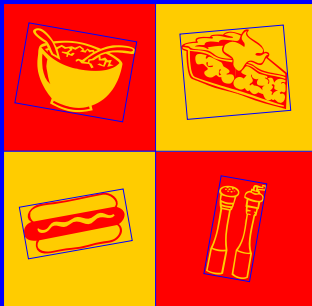


CICERO—MATERNAL CHILD HEALTH

NEWSLETTER

Healthy Moms, Healthy Babies



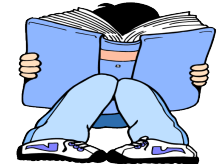
July Celebrates Families with Purposeful Parenting Month!

When you think of July, you imagine summer vacation for the children and countless days of extreme heat, but one thought that wouldn't cross your mind is the importance of spending time with your children.

The idea of National Purposeful Parents Month is to build a strong, positive and functional families with children of any age, it also recognizes the importance of meaningful relationships between parents and their children.

Being a Purposeful Parent means more than just scolding a child when he/she is bad and

praising a child when they do something good. Being a Purposeful Parent means teaching your child about the differences between Structure and Order, Responsibility and Accountability. Firmness and Fairness, Limits and Boundaries. It also involves the understanding of consistency, and problem-solving skills. To celebrate Purposeful Parenting month, some things you can do to create a more positive and loving home are often the easiest like telling your children that you love them, making time to have fun, like going to the park, or finding at least one thing your child has done right.



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Make a Difference in a Child's Life

Often Children with illnesses, handicaps, and injuries have very few things to smile about, and that's where national make a difference to children month comes in. hugsandhope.org was created by a grandmother after her grandson was badly burned, the organization was made to

brighten the lives of children with illnesses, handicaps, and injuries, to show them that they are cared about, and also to show encouragement to their parents. all it takes is a cheery card, and lots of love to make a big difference to a child in need.



Special points of interest:

July celebrates families and safety with:

- 4th of July
- Roots and branches month
- Parents day
- Herbal and prescription awareness month and many more

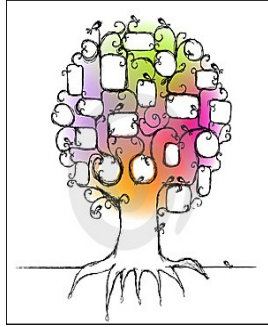


Trees do more than create oxygen

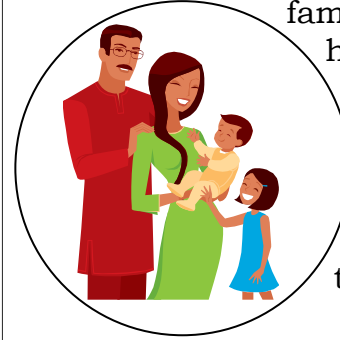


July may seem like a family-oriented month, but its also Roots and Branches Month! You probably wondering why July would have a holiday based off of tree branches and roots but in fact the holiday refers to your family tree!

Family Trees can do wonders for a person, they can trace and find many relatives that were once forgotten and they can also acknowledge your heritage and your



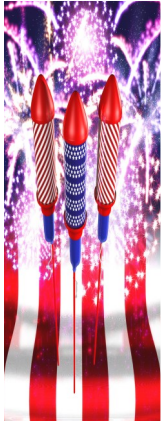
future. The main focus of the holiday is the study of genealogy, there are many sources on the internet that can be used to trace ones family history. If you decide not to do a family tree to retrace your families history, try reconnecting with



family members you haven't spoken to in a while, even if it's a five minute phone call to tell them you love them, you will both benefit from the act of kindness!



Firework Safety



To help you celebrate The 4th of July safely and responsibly, here are a list of tips when using fireworks!

- Do not run or play around fireworks.
- Never ignite fireworks in a container, especially one made of glass or metal.
- Never light a firework when it is in your hand.
- Do not experiment with homemade fireworks.
- Never use fireworks while drinking alcoholic beverages.

Its National Grilling Month!

July is a natural month to focus on grilling, and every weekend and possibly on weekdays the smell of cook-outs fill the air, as it turns out grilling food can expose the

meats to two different types of cancer causing agents called carcinogens, in order to lower the risk we have a few tips which can lower the risk of carcinogen intake!



