

Child Health Month Community Action Guide



Childhood Resilience Nurturing Social, Emotional And Physical Health October 2021



TABLE OF CONTENTS

Table of Contents	Pg. 2
What is Child Health Month?	Pg. 3
Social and Emotional Health Resources	Pg. 4
• Adverse Childhood Experiences (ACEs)	Pg. 4
• Mindfulness and Managing Emotions	Pg. 6
Healthy Weight Resources	Pg. 8
• Healthy Eating and Nutrition	Pg. 8
• Rethink Your Drink – Drink More Water	Pg. 9
• Physical Activity	Pg. 11
Tobacco Use Prevention Resources	Pg. 13
• TNSTRONG	Pg. 14
• Youth Councils	Pg. 15
• Tobacco-free Sports	Pg. 15
• Tennessee Tobacco QuitLine	Pg. 15
Children with Special Health Care Needs Resources	
• Effective System of Care	Pg. 16
• Medical Home	Pg. 16
CHM Promotional Materials and Resources	
• Sample Local/Community News Release	Pg. 20
• Social Media Messages	Pg. 21
• CHM Graphic Logo	Pg. 23
• CHM Promotion Flyer	Pg. 24
• CHM Dance Across TN Flyer	Pg. 25
Printable Resources	Pg. 26

What is Child Health Month?

Tennessee's Child Health Month (CHM) is a call to all families, educators, health professionals, faith-based and community organizations and all levels of government to help ensure Tennessee's children are healthy. Tennessee invites all individuals, families, and organizations to positively impact the lives of children and their families by participating in Child Health Month activities each October.

Childhood Resilience:

Nurturing Social, Emotional and Physical Health

Children are born with the need and desire to connect with those around them. When trusted adults form positive relationships with children from birth through the early years, and value their diverse cultures and languages, children feel safe and secure, laying the foundation for social, emotional, and physical health and development. This affects how children experience the world, express themselves, manage their emotions, and establish positive relationships with others.

The theme for CHM 2021 is **Childhood Resilience: Nurturing Social, Emotional and Physical Health**. To foster childhood resiliency, having the support of a stable, committed adult — such as a parent, caregiver, teacher, or community member— can help a child feel that he or she has what it takes to overcome life's challenges. This kind of relationship can also serve as a supportive foundation to help a child build skills, such as focus, problem-solving and self-control, to manage stress. These connections give children security from the stresses of the outside world, creating a protected space in which to grow up.

CHM Community Action Guide

The CHM Community Action Guide provides resources for parents, families, educators, and Tennessee organizations that impact the lives of children, youth, and their families. These resources support nurturing childhood resilience, providing opportunities to learn about health topics, offering creative ideas for interactive activities and encouraging healthy behaviors.

Social and Emotional Health Resources

Children's social and emotional health affects their overall development and learning. Research shows that children who are mentally healthy tend to be happier, show greater motivation to learn, have a more positive attitude toward school, and show higher academic performance than less mentally healthy peers. Thus, children's social and emotional health is just as important as their physical health and affects their ability to develop and lead a fulfilling life.

Within the context of one's family, community and cultural background, social and emotional health is the child's developing capacity to:

- Form safe relationships
- Experience and control emotions and,
- Explore and learn

Childhood Experiences (ACEs)

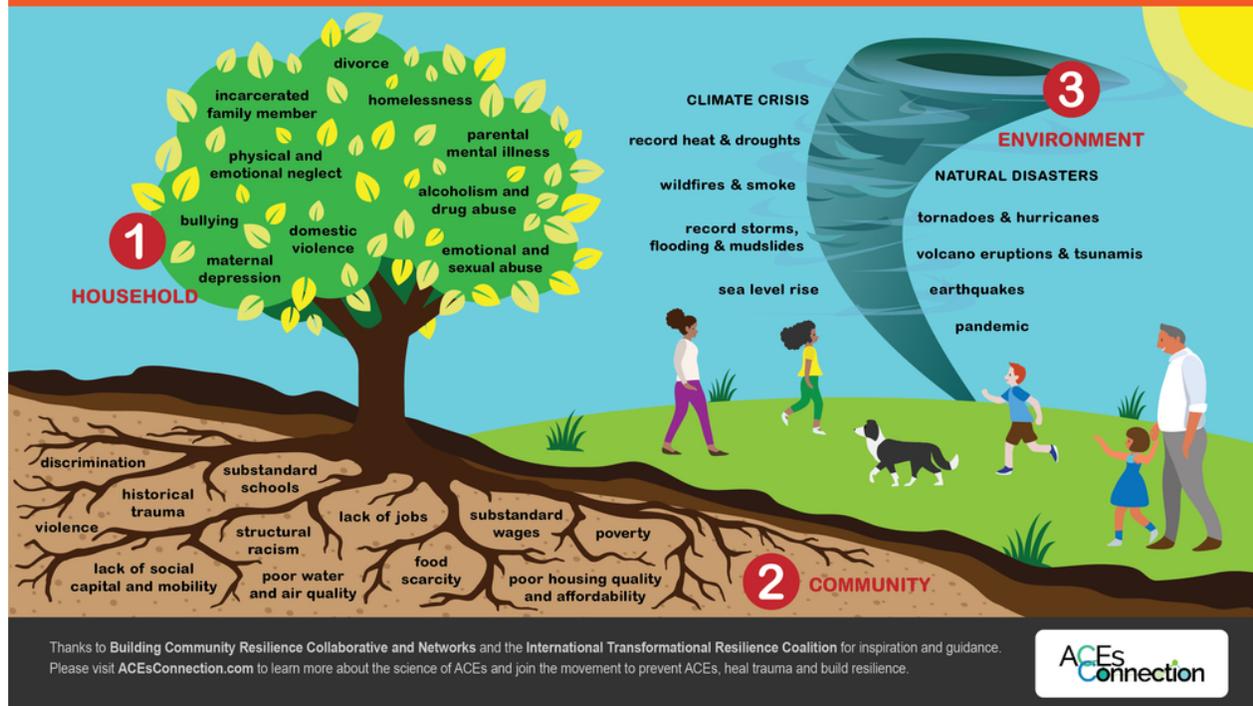
Adverse Childhood Experiences (ACEs) are potentially harmful events that occur in childhood. ACEs can include violence, abuse, neglect, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially:

- Lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood.
- Reduce risky behaviors like smoking and heavy drinking.
- Improve education and employment potential.
- Stop ACEs from being passed from one generation to the next.

