

VISITING HOURS

Highlighting Important Safety Tips For Baby Care

BY RENEE TERESHINSKI

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The first year of an infant's life is exciting and joyous. However, it can also be a nerve-wracking experience for anyone taking on the caregiver role. One of the most important aspects to be aware of when caring for a baby is safety. September is Baby Safety Month and I would like to take this opportunity to highlight a few important areas of baby safety.

NEWBORN SAFETY

When a baby is born, they spend the majority of their days sleeping. Remember to place them BACK TO SLEEP to help reduce the risk of Sudden Infant Death Syndrome (SIDS). Here are a few other important sleeping safety points:

- The mattress needs to be firm, and there should be tight fitting sheets placed on it.
- There should be no soft bedding, positioners, stuffed animals or crib bumper pads that could suffocate an infant if they would become wedged against them.
- Crib slats should be secure and no more than 2 3/8 inches apart or the size of a soda can.
- Sleep sacks are wearable blankets that are a safer option than loose comforters.
- Room sharing in a bassinet or crib is also a safer option than having a baby sleep in the bed with you.
- Don't place a baby on a soft adult

bed, couch, chair or car seat to sleep unless directed by your baby's doctor.

• To prevent choking, remove the drawstrings from hooded clothing. Learn CPR and the Heimlich Maneuver for Infants.

BABIES ON THE GO

Parents and caregivers can help keep babies who are constantly on the move safe, especially when they are in and around vehicles.

- Learn how to properly install the car seat and have it checked by a certified child passenger safety technician.
- Recent American Academy of Pediatrics (AAP) recommendations state that children need to be left in the rear-facing position as long as possible, at least until their 2nd birthday. Utilize the height and weight limits until your child meets them. The old rule of "20 lbs and 12 months" to turn the seat forward facing is actually now the minimum recommended requirements.
- Cars are NOT playgrounds. Often children play in areas surrounded by vehicles. Be very cautious about front over and back over incidents that could injure or kill children. Walk completely around your vehicle and check underneath before moving it when children are around.
- Never leave a child alone in a vehicle, not even when a window is open. Children left in hot vehicles will increase their body temp three to five times faster



than an adult. If you ever see a child alone in a vehicle, call 911. When driving with children, place a purse or bag by the child so you will have to open their door and won't forget them if they are quiet or asleep.

• Always lock the trunk/vehicle doors especially when at home so kids cannot become entrapped in a vehicle.

Babies at Play: At this stage in life, suffocation and choking when at play is the most significant issue to address. Supervise your baby when they are at play. Get down on the child's level and remove the cords and hazardous items that are found on the floor that could possibly end up in their mouths when crawling. Use age appropriate toys and make sure to read the warning labels and watch for any recalls on a particular toy. Refer to www.recalls.gov for updates on toy and equipment recalls.

BABIES AT HOME

- Burn awareness is very important.
- Check water temperatures before placing an infant in the bath by placing

your inner wrist or elbow in the water.

- Avoid microwaves to heat formula or milk as there can be hidden hot spots that will scald an infant's mouth and throat.
- Don't carry hot water or beverages when holding a baby.
- Cover unused electrical outlets and place barriers around ovens, fireplaces and furnaces.

Even if you don't have a pool, drowning prevention in the home is also very important.

- Keep toilet lids shut. If needed, there are toilet lid locks available.
 - Empty buckets and wading pools immediately after use and store them upside down.
 - When bathing an infant, keep your hand on the baby and NEVER leave them unattended in a tub or near sinks.
 - Remember, infants can drown in seconds and in less than an inch of water.
 - Falls are very common in the infants who insist on standing and walking before they are one year old.
 - Don't place chairs or cribs near windows.
 - Secure heavy furniture by using wall anchors or braces.
 - Utilize a safety gate for every stairway in your home.
 - Strap infants into highchairs, infant car seats, carriers, swings and strollers.
 - Avoid baby walkers with wheels.
- Fire prevention is important for every-

one in the family.

- Install smoke alarms on every level of the home and outside each sleeping area.
- Bedrooms should have an alarm as well.
- Alarms need to be tested once a month.
- Make and practice a fire escape plan and designate one person to get an infant out of the home in case of a fire.

POISON PREVENTION

Poison prevention is also a key to a safe home for the entire family.

- Read all labels and follow the instructions when giving medications to children.
 - Keep medications out of reach in the original child-resistant containers.
 - Household products should be kept out of sight from children or behind a locked cabinet.
 - Learn the Poison Control phone number (1-800-222-1222).
 - Every home should install a carbon monoxide (CO) detector on every level of their house and test these once a month.
 - Remember not to run a car engine in a closed garage, even to warm it up. It should first be moved outside.
- Baby safety is always very important. Taking these quick steps to ensure baby safety will help you enjoy this exciting time.
- Source: www.safekids.org.