Tips

1. Avoid charring the poultry
2. Precook your foods
3. Oil your grill
4. Use aluminum foil
5. Marinate your food

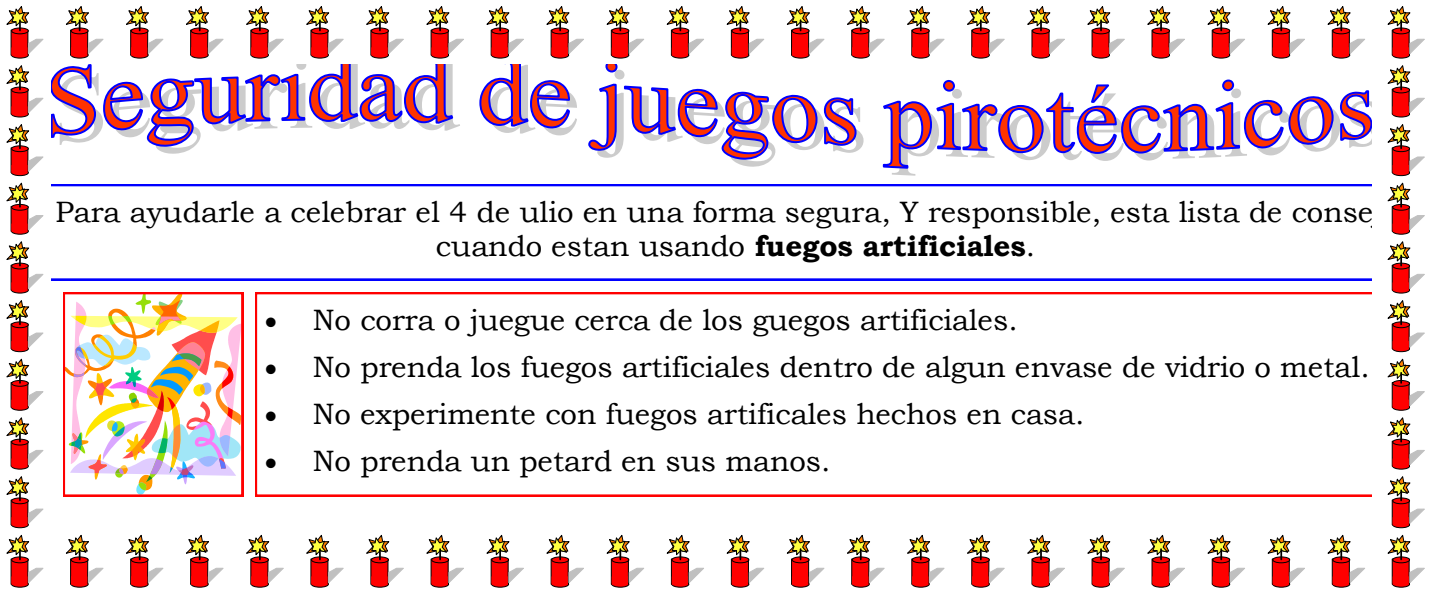


Los árboles hacen más que crear Oxígeno



El mes de Julio parece ser un mes orientado hacia la familia, pero también es el mes de raíces y ramas. A lo mejor se está preguntando por qué el mes de Julio está dedicado a las ramas y raíces. Lo que pasa es que esto se refiere a su árbol genealógico.

Árboles genealógicos pueden hacer maravillas para una persona, pueden ayudar a localizar y encontrar muchos de sus familiares que han olvidado. También pueden conocer su antepasados y su futuro. El foco principal del día es el estudio de la genealogía (historia familiar). En la internet hay muchos recursos que pueden ser usados para localizar el historial familiar de uno. Si usted decide que no quiere hacer un árbol familiar para ver sus raíces, trate de contactar algunos miembros de su familia con los que no ha hablado en mucho tiempo, aunque sea unos cinco minutos para decirle que les quiere. Ambos serán beneficiados por este acto de bondad.



Seguridad de juegos pirotécnicos

Para ayudarle a celebrar el 4 de julio en una forma segura, y responsable, esta lista de consejos cuando están usando **fuegos artificiales**.

