

Summertime Fun & Safety

Summer time is a wonderful time to relax and enjoy lazy days. Enjoy the health benefits that come with sunshine and fresh air, but remember to keep your family safe. Here are some safety concerns for the summer:

Heat

People can get overheated easily--especially infants and children. It's important to keep protected during the hottest parts of the day. Wear protective clothing, kept enough water throughout the day to prevent dehydration. Remember that cars can get very hot when the temperature rises. It takes only 20 minutes for a closed car to reach 125 degrees. It is NEVER safe to leave a child unattended in a locked car, even when the windows are rolled down.

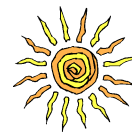
Water Safety

Drowning is the NUMBER ONE cause of death for children ages one to four! Unfortunately, drowning can occur quickly and very silently. Young children can drown in as little as two inches of water. It is very important to make sure that your children are always supervised when they are around water. This is true for all types of water including the bathtub, a wading pool, a fishpond, a swimming pool, a spa, the beach or a lake--and remember to be careful of sinks, toilet bowls, buckets and any other small bodies of standing water such as a ditch filled with rainwater. Pool covers and alarms have not proven to be effective protection against drowning for very young children. The most successful strategy to avoid drowning accidents is to make sure you have safe water environments and the children are always actively supervised. Nearly nine in ten deaths around water occur when someone is supposedly supervising the child(ren). It is important not to be overconfident when your children are around water.

-GRACE HARRIS, CPI NEWSLETTER



How to Help Prevent Skin Cancer



Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Your skin does change with age-- for example you sweat less and your skin can take longer to heal, but you can delay these changes by

staying out of the sun. Follow these tips to prevent skin cancer:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 AM. and 3:00 PM.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits with your child.

Acquiring the habit of using sunscreen can reduce future skin cancers and premature aging for you children.

--FROM THE CLEVELAND CLINIC

Human Behavior Associates, Inc.

HBA is the provider of your Employee Assistance Program. Employees and their family members can call **1-800-937-7770** 24 hours per day, 7 days per week to request assistance with personal, family, financial or legal problems.

Postpartum Depression

You've just given birth to a delightful baby, and everyone is ecstatic. Everyone, that is, except you. If this is supposed to be the happiest time of your life, why do you feel so low?

You're not alone. Some degree of emotional vulnerability is natural and expected after childbirth, and many women have conflicting or troublesome feelings at this time. At least 60 to 80 percent of new mothers experience the baby blues, a mild form of depression that begins a few days to a week after delivery and generally lasts no longer than two weeks. If you have the blues, you may be weepy, anxious, and unable to sleep. You may also be irritable and moody.

Moms often find themselves feeling better after getting some rest and help with the baby. But if your blues — or those of someone you love — have lasted more than two weeks, you could be suffering from postpartum depression.

What can I do to cope?

Above all else, be good to yourself. Make sure your own basic needs are met: Try to sleep and eat well, and try not to feel guilty about the way you feel. Just because you have PPD doesn't mean you're a bad mother or don't love your child.

"It isn't your fault that you feel this way," says Karen Kleiman, a Pennsylvania therapist and co-author of *This Isn't What I Expected: Overcoming Postpartum Depression*. "We live in a society that doesn't tolerate women who don't feel good about being a mother. Because of this, women feel enormously guilty when they have negative feelings about motherhood."



Simplify your life. Your baby's arrival is a good reason to take it easy. Let the chores wait. Ask a friend to help, and set aside time — even half an hour — for you and your partner to be alone without the baby.

Other ways to cope with depression:

Get help.

Part of being a good mother is knowing when to ask for help — so don't be afraid to ask for it during this difficult time.

Share your feelings with others.

Find someone you trust and let that person know how you feel.

Take care of yourself. Sometimes taking care of your physical self can help you feel better. Have your partner watch the baby so you can take a relaxing shower.

Sleep when the baby sleeps. To fight fatigue and depression, you must get your rest. Have a relative or friend over during the day, even if only for an hour, and sleep. If no one is available, consider hiring a sitter experienced with newborns.

Venture outdoors. Put your baby in a stroller and take a walk around the block, or meet a friend at a cafe nearby. The fresh air, sunshine, and company will do you and your baby a world of good. If even a brief excursion is too much for you right now, then just go outside, take a deep breath, and sit in the sunshine for a few minutes. It will help.

Symptoms of Postpartum Depression include:

- insomnia
- weepiness or sadness that persists all day
- diminished interest in almost all activities
- difficulty concentrating
- change in appetite
- anxiety
- moodiness and irritability
- excessive guilt
- panic attacks (symptoms include heart racing, dizziness, confusion, feeling of impending doom)

Your doctor and/or therapist can best determine whether you have PPD. Post Partum Depression is very treatable.

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