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



To learn more about ACEs, visit:

1. Adverse Childhood Experiences - [The Tennessee Commission on Children and Youth](#)
2. The Economic Cost of ACEs in Tennessee - [The Sycamore Institute \(Economic Impact\)](#)
3. [ACE Awareness Foundation](#)
4. Adverse Childhood Experiences – Tennessee Department of Health. <https://www.tn.gov/health/health-program-areas/fhw/adverse-childhood-experiences.html>
5. [Understanding Adverse Childhood Experiences \(ACEs\) Infographic \(pdf\)](#)

Mindfulness and Managing Emotions

By teaching children meditation and mindfulness skills it can help to increase their well-being and enable them to meet the stresses of the world with self-respect, compassion, and openness.

Mindfulness meditation, at its simplest, is paying attention to what is happening in the present moment. It may be what the child is feeling, hearing, or anything else they notice. There's no special place of calm a child must reach and it's not about clearing their mind, it's just an honest and kind look at what the child is feeling in that moment.



Research Supports Yoga & Mindfulness in Schools

There's been a lot of interest in recent years about the potential benefits of implementing yoga and mindfulness in schools. While research on school-based yoga and mindfulness is in its early stages, the initial results are promising.

©2018 ChildLight Yoga®. All rights reserved.

<h3>Mental Health and Resilience</h3> <p>Reduces anxiety,¹ problematic stress responses² and depression.³ Improves resilience⁴ and coping frequency.⁵</p>  <p>¹ Hoque (2012) ² Silberman (2015) ³ White (2012) ⁴ Mendelson (2010) ⁵ Sarkisian (2018)</p>	<h3>Social-Emotional Skills</h3> <p>Improves social-emotional outcomes⁶ such as self-regulation⁷ and social skills.⁸ Reduces problem behaviors such as suspensions and disciplinary referrals,⁹ bullying¹⁰ and hostility.¹¹</p>  <p>⁶ Mynard (2017) ⁷ Flaxtein (2018) ⁸ Orlitzky (2017) ⁹ Razza (2019) ¹⁰ Bakash (2015) ¹¹ Frank (2014)</p>
<h3>Physical Health</h3> <p>Increases physical well-being¹² and physical fitness¹³ as well as flexibility, balance and strength.¹⁴</p>  <p>¹² Chen (2014) ¹³ Purkitt (2016) ¹⁴ Follett (2016)</p>	<h3>School /Classroom Climate</h3> <p>Cultivates positive climates by fostering beneficial mental, social-emotional, academic and physical outcomes for educators and students.^{22, 23, 24}</p>  <p>²² Rosser (2012) ²³ Winer (2014) ²⁴ Kelly (2017)</p>
<h3>Academic Performance</h3> <p>Enhances focus and attention^{15,16} and supports positive academic outcomes such as improving grades^{9,17} and test scores,¹⁸ and preventing declines in Grade Point Average (GPA).¹⁹</p>  <p>¹⁵ Bakash (2018) ¹⁶ Tarasch (2018) ¹⁷ Bellinger (2018) ¹⁸ Mak (2018) ¹⁹ Baroch (2018) ²⁰ Butler (2015)</p>	<h3>Teacher Well-Being</h3> <p>Educators who participate in yoga-and-mindfulness-based training experience improvements in mood, classroom management, physical symptoms, blood pressure and cortisol awakening response²⁰ as well as teaching efficacy, well-being, stress reduction and burnout prevention.²¹</p>  <p>²⁰ Harris (2016) ²¹ Jennings (2013)</p>

For more, visit www.yoga4classrooms.com to download the free *Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and In Schools*, sponsored by Yoga 4 Classrooms®/ChildLight Yoga®



To learn more about Mindfulness and Managing Emotions, visit:

1. Mindfulness for Kids. <https://www.mindful.org/mindfulness-for-kids/#:~:text=One%20easy%20way%20to%20introduce%20mindfulness%20to%20y our,can%20even%20place%20a%20hand%20on%20the%20heart.>
2. Mindfulness for Teens – Trails to Wellness. <https://www.tn.gov/health/health-program-areas/fhw/adverse-childhood-experiences.html>
3. Managing Big Emotions Through Movement: Yoga for Kids – Childhood 101. <https://childhood101.com/yoga-for-kids/>
4. A Healthy Start – Starts Here: Mental and Emotional Health – kidcentraltn.com. <https://www.kidcentraltn.com/health.html#mental-emotional-health>
5. Just Breathe: The importance of Meditation Breaks for Kids – healthychildren.org. <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx>

Healthy Weight Resources

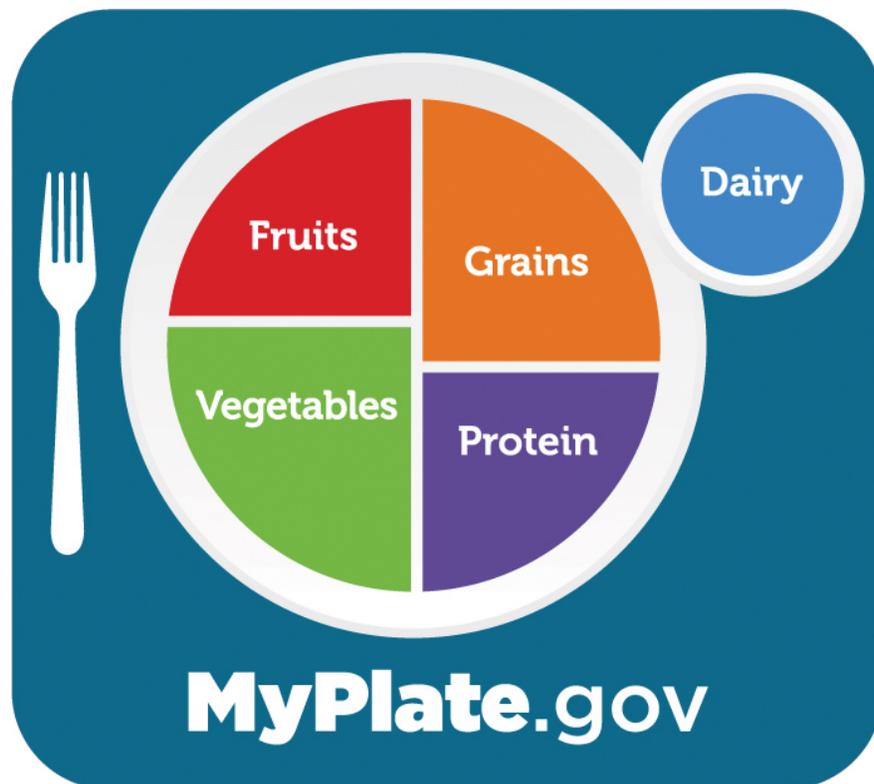
Parents, caregivers, and teachers can help children maintain a healthy weight by helping them develop healthy eating habits and limiting high calorie snacks. It is also important to encourage children to be physically active, drink water, reduce screen time, and get enough sleep.

