

Sister 2 Sister "A Feminine Touch of Progress"

NPMHU Local 300 Women's Caucus

Lucy Lombardo, Chair/Editor

December 2015

Volume 1, Issue 4

No-Stress Holiday Travel

Whether you're planning a long drive to Grandma's house or a flight across time zones, these suggestions will keep your family safe, sound and sane. Traveling during the holiday season is never easy: Think traffic jams, winter weather, delayed flights and crowded airports. When you add squirming kids into the equation, you may be tempted to simply hunker down at home.

Nevertheless, millions of Americans are expected to hit the road this Christmas season. The holidays are a great time to visit relatives, reconnect with old friends, or even take that long-awaited vacation to a warm and sunny family resort. Keep your cool—and keep your kids happy—by following these savvy travel tips.

Make it a family affair. Don't wait until the last minute to get your kids psyched for your holiday journey. If you involve them in the planning process, they're likely to be more invested in the trip.

Clue kids in. Once you've nailed down the details, tell everyone exactly what you've got planned. Warn little ones about potentially scary situations, like the security check at airports.

Time your travel. If you can, pad your schedule with a few extra vacation days so you've got some wiggle room in case of bad weather,

illness or airline delays. This will also allow you to avoid the peak travel days just before (and after) Christmas and New Year's.

Check on childproofing. Yes, Grandma's house is a loving, warm place to gather for the holidays, but it might not be the safest one for little kids. Talk to her about storing medications, cleaning products and other hazards out of reach.

Pack in plastic. Keep your suitcases organized by separating clothing in clear zip-top bags and labeling them with names and contents. This makes it easier to quickly find what you need, and you can store dirty clothing in them on the way back.

Bring snacks. Have a supply of good travel foods (Cheerios, string cheese, bananas) with you at all times. If your child doesn't like the food on the plane or at a party, snacks are a great way to head off a tantrum from a hungry toddler.

Think safety first. Take your car in for a quick inspection (oil, antifreeze, brakes, tires) before you leave. Check the weather forecast a few days ahead to see whether you'll need extra supplies or travel time.

Take breaks. Hit rest stops regularly to prevent your kids from getting stir-crazy or going into tantrum mode in the car. For every two hours on the road, children need at least 15 to 30 minutes to stretch their legs and run around.

Frostbite

Frostbite is literally frozen body tissue—usually the skin, but sometimes deeper tissue. It must be managed carefully to prevent permanent tissue damage. The varying degrees of frostbite are based on how deep the tissue injury goes. Mild cases affect a superficial area of the skin, while the most severe cases can go all the way down to the muscle and bone. The areas most prone to frostbite are the head, face, ears, hands and feet.

Kids are at greater risk for frostbite than adults, both because they lose heat from their skin more rapidly and because they're often reluctant to leave their winter fun to go inside and warm up. Frostbite needs medical attention from a health care provider. It also can be associated with hypothermia, a serious medical condition that requires emergency medical care.

Frostnip is a milder form of injury. It usually affects areas of skin exposed to the cold, such as the cheeks, nose, ears, fingers and toes, leaving them red and numb or tingly. Frostnip can be treated at home and gets better with rewarming.

What to Do:

Bring your child indoors immediately.

Remove all wet clothing. Wet clothes draw heat away from the body.

Immerse chilled body parts in warm (not hot) water for 20 to 30 minutes until all sensation returns.

Don't use heating pads, stoves, fireplaces or radiators to rewarm because the affected skin can be numb and easily burn.

Call your doctor if sensation does not return or there are signs of frostbite and/or hypothermia.

Frostbite is characterized by white, waxy skin that feels numb and hard.

What to Do:

Call the doctor immediately or take your child to a hospital emergency room.

If feet are affected, carry your child. Do not let the child walk on frostbitten feet.

Get your child into dry clothing in a warm environment.

If you cannot get to a hospital right away or must wait for an ambulance, give your child a warm drink and begin first-aid treatment:

Immerse frozen areas in warm water, if warm water not available, wrap your child gently in warm blankets or use body heat on the affected area.

