy schedules, sports, clubs, etc, this can be very hard to accomplish. But, it is very important and should be one of your top priorities as a parent.

Having a good nights sleep not only affects attention and behavior, but it is also important in overall health and wellbeing.

Remember to start them back on their bedtime routines at least a week before starting school.



*Featured Article continues
on the next page...*

Are you at risk?

Heat stroke is caused by your body overheating and requires emergency treatment. Untreated heat stroke can quickly damage your brain, heart, kidneys and muscles. The damage worsens the longer the treatment is delayed, increasing your risk of serious complications or death.

Get medical attention immediately if you have the following symptoms:

- warm, dry skin with no sweating
- rapid pulse
- confusion and/or unconsciousness
- temperature of 104 or higher
- throbbing headache
- nausea/ vomiting



Featured Article Continued...



Sleep tips:

- 'Blue light' from phones, tablets, computers, tv's, etc. can stimulate the brain to think it is day time. Turn them off at least two hours before bed.
- A dark, quiet, cool room is best. No electronics in the bedroom after lights out. These will only distract them from sleeping and are bad habits to form.
- No caffeine amount is considered appropriate for a child. Even a small amount during the day can affect their nighttime sleep.

Now that you've had a good nights sleep, make sure to start your day off right with a nutritious breakfast! It should include protein (meat and/or eggs), most importantly. Eating sugary foods, or foods that turn to sugar in our bodies (carbohydrates) can give us insulin surges and 'sugar crashes', leading to more highs and lows throughout the day. These foods are also the biggest culprit in the obesity epidemic in our country today. Food dyes and preservatives also trigger some children's attention or behavior issues. Try removing them if you have any concerns.

And, with back to school season comes the spread of germs. As always, remind them to wash their hands often and to cough into their 'elbow'.



Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.

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