Healthy Eating and Nutrition

According to the [Dietary Guidelines for Americans 2020-2025pdf \[PDF-30.6MB\]](#), a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

USDA's [MyPlate Plan](#) can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance.



To learn more about Healthy Eating and Nutrition, visit:

1. Energy In: Recommended Food & Drink Amounts for Children.
<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Energy-In-Recommended-Food-Drink-Amounts-for-Children.aspx>
2. We Can! Ways to Enhance Children’s Activity and Nutrition – National Institute of Health (NIH). <https://www.nhlbi.nih.gov/health/educational/wecan/>
3. Tips to Help Children Maintain a Healthy Weight - Nutrition, and Physical Activity - Centers for Disease Control and Prevention.
<https://www.cdc.gov/healthyweight/children/index.html>
4. MyPlate – U.S. Department of Agriculture. <https://www.myplate.gov/>

Rethink Your Drink – Drink More Water

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, and cavities.

Limiting sugary drinks can help you maintain a healthy weight and have a healthy diet. Many people don’t realize just how much sugar and how many calories are in their drinks.

Tips to Drink More Water:

Choose water (tap, bottled, or sparkling) over sugary drinks.

- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Order water when eating out. You’ll save money and reduce calories.
- Serve water during meals.
- Add a slice of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

STOP. RETHINK YOUR DRINK. GO ON GREEN.



RED - DRINK RARELY, IF AT ALL

- Regular sodas
- Energy or sports drinks
- Fruit drinks



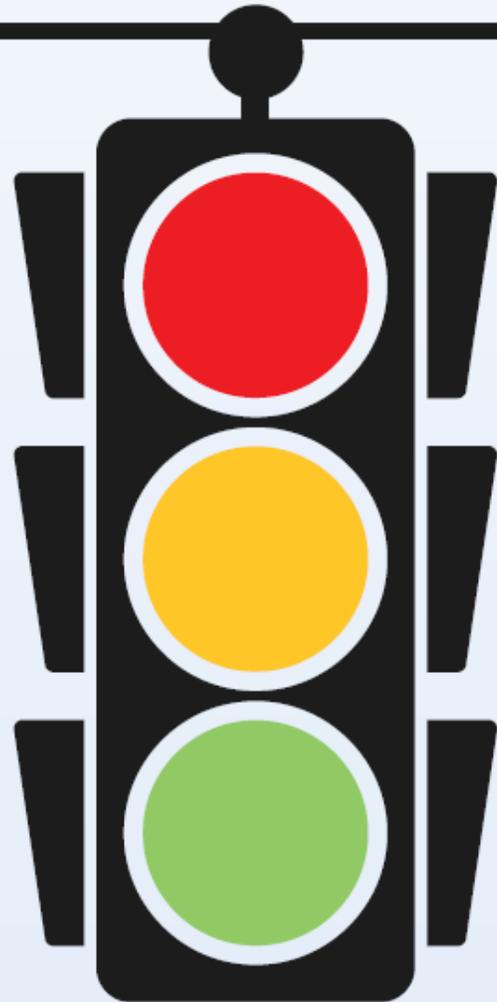
YELLOW - DRINK OCCASIONALLY

- Diet soda
- Low-calorie, low-sugar drinks
- 100% Juice



GREEN - DRINK PLENTY

- Water
- Seltzer water
- Skim or 1% milk



To learn more about Rethink Your Drink and Less Sugary drinks, visit:

1. Rethink Your Drink: Healthy Weight, Nutrition, and Physical Activity - Centers for Disease Control and Prevention.

https://www.cdc.gov/healthyweight/healthy_eating/drinks.html#:~:text=Tricks%20to%20Rethink%20Your%20Drink%3A%201%20Need%20more,On%20the%20go%3F%20...%208%20Still%20thirsty%3F%20

2. Water and Nutrition: Healthy Weight, Nutrition, and Physical Activity - Centers for Disease Control and Prevention.
https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html
3. Choose Water for Healthy Hydration – healthychildren.org.
<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choose-Water-for-Healthy-Hydration.aspx>
4. Women, Infants and Children (WIC) Program - <https://www.tn.gov/health/health-program-areas/fhw/wic.html>

Physical Activity

The American Academy of Pediatrics [recommends](#) that infants, children, teens, and children with special needs have time for physical activity each day. Here's how much they need:

- Infants need at least 30 minutes of “tummy time” and other interactive play, spread throughout each day.
- Kids aged 3-5 need at least 3 hours of physical activity per day, or about 15 minutes every hour they are awake.
- Kids 6 years and older need 60 minutes of moderate to vigorous physical activity on most days of the week

Benefits of Physical Activity

Most children don't move enough. Just 25% of children get a healthy amount of physical activity. Many parents are not active, either. That's why it's so important to make time for moderate to vigorous activity on most days. Here are just some of the benefits:

- Helps prevent obesity, heart disease, and diabetes
- Helps students focus in school
- Improves sleep
- Strengthens the heart and lungs
- Builds strong bones and muscles
- Reduces stress
- Teaches teamwork and sportsmanship
- Boost's self-esteem
- Improves an overall sense of well-being

Luckily, there are lots of ways kids can stay active. Here are a few ideas:



Physical Activities by Age

Infants	Toddlers	Preschoolers	Elementary students	Middle schoolers	Teenagers
Tummy time while awake.	Neighborhood walks or free play outside.	Tumbling, throwing, & catching.	Free play and organized sports focused on fun.	Activities that encourage socialization. Avoid specializing in one sport.	Activities that encourage socialization and competition, when appropriate.
30+ minutes throughout day.	3+ hours throughout day.	3+ hours a day, including 1 hour of moderate to vigorous activity.	60+ minutes of activity most days. Muscle/bone strengthening activities 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.	60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.