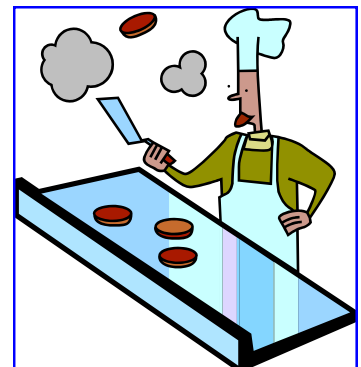


- No corra o juegue cerca de los juegos artificiales.
- No prenda los fuegos artificiales dentro de algún envase de vidrio o metal.
- No experimente con fuegos artificiales hechos en casa.
- No prenda un petardo en sus manos.

Éste Es El Mes Nacional De Parrilladas!

Julio es un mes en el cual parrilladas se realizan cada fin de semana y posiblemente días entre semana. Durante estos días se puede sentir el olor que es transportado por el aire. La carne al estar expuesta a este humo puede producir agentes cancerígenos. En orden te reducir el riesgo de adiferer agentes cancerígenos, sigue las siguientes instrucciones.

- Agregate Condimentos a tu comida antes de azarlos
- Pre-Cocinar tu comida
- Agregate aceite a tu Parrilla
- Usa Papel aluminio





Cicero-Maternal Child Health
 5615 W. Cermak Road
 Cicero, Illinois 60804
 Telephone (708) 222-6000



Administrative Office
 144 W. 47th Street
 Chicago, Illinois 60609
 (773) 373-3400
 www.firmancs.org

Fruit Salad In Seconds



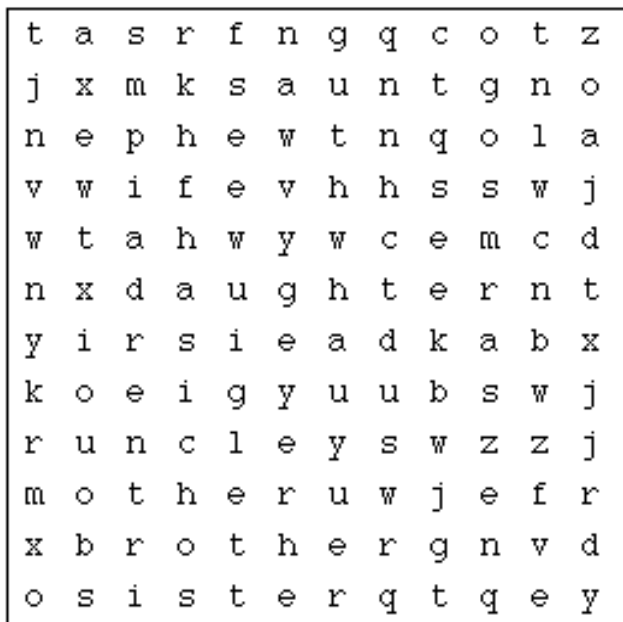
Ingredients:

- 1 (20 ounce) can pineapple chunks
- 1 (8 ounce) can crushed pineapple, undrained
- 1 cup sour cream
- 1 (3.4 ounce) package instant vanilla pudding mix
- 2 medium ripe bananas, sliced
- 2 cups fresh blueberries or frozen blueberries, thawed
- 2 ripe peaches, peeled and sliced
- 2 cups sliced fresh strawberries
- 1 cup seedless green grapes
- 1 cup seedless red grapes

Directions:

1. Drain pineapple chunks, reserving juice; refrigerate pineapple. add water to juice if necessary to measure 3/4 cup. In a bowl, combine the juice, crushed pineapple, sour cream and pudding mix until blended. Cover and refrigerate for at least 3 hours.
2. In a large bowl, combine the bananas, blueberries, peaches, strawberries, grapes and pineapple chunks. Spread pudding mixture over the top.

Family Members



aunt	father	nephew	sister	uncle
brother	husband	niece	son	wife
daughter	mother			

Things to do for a fun Outing

- Go to the Beach
- Do Puzzles
- Build a Family Tree
- Play Baseball
- Gardening
- Go to the Park
- Visit the Library
- Backyard BBQ
- Go Fishing
- Go to the Zoo

