

May 2007 - Asthma and Allergy Awareness Month

- American Academy of Allergy, Asthma and Immunology (AAAAI), 555 E. Wells Street, Suite 1100, Milwaukee, WI 53202. (414) 272-6071 or (800) 822-2762 (ASMA)

The AAAAI is the largest professional medical specialty organization in the United States representing allergists, asthma specialists, clinical immunologists, allied health professionals and others with a special interest in the research and treatment of allergic disease.

Allergy/immunology specialists are pediatric or internal medicine physicians who have elected an additional two years of training to become specialized in the treatment of asthma, allergy and immunologic disease. Visit the Web at www.aaaai.org.

The American Academy of Allergy, Asthma and Immunology has a Topic of the Month feature on the AAAAI Web site. The topic serves to educate the public by offering:

- A map to know when airborne allergens affect your area
- Tips on preventing allergic outbreaks
- Suggested treatments for seasonal allergies

There is also a new 2006 Spring Allergy guide =

<http://www.aaaai.org/springallergy/2006/default.asp>

- Asthma and Allergy Foundation of America, 1233 20th St., N.W., #402, Washington, DC 20036. (202) 466-7643 or (800) 7-ASTHMA. www.aafa.org
- American Lung Association of Oklahoma, 3160 W. Britton Road, Suite E, Oklahoma City, OK 73120 or 2805 E. Skelly Drive, #806, Tulsa, OK 74105. OKC: (405) 748-4674. Tulsa: (918) 747-3441. www.oklung.org
- National Heart, Lung and Blood Institute (NHLBI), video and booklet Asthma and Physical Activity in the School: Making a Difference. Write to NHLBI Health Information Center, P.O. Box 30105, Bethesda, MD 20824-0105. (301) 592-8573. FAX: (301) 592-8563. Email: nhlbiinfo@nhlbi.nih.gov. Order form and pricing info. are located using the “search” option at the website: www.nhlbi.nih.gov or http://www.nhlbi.nih.gov/health/public/lung/asthma/phy_asth.pdf
- EPA Indoor Environments Division - www.epa.gov/asthma

May 2007 - Mental Health Month

- National Mental Health Assn., 2000 N. Beauregard St., 6th Floor, Alexandria, VA 22311. (800) 969-6642 or (703) 684-7722. www.nmha.org
- Mental Health Association, 1870 S. Boulder, Tulsa, OK 74419. (918) 585-1213 www.mhat.org
- Resource Center, Oklahoma Department of Mental Health and Substance Abuse Services, 2401 N.W. 23rd, Ste. 82, Oklahoma City, OK 73107. (405) 522-3810. Administrative Offices – (405) 522-3908. www.odmhsas.org

Your Child's Mental Health: What You Need To Know

- **Communicate.** Spend time every day listening and talking to your child about what is happening in their lives. Share emotions and feelings with your children.
- **Give children unconditional love.** Children need to know that your love does not depend on their accomplishments.
- **Nurture children's confidence and self-esteem.** Praise and encourage your children, and set realistic goals that test their abilities. Accept mistakes and failures as a part of life.
- **Encourage children to play.** Playtime is important to children's emotional development. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with others.
- **Give appropriate guidance and discipline when necessary.** Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn self-control.
- **Provide a safe and secure environment.** Fear can be very real for a child. When they are frightened, try to find out why. Respond by being loving, patient and reassuring, not critical.

Knowing when to seek help:

When your child has an emotional problem, sometimes all it takes is a hug, kiss and a smile from you to make them feel better. However, sometimes children can develop emotional problems