To learn more about Physical Activity, visit:

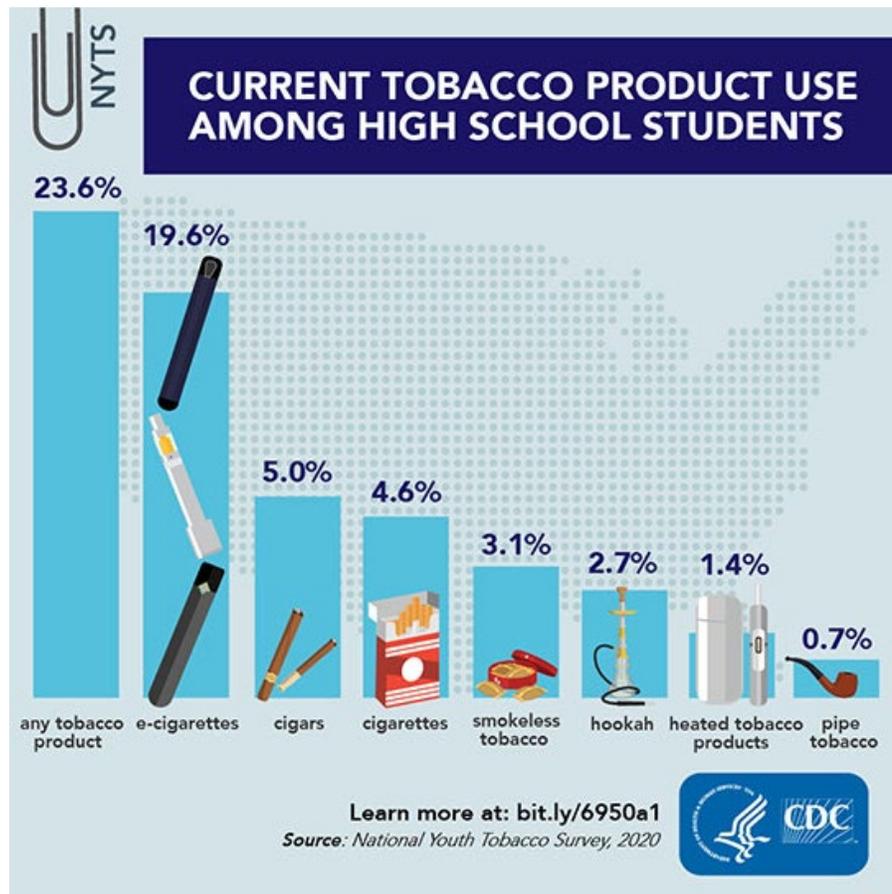
1. How much physical activity do children need? – Physical Activity Centers for Disease Control and Prevention. <https://www.cdc.gov/physicalactivity/basics/children/>
2. Healthy Messages for Families – Action for Healthy Kids. <https://www.actionforhealthykids.org/activity/healthy-messages-for-families/>
3. Energy Out: Daily Physical Activity Recommendations – healthychildren.org. <https://www.healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx>
4. Healthy Parks Healthy Person - <http://healthyparkstn.com/>

Tobacco Use Prevention

Any use of tobacco products in young people is not safe. It doesn't matter if it is smoked, smokeless, or electronic. If smoking continues at current rates, 5.6 million—or 1 out of every 13—of today's children will die from an illness caused by smoking.

Electronic cigarettes, or e-cigarettes, are a form of tobacco that have been sold in the U.S. for the past 10 years. They include e-pens, e-pipes, e-hookah, and e-cigars, and are also called ENDS—electronic nicotine delivery systems. They're also sometimes called JUULs, "vapes" and "vape pens." E-cigarettes are used more often by kids than other types of tobacco—and it's become widespread.

Vaping is breathing in a spray, also called vapor, which is made by an e-cigarette or similar device. E-cigarettes do not produce tobacco smoke, but a mist, often mistaken for water vapor, which contains toxic chemicals, which have been linked to diseases of the heart and lung and cancer.



To promote tobacco use prevention efforts in TN, The Tennessee Department of Health supports several initiatives focusing on education and awareness, prevention, and advocacy.

What is TNSTRONG?

TNSTRONG (Tennessee Stop Tobacco and Revolutionize Our New Generation) is a youth-led, statewide movement committed to raising awareness of the dangers of tobacco and fighting against the tobacco industry's influence on Tennessee youth.

TNSTRONG Teen Ambassadors

The TNSTRONG Teen Ambassadors plan, implement, and participate in tobacco education and advocacy events across the state. They play an active role within their communities, counties, and statewide. They engage in local and statewide activism, educate their peers on tobacco-related issues, and motivate others to take action. These select youth leaders receive specialized in-person and web-based training to advance their knowledge and further their advocacy skills.

The TNSTRONG Teen Ambassadors are the leaders for the TNSTRONG movement throughout Tennessee, with local supervision and overseen by the Tennessee Department of Health Tobacco Use Prevention and Control Program.



Youth Councils

Youth Councils are found in schools, community organizations like the Boys and Girls clubs and Students Against Destructive Decisions (SADD), Coalitions and Anti-Drug Coalitions that include tobacco prevention initiatives and advisory councils from the health departments. Many of the team members are youth, with some adults as partners.

Youth Councils educate their peers on the dangers of tobacco use, expose industry schemes, help to pass local tobacco policies, and take a stand against the tobacco industry. Youth Councils are valuable to their community and the state of Tennessee.

Tobacco-Free Sports

Tobacco-Free Sports is a statewide movement committed to raising awareness of the dangers of tobacco and nicotine products. One sport at a time, Tobacco-Free Sports, asks teams to sign a pledge to be tobacco-free. Our current program is middle and high school baseball and softball teams, and in 2021, we are rolling out the middle and high school basketball team program. If you want more information about being the next baseball or softball team to be tobacco-free, email us at tnstrong.health@tn.gov.

Tennessee Tobacco Quitline

The Tennessee Tobacco QuitLine provides a free telephone and online tobacco cessation program that includes tobacco cessation coaching, personalized support, and even free nicotine replacement therapy (NRT) for eligible participants.

To learn more about Tobacco Use Prevention, visit:

1. Tennessee Tobacco Use Prevention and Control Program (TUPCP).
<https://www.tn.gov/health/health-program-areas/tennessee-tobacco-program.html>
2. Tennessee Tobacco QuitLine. tnquitline.org
3. Tobacco Prevention Toolkit.
<https://med.stanford.edu/tobaccopreventiontoolkit.html>

Children with Special Health Care Needs

Children and youth with special health care needs (CYSHCN) are those who "have or are at increased risk for chronic physical, developmental, behavioral or emotional conditions and require health and related services of a type or amount beyond that required by children generally. An estimated 13.5 million children in this country, or approximately 20% of U.S. children under age 18 years of age, have a special health care need. CYSHCN and their families often need services from multiple systems - health care, public health, education, mental health, and social services.