Do NOT thaw the frostbitten area if it's at risk for refreezing before you get to a health care provider. Skin that is thawed then refrozen again can cause severe tissue damage.

Do not rub frostbitten skin or rub snow on it.

Rewarming will be accompanied by a burning sensation. Skin may blister and swell and may turn red, blue or purple. When skin is pink and no longer numb, the area is thawed.

Help prevent frostbite by staying updated on weather forecasts, dress kids in layered warm clothes and use hats, gloves, scarves, thick socks and well-insulated boots. Make sure kids come indoors regularly to warm up.

Bundle up and stay warm!!

Say “No” to Holiday Stress

It’s supposed to be the most wonderful time of the year. But for women, it can be the most overwhelming. A survey by the American Psychological Association found that more women than men feel stressed at Christmas—and have a harder time relaxing and enjoying the season. Which defeats the whole point, really.

Despite making advances in education, shattering glass ceilings in the workforce and in politics, and gaining more economic independence in the past 40 years, women, on average, still do twice as much housework and child care as men, even when they work full-time outside the home. This “second shift” of housework and child care is alive and well in the 21st century. And holidays such as Christmas sends that unequal division of labor into overdrive, creating a “third shift”.

But now, women make up half the workforce, many of them logging extreme hours. And though time studies show that men today clearly do more around the house than in the 1960s, women are still **carrying a heavier load**: While men spend more time than women at paid jobs, married mothers spend six more hours a week caring for children and eight more hours a week on chores than married fathers. So there’s simply no time for women to take on the third shift anymore.

What’s the best holiday gift you have ever received? *Not* having to do the whole holiday thing. Welcome to the holiday season, an annual test of endurance for many women. Forget the walking machine for a cardiac stress test – just strap a monitor on most any woman during the week before Thanksgiving or Christmas.

Almost half of all women in the United States report experiencing higher levels of stress during the holidays. (Only about a third of men do) In the long term, it can lead to high blood pressure, heart disease, depression, anxiety, obesity, abnormal heart beat, menstrual problems and acne. That’s why it’s important for us to reduce stress in our lives and handle it in as healthy a way as we can. But how do you do that during the holidays, when so much is expected?

The key to making it through is to make choices that will eliminate the big stressors. Here’s a few ways to a less stressful holiday season.

Give yourself permission to STOP at least one thing this year.

Don’t apologize or make excuses. Be proud when confronted.

When you start feeling stressed, run away.

Identify which holiday chore you dislike the most and don’t do it unless it’s critical to family harmony. If someone tries to make you feel guilty, just smile and say “I decided not to stress myself out this year, I wanted to focus on being together with friends and family”. Simply excuse yourself and leave if it is making you start to feel stressed, take a walk or go to another room. The mall is driving you crazy, run home to your computer and shop online.

Bottom line: We want to feel thankful, grateful and happy this time of year, so let’s keep the stress outside of your home and have a *relaxed holiday season!!!*

Autism spectrum disorder (ASD) and autism are both general terms for a group of complex disorders of brain development. ASD can be associated with intellectual disability, difficulties in motor coordination and attention and physical health issues such as sleep and gastrointestinal disturbances. Some persons with ASD excel in visual skills, music, math and art. Autism appears to have its roots in very early brain development. However, the most obvious signs of autism and symptoms of autism tend to emerge between 2 and 3 years of age.

AUTISM

Persons with autism may possess the following characteristics in various combinations and in varying degrees of severity.



Inappropriate laughing or giggling



No real fear of dangers



Apparent insensitivity to pain



May not want cuddling



Sustained unusual or repetitive play; Uneven physical or verbal skills



May avoid eye contact



May prefer to be alone



Difficulty in expressing needs; May use gestures



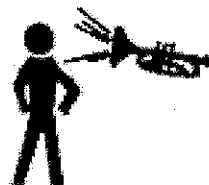
Inappropriate attachments to objects



Insistence on sameness



Echoes words or phrases



Inappropriate response or no response to sound



Spins objects or self



Difficulty in interacting with others