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How Farmers Learn To Live With High Risk

BY VAL FARMER

www.valfarmer.com

An awesome responsibility of farmers is to reduce risk in a business environment that is inherently competitive and risky. Production has to be good. Cash flow is important. Marketing is crucial. The potential is there to make good money and have really good years.

The downside is that farming can have major losses even when the decisions are sound. It is a nervy, high stress way of making a living. Add how farmers love their profession and way of life and you have high emotions entering the decision-making process.

What to plant? When to plant? How to market? How to deal with equipment repair and replacement? What to spray and when? Fertilizers? Major land purchases? Is there enough work and income to support additional families? What about new technology and new ideas?

Depression can paralyze the decision-making process. Depression needs medical and psychological attention. Some farmers may develop excessive worry or anxiety about their fears and decision-making. They may need professional help in getting their anxieties under control. Obsessive worry can take the fun out of farming.

How should farmers approach decision-making? Seek information. Consult with knowledgeable people. Be a good listener. Get "big picture" information about weather, markets, new technology, agronomics, machinery, etc. Do a "pro" and "con" list but also take your "gut" feeling into account.

Have consensus decisions on big ticket items. Persuade, educate and give farming partners time to think through the issue and give their ideas. A family business meeting is ideal for drawing out ideas and developing a unified strategy on key decisions.

Some decisions (land, major equipment) may take months and even years before they are enacted. If decisions are made this way, there will be few "I told you so's." Family members will

share in the responsibility. Both sides of an issue need to come out with plenty of comparison information and shopping around to be done.

Carry out experimental decisions on part of your operation before converting the whole enterprise to the new idea. New ideas should have to prove themselves with first hand experience or based on proven results and research data from a trusted source.

How does a farmer let go of decisions once they've been made?

It is a matter of controlling the controllable and letting go of the uncontrollable. Once a decision has been made, farmers need to detach from it and have the patience to sit back and wait. To second guess or blame oneself puts unnecessary agony and anxiety into farming.

There are plenty of day-to-day decisions to worry about without revisiting a decision you've already made. Make the tough decision and then work hard to make the decision the right one.

This detachment can take the form of concentrating on a quality family life, hobbies, community involvement, church activities, friendships, leisure and developing an ability to relax. If something needs to be done then you do it. Otherwise farmers can handle stress better by looking after other things and rethinking their major decisions



Val FARMER

only when new developments occur.

Decision-making is easier when farmers have an equity base and savings that enable them to withstand the bad years and capitalize on the good years. A lot of pressure can be taken off farmers when they set aside savings or investments that can buffer hard times. The conservative use of money and the retirement of debt after good years sets up farmers for a calmer existence in the future.

Farming on the edge has higher levels of stress as the threat of loss becomes more real. Farmers with high debt loads and a tenuous foothold in farming despite their best decisions have a battle with depression and anxiety.

Farmers in this position need to consult with outside sources for an analysis of their situation and be open to options and alternatives. Stress will moderate when people have hope and confidence that they have a good plan and that it is working. Lenders need to be brought into the loop as options are explored.

How do farmers live with mistakes? If farmers see themselves as learning and growing, mistakes are useful information upon which to make future decisions. Paying attention to mistakes and correcting them is the name of the game. Nobody is perfect. By trying things, people learn and improve what they are doing. As one farmer said, "We try not to make

the same mistake twice."

Farmers also benefit from their inner confidence in their overall decision making. Success builds on success. If over the years their decisions have generally been good, then new circumstances cannot intimidate them as easily. They may not know the immediate answers, but they can have confidence that they have risen to the occasion in the past and are likely to do so again.

Experience in farming gives farmers a sense of security when making decisions under stressful circumstances. Basic optimism and self-confidence go a long way in life and in farming.

Decisions are the building blocks of life. The big ones take thought, communication and research. The next step farmers have to take is a step back - to watch, learn, adjust and to go easy on themselves as conditions change. A sense of humor, a balanced lifestyle and a spiritually grounded view of life make that step back an enjoyable one.

For more information on farm stress or farm decisions, visit Val Farmer's website at www.valfarmer.com. Val Farmer's book, "Honey, I Shrank the Farm," can be purchased by sending a check or money order for \$7.50 to: Honey, I Shrank the Farm, The Preston Connection, PO Box 1135, Orem UT 84059.

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Send Us Your Memories

This year marks the 10th anniversary of the attacks of Sept. 11, 2001 – an event that has changed the lives of countless people everywhere.

As part of the 10th-anniversary observance, the Press & Dakotan is seeking comments from readers concerning where they were when the attacks happened and how that day has changed their lives.

We ask that you limit your comments to 300 words. Please send them to 9/11 Anniversary, Yankton Press & Dakotan, P.O. Box 56, Yankton, SD 57078, or email to views@yankton.net. The deadline for these submissions is Wednesday, Sept. 7.

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