Promoting overall health and wellbeing for children and youth with special health care needs is a critical part of their ongoing health care. Too often treating the child's illness or addressing ongoing needs for special services take the focus off the importance of health promotion issues that need to be addressed in the care of all children. While addressing acute health care needs is necessary, so is assuring good health and wellbeing across the life span. To achieve optimal health and quality of life for all CYSHCN and their families, ensuring an effective system of care, including a medical home, is of the utmost importance.

What is an Effective System of Care?

An effective system of care for CYSHCN ensures:

- CYSHCN are screened early and continuously
- Families of CYSHCN are partners in decision-making
- Community-based services are organized so families can use them easily
- CYSHCN can receive care in a medical home
- There is adequate insurance and funding to cover services
- CYSHCN receive services necessary to make transitions to adult health care.

Improving the system of care for CYSHCN can maximize outcomes for women, pregnant women, and children in general. What works for the most vulnerable should work for all.

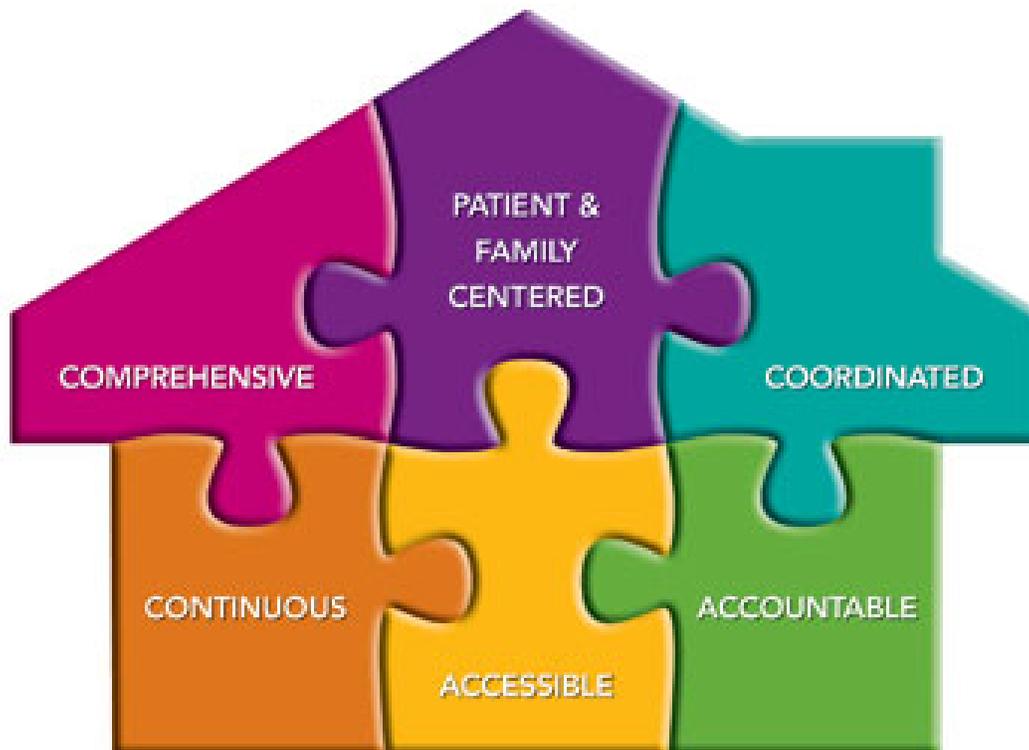
Medical Home

According to the American Academy of Pediatrics, a medical home is not a building, house, or hospital, but rather an approach to providing comprehensive primary care. The primary care team develops a trusting relationship with the family and works as a partner to assure that all the child's needs are met.

This is a dynamic process driven by the health status and developmental progress of the child, the specific needs of the child and family, the primary care physician's expertise with children with special health care needs, and the ability of the family and/or other professionals to participate in care coordination.

A medical home is coordinated by the primary care physician or provider, and gives care that is:

- Accessible
- Compassionate
- Comprehensive
- Continuous
- Coordinated
- Culturally effective
- Family centered



As part of the system of care, promoting social, emotional, and physical health are critical when addressing child development and resilience. There is evidence that children and youth, with special health care needs, who participate in regular physical activity and

engage in social interactions, feel better about themselves, have fewer mental health issues or depression, experience improvement of some symptoms of conditions (increased attention and concentration, reduction of asthma) and have more opportunities for social participation with peers.

To learn more about CYSHCN, visit:

1. Children and Youth with Special Health Care Needs – Tennessee Department of Health. <https://www.tn.gov/health/health-program-areas/mch-cyshcn.html>
2. Tennessee Disability Pathfinder. <https://www.tnpathfinder.org/>
3. Supporting Physical Activity for Children and Youth with Special Health Care Needs – DC Resource Center for Children with Special Health Care Needs. <https://ucedd.georgetown.edu/documents/PhysicalActivityFactSheetFinal.pdf>
4. Inclusive School Physical Education and Physical Activity – CDC Healthy Schools, Centers for Disease Control and Prevention. https://www.cdc.gov/healthyschools/physicalactivity/inclusion_pepa.htm
5. Children and Youth with Special Health Care Needs – HRSA Maternal and Child Health. <https://mchb.hrsa.gov/maternal-child-health-topics/children-and-youth-special-health-needs>
6. Tennessee Voices for Children and Pediatricians – American Academy of Pediatricians. <https://www.tnaap.org/>

Sample Local/Community News Release

The local news release is a great way to spread the word about Child Health Month. This can be shared online, with your local newspaper, schools' newsletter, local magazine, etc.

Support the Health of Tennessee's Children During Child Health Month this October #TNchildhealthmonth2021

The (**Your Organization Name**) invites all families, educators, health professionals, faith-based and community organizations and all levels of government to help ensure Tennessee's children are healthy. The theme for Child Health Month (CHM) 2021 is **Childhood Resilience: Nurturing Social, Emotional, and Physical Health**. Join with us in celebrating Child Health Month this October by hosting events and participating in activities that support nurturing childhood resilience, provide opportunities to learn about health topics, offer creative ideas for implementing interactive activities and events and encourage healthy behaviors.

To see how Tennesseans across the state are celebrating Child Health Month, and to find out more about CHM2021, go to: tn.gov/CHM2021

Join us for our celebration at (**insert location**) as we (**insert event/campaign details**) on (**date/time/specific location any other details**). (**Insert quote from leader in your agency/community about the health of children; event contact person and phone/email address**).

