



COME PLAY AND EAT WITH US!

Save the date! Healthy Families Lower Shore will hold its annual summer picnic on June 14, 2014 at Jane's Island State Park in Crisfield (Pavilion #2) from 11:00 to 2:00.

Come join us for lots of good food, door prizes, games, and maybe a surprise or two. The hotter it gets the more water play we will have, so if you want to go home dry, please bring a towel and an extra set of clothing.

Can't wait to see you and your family there! Call Mary Lou or Anne at 410-621-0889 for reservations.

We will also celebrate our graduating families at this event.



SPRING 2014

April - Month of the Young Child

Starting in 1971, the National Association for the Education of Young Children has sponsored The Month of the Young Child. It is a time to recognize the importance of early learning and early literacy for all young children.

Healthy Families Lower Shore's vision is that all families will feel supported and raise their children to be healthy, productive individuals. The Month of the Young Child is the perfect time to celebrate those individuals who positively impact family functioning, child development and early childhood education.

Participate with us this month by"

1. Thanking someone who makes a difference in the life of young children.
2. Giving a book to a child.
3. Standing up for children and reporting child abuse.

"Children are the living messengers we send to a time we will not see." Neil Postman

The great man is he who does not lose his child's-heart.—Mencius, Book IV



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Meet our Advisory Council
Tammy Thomas

Healthy Families takes great pleasure in highlighting Tammy Thomas as the staff representative on the Advisory Council. As a home visitor with Healthy Families for 13 years Tammy brings a special perspective to the Advisory Council. She joined the Advisory Council in 2001 and has been an active member since then. For two years she was the elected Chairperson and she is currently the Vice- Chairperson.

Before becoming a home visitor Tammy was a home child care provider for eight years. Since becoming a home visitor Tammy has embraced trainings as a process to enhance her knowledge and skills. As she expanded her skills as a home visitor she also contributed her expertise to the Advisory Council. In particular, she adds much to discussions concerning parenting skills, bonding and attachment, and community resources.

Tammy is the proud parent of three children; Brandi, Kevin and Taylor, all of whom she speaks of fondly. However, it must be mentioned that we see her with her biggest smile when she talks about her grandchildren, Riley, McKenna, Talan, and Cooper.

THANK YOU!!!

Donations from :

. Charles Meenehan

Welcome New Babies!



- Colby April 8,2013
- Logan September 21, 2013
- Zamarion September 30,2013
- Jeffrey January 1, 2014
- Zechariah January 25, 2014
- Martelle February 6, 2014
- Nevaeh February 7, 2014
- Zachary February 26, 2014
- Joanne February 28, 2014

Each of you is a blessing to your families and us! Thank you for letting us share in your wonder!

Childhood is the most beautiful of all life's seasons.—*Author Unknown*

We worry about what a child will become tomorrow, yet we forget that he is someone today.—*Stacia Tauscher*

If our American way of life fails the child, it fails us all.—*Pearl S. Buck*

BENEFITS AND DANGERS OF EXPOSURE TO THE SUN



Benefits:

- ◆ Moderate sunlight has a good effect upon one's mental health.
- ◆ The UVA rays in the sunlight stimulate the skin to produce Vitamin D, which is necessary for the normal growth and regeneration of bone tissue.
- ◆ Newer findings suggest that moderate amounts of sunshine may not promote the occurrence of skin cancer as readily as some have believed in the past.

Sun rays also stimulate the upper layer of skin to grow thicker. 'As long as this thickening is MODERATE, the thickening is a good effect.

Dangers:

- ◆ UVB rays can cause a burning effect if the body is exposed to an amount of exaggerated sun. This effect causes immune cells in the skin to release histamine. Histamine can then cause blood vessels to dilate and cause other symptoms of acute inflammation. Cells can be damaged by UVB rays to the extent that they die, and cause the upper layer of skin to flake away.
- ◆ UVA and UVB rays from too much sun exposure can also cause malignant melanoma. This cancer can remain small for a long time, but can also spread and develop very quickly and become a serious disease.
- ◆ Remember a baby's skin is much more delicate and thinner than adult skin and 10–15 minutes in the sun can create a sunburn on a young child.

Adapted from "The benefits, joys and danger of the sunlight: by Knut Holt. <http://www.panteraconsulting.com>. <http://www.abicana.com>



Electronic Newsletter Information

Beginning with this newsletter, (March 15, 2014), we will go to an all electronic newsletter. If you are not already receiving our newsletter via e-mail, please send us your e-mail to be included on our list. Send your request with your e-mail to marylou@hfls.us to be added to our address book. You may also find us on face book (Healthy Families Lower Shore).

Congratulations on Staff Anniversaries!



April

Mary Lou Steimer - 10 years

May

Eboni Johnson - 13 years

Welcome to Margarita Roblero as our new bilingual FSW.

Having a two year old is like having a blender that you don't have the top for. *Jerry Seinfeld*



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CALENDAR OF EVENTS SPRING 2014

April 5 -National Love Our Children Day

April 12- Baby Massage Day

April 20, 2014—Easter Sunday



**April 23 - Family Gathering- Princess Anne - 11120 Somerset Ave. - 12:00 PM - 2:00 PM Earth Day Celebration
with Book Swap**

April 25 - Arbor Day

**May 6 - Family Gathering - Pocomoke - Pocomoke Library - 1 PM - 3 PM. "Seeds of
Love" - Seed swap - Bring one package - Get two packages to take home**



May 4 - International Firefighters Day

May 11- Mother's Day

May 17 - National Learn to Swim Day

May 26 - Memorial Day



June 1 - Stand for Children Day

June 13 -Frog jumping Day

JUNE 14 - Annual Picnic - Crisfield -Jane's Island State Park - Crisfield- Pavilion #2 - 11 AM - 2 PM

Publication Information

The Healthy Families Lower Shore Newsletter is a periodical managed by Dawn Rea Scher, Program Coordinator. For more information or to make suggestions, please write or call: Healthy Families Lower Shore 11559 Suite 2 Somerset Ave., Princess Anne, MD 21853. Phone : 410-621-0889 Fax: 410-651-4290 E-mail: dawn@hfls.us

HEALTHY FAMILIES LOWER SHORE

11559 Somerset Ave. Suite 2

PRINCESS ANNE, MD 21853