What Will YOU Do for Child Health Month?



Social Media Messages

Social Media is a great way to spread the word about community events and activities. Below are sample social media messages your department or organization can use to promote CHM 2021 and local events. Please feel free to adapt and use these messages on your own platform. Subjects include ACEs, Physical Activity and Healthy Eating and Tobacco Use Prevention.

Use the Hashtag - **#TNchildhealthmonth2021**

TDH social media platforms to follow, tweet and share:

Twitter: <https://twitter.com/TNDeptofHealth>

Facebook: <https://www.facebook.com/TNDeptofHealth/>

YouTube: <https://www.youtube.com/user/TNDeptofHealth>

Facebook

Physical Activity and Healthy Eating

- Getting physical activity before, during, and after school can be easy. Learn how school staff, families, and communities can help kids reach 60 minutes of physical activity each day! <https://bit.ly/2gqa3Ng>
- Healthy eating doesn't have to be overwhelming. The DASH eating plan can help you create a flexible and balanced heart-healthy eating style with common foods available at the grocery store. Get started today! <http://bit.ly/2x3joP5>

Social and Emotional Health

- The Center for Disease Control and Prevention has a list of resource that anyone can use to teach themselves and others about ACE's. Learn more at <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/resources.html>
- Exercise regularly, eat healthy balanced meals, and get plenty of sleep. Breathe deeply, stretch, or meditate. <https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/supporting-families-uncertain-times-social-media-messages>
- Showing respect is a key way to connect with children and strengthen positive relationships. It helps children feel more confident and competent to explore and

learn. <https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health>

Tobacco Use Prevention

- Each day, nearly 3,300 youth under the age of 18 try their 1st cigarette. Learn the facts about the dangers of tobacco use at teen.smokefree.gov
- Did you know many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development. <https://e-cigarettes.surgeongeneral.gov/>
- DIP. CHEW. SNUFF. SNUS. No matter what you call smokeless tobacco, it can negatively affect your health. Smokeless doesn't mean harmless. <https://therealcost.betobaccofree.hhs.gov/dip>
- 11,400 Tennesseans die each year from their own smoking. Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined - and thousands more die from other tobacco-related causes. Call 1-800-QUIT-NOW for free support to quit smoking.
- The Tennessee Tobacco QuitLine provides a free telephone and online tobacco cessation program that includes tobacco cessation coaching, personalized support, and even free nicotine replacement therapy (NRT) for eligible participants. <http://www.tnquitline.org/index.php>

Twitter

Physical Activity and Healthy Eating

- Encourage students to get physical activity before, during, and after school. Learn how to get school staff and your community involved! <https://bit.ly/2gqa3Ng>
- Small #food swaps can make your meals and snacks healthier. Look for ways throughout the day to add more #fruits and #vegetables to your plate. <http://bit.ly/2iPRnGM>

Social and Emotional Health

- Exercise regularly, eat healthy balanced meals, and get plenty of sleep. Breathe deeply, stretch, or meditate. <https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/supporting-families-uncertain-times-social-media-messages>
- Research indicates that children who are mentally healthy tend to be happier, show greater motivation to learn, and have a more positive attitude toward school.

<https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health>

Tobacco Use Prevention

- Big Vape Says It's Safe. But We Won't Get Sucked In. Hey Big Vape, #QUITLYING
- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW. <https://smokefree.gov/>
- Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products. To find out more about e-cigarette's go to: [https://www.cdc.gov/tobacco/basic information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

CHM 2021 Graphic Logo

The Child Health Week graphic logo can be used to promote the campaign on a department's and/or organization's social media platform, placed on a flyer to promote a local Child Health week event, or made into stickers or buttons to pass out to kids within the community.





What will you do for Child Health Month? October 2021



#TNchildhealthmonth2021

Help us celebrate this annual campaign by getting involved with your local community organizations!



To Find Activities in Your Area:

tn.gov/CHM2021



Department of Health Authorization No. 355635. This Electronic publication was promulgated at zero cost. June 2021

The Tennessee Department of Health in collaboration
with the Tennessee Commission on Children and Youth
and Healthy Kids & Teens, Inc.

Presents:

Dance Across Tennessee

A Live Line Dance Virtual Party for Families and Children



Save the Date



Join Us on

October 29, 2021

12:00 p.m. Local Time

More information to follow

tn.gov/CHM2021



Department of Health Authorization No. 355659.
This Electronic publication was promulgated at zero
cost. July 2021

PRINTABLE RESOURCES

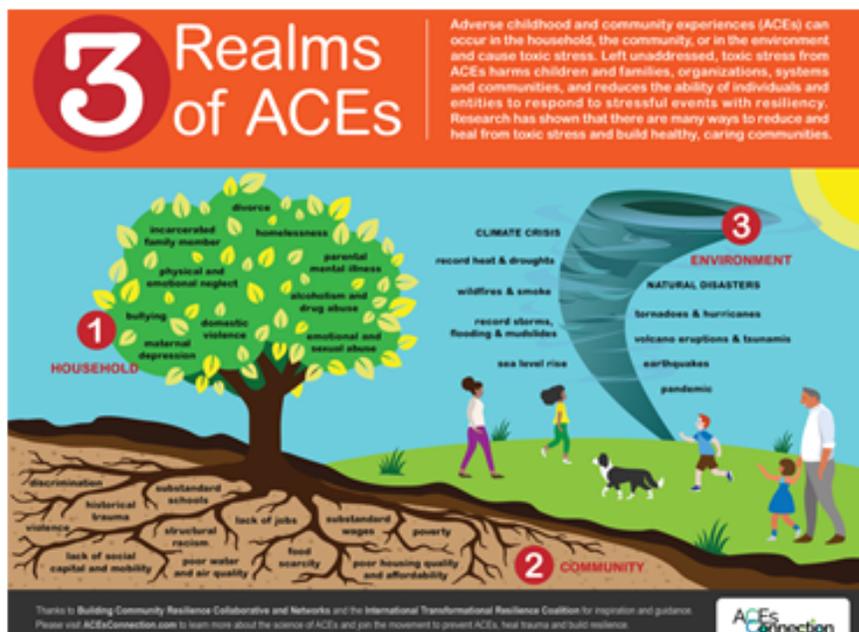
Understanding Adverse Childhood Experiences (ACEs)	Pg. 27
What are ACEs?	Pg. 28
5 Fun Mindfulness Activities for Children	Pg. 29
Calm Down Yoga for Kids	Pg. 30
MyPlate Grocery Store Bingo	Pg. 31
Parent Tips: How Much Sugar and Calories are in Your Favorite Drink	Pg. 32
Choose Health. Drink Water	Pg. 33
30 Things to Find at the Park	Pg. 34
Youth Exposure to Advertising and E-Cigarette Use	Pg. 35
Tennessee Tobacco QuitLine (English)	Pg. 36
Tennessee Tobacco QuitLine (Spanish)	Pg. 37
7 Aspects to a Medical Home	Pg. 38

Understanding Adverse Childhood Experiences (ACEs)

What are Adverse Childhood Experiences (ACEs)?

Adverse Childhood Experiences (ACEs) are toxic to brain development and if left unaddressed make it more difficult for a child to succeed in school, live a healthy life, and contribute to the community. ACEs include, but are not limited to homelessness, divorce, poverty, violence, and natural disasters. ACEs have three realms: household, community, and environment. They are each connected and affect the viability of families, communities, organizations, and systems. Research shows to prevent ACEs that focus must be on reducing childhood adversity, stopping trauma from happening to already traumatized people, and building resilience.

The 3 Realms of ACEs



Ways to Reduce Stress From ACEs & Trauma

Our brains are plastic. Our bodies want to heal. To reduce stress hormones in our bodies and brains, you can do the following:

1. Meditate
2. Exercise
3. Sleep
4. Eat well
5. Seek and build healthy relationships
6. Live and work in safety.
7. Ask for help when we need it.

Where To Learn More About ACEs

There are many reputable websites you can visit to learn more about ACEs. The following organizations have resources including articles, videos, organization connections, and more. Click the links or search the organizations below.

1. [The Tennessee Commission on Children and Youth](#)
2. [The Syracuse Institute \(Economic Impact\)](#)
3. [ACE Awareness Foundation](#)

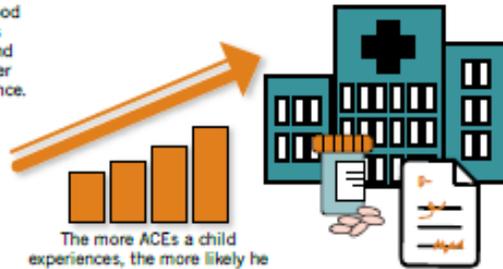
For more general information about comprehensive student mental health, click [here](#) to access the Tennessee Comprehensive School Based Mental Health Resource Guide.



WHAT ARE ACEs?

AND HOW DO THEY RELATE TO TOXIC STRESS?

"ACEs" stands for "Adverse Childhood Experiences." These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.



The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.

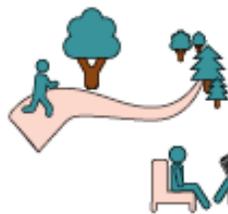
TOXIC STRESS EXPLAINS HOW ACEs "GET UNDER THE SKIN."

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what's known as **toxic stress**. This excessive activation of the stress-response system can lead to long-lasting wear-and-tear on the body and brain.



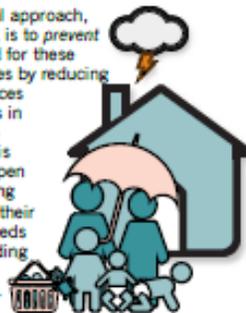
The effect would be similar to revving a car engine for days or weeks at a time.

WE CAN REDUCE THE EFFECTS OF ACEs AND TOXIC STRESS.



For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with mental health professionals, meditation, physical exercise, spending time in nature, and many others.

The ideal approach, however, is to prevent the need for these responses by reducing the sources of stress in people's lives. This can happen by helping to meet their basic needs or providing other services.



Likewise, fostering strong **responsive relationships** between children and their caregivers, and helping children and adults build **core life skills**, can help to buffer a child from the effects of **toxic stress**.

ACEs affect people at all income and social levels, and can have serious, costly impact across the lifespan. **No one who's experienced significant adversity (or many ACEs) is irreparably damaged.**

though we need to acknowledge trauma's effects on their lives. By reducing families' sources of stress, providing children and adults with responsive relationships, and strengthening the core life skills we all need to adapt and thrive, [we can prevent and counteract lasting harm.](#)

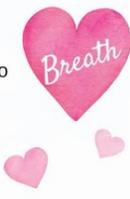
Center on the Developing Child HARVARD UNIVERSITY

Learn more about ACEs from the [Centers for Disease Control and Prevention](#).
For more information: <https://developingchild.harvard.edu/ACEs>

Fun
5 MINDFULNESS ACTIVITIES
for children
by Big Life Journal

1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2 CREATE A GLITTER JAR

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



CALM DOWN YOGA FOR KIDS



I am strong.



Use your strength to catch tricky waves.



I am kind.



Stretch high and spread kindness all around.



I am brave.



Be brave and fearless as you fly down the ski run.



I am friendly.



Stretch like a dog wagging its tail.



I am wise.



Be a wise owl perched on a tree branch.



United States Department of Agriculture

MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

 Fruits	 Vegetables	 Grains	 Protein	 Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families

August 2016

USDA is an equal opportunity provider and employer.



parent tips

How Much Sugar and Calories are in Your Favorite Drink?

Many people don't realize just how much sugar and calories we drink in a day. Use this tip sheet to help your family make smart choices.



Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Bottled Water	0 teaspoons	0
Diet Cola	0 teaspoons	0
Sugar-Free Drink Mix	0 teaspoons	0
Sugar-Free Lemonade	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drink	2 teaspoons 	75
Lemonade	6¼ teaspoons 	105
Orange Juice	7½ teaspoons 	160
Sweet Tea	8½ teaspoons 	120
Powdered Drink Mix (with sugar)	9 teaspoons 	145
Cola	10¼ teaspoons 	150
Fruit Punch	11½ teaspoons 	195
Root Beer	11½ teaspoons 	170
Grape Juice	12 teaspoons 	200
Orange Soda	13 teaspoons 	210

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, We Can!, and the We Can! logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 227 calories 20 fl. oz.	14 tsp 	49 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.	15 tsp 	52 min. 
 Juice Drink 305 calories 20 fl. oz.	17 tsp 	66 min. 
 Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (200 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/2010/document/full/chapter3.htm>. Accessed May 15, 2012.

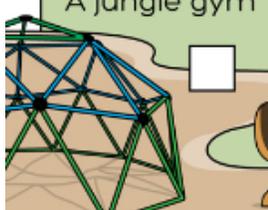
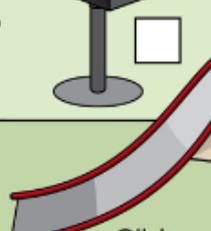
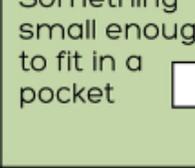
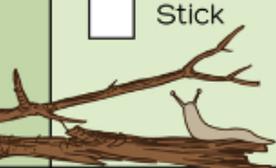
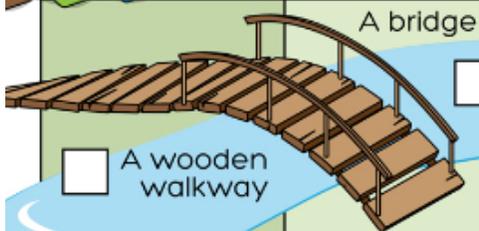
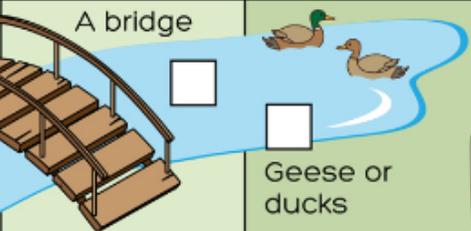
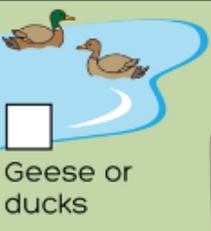
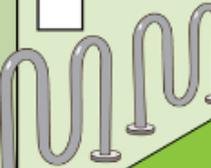


This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employees. CalFresh provides assistance to low-income households and can help you maximize food for better health. For CalFresh information, call 1-477-847-3883. For important nutrition information, visit www.CalChampionsForChange.net.



MDM 882988 03/14

30 THINGS TO FIND AT THE PARK

<input type="checkbox"/> Birds 	<input type="checkbox"/> Bees 	<input type="checkbox"/> Puddle 	<input type="checkbox"/> Something too big to carry 	<input type="checkbox"/> Drinking fountains 
<input type="checkbox"/> Squirrels 	<input type="checkbox"/> Flowers 	<input type="checkbox"/> Pinecone 	<input type="checkbox"/> Butterflies 	<input type="checkbox"/> Mushroom 
<input type="checkbox"/> Vine 	<input type="checkbox"/> Picnic table 	<input type="checkbox"/> Grill or fire pit 	<input type="checkbox"/> Something to climb 	<input type="checkbox"/> Stairs 
<input type="checkbox"/> A jungle gym 	<input type="checkbox"/> Doggies 	<input type="checkbox"/> Slide 	<input type="checkbox"/> Seed Pod 	<input type="checkbox"/> Sand 
<input type="checkbox"/> Garbage can 	<input type="checkbox"/> Something small enough to fit in a pocket 	<input type="checkbox"/> Trail sign 	<input type="checkbox"/> Slugs 	<input type="checkbox"/> Stick 
<input type="checkbox"/> A wooden walkway 	<input type="checkbox"/> A bridge 	<input type="checkbox"/> Geese or ducks 	<input type="checkbox"/> Bike racks 	<input type="checkbox"/> Basketball or tennis courts 

www.hikeitbaby.com



Youth Exposure to Advertising and E-Cigarette Use

Greater exposure to e-cigarette ads is associated with higher odds of youth e-cigarette use. Most e-cigarettes contain NICOTINE, which can cause ADDICTION, may harm brain development, and could lead to continued tobacco product use among youth.

Efforts to reduce youth exposure to tobacco advertising are crucial to prevent all forms of tobacco use among youth.

SOURCE: Pediatrics, April 2016



Sources of E-Cigarette Advertising



14.4 million

youth are exposed
at retail stores



10.5 million

youth are exposed
through the internet



9.6 million

youth are exposed
through TV/movies



8 million

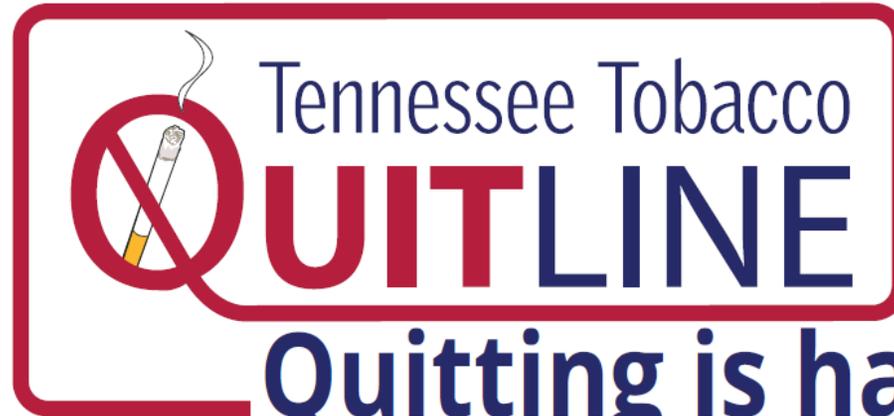
youth are exposed
through magazines
and newspapers

SOURCE: CDC Vital Signs, January 2016

bit.ly/YouthTobaccoUse



Cigarettes. Dip. Vapes.



**Quitting is hard.
Finding help is easy.**



343942

1-800-QUIT-NOW

1-800-784-8669

 (1-877-559-3816)

www.tnquitline.org

Cigarrillos. Masticar Tabaco. Vaporizadores.



Dejar de fumar es difícil.

Encontrar ayuda es fácil.



343942

1-800-DEJELO-YA

1-800-784-8669

 **(1-877-559-3816)**

www.tnquitline.org

7 ASPECTS TO A MEDICAL HOME



A medical home should be...



ACCESSIBLE

Care is easy for each child and family to obtain, including geographic access and insurance accommodation.



FAMILY-CENTERED

Each family is recognized and acknowledged as the primary caregiver and support for the child, ensuring that all medical decisions are made in true partnership with the family.

CONTINUOUS

The same primary care clinician care for the child from infancy through young adulthood, providing assistance and support to transition to adult care.



COMPREHENSIVE

Preventative, primary, and specialty care are provided to each child and family.

COORDINATED

A care plan is created in partnership with each family and communicated with all health care clinicians and necessary community agencies and organizations.



COMPASSIONATE

Genuine concern for the well-being of each child and family are emphasized and addressed.

CULTURALLY EFFECTIVE

Each family and child's culture, language, beliefs, and traditions are recognized, valued, and respected.



Learn more: medicalhomeinfo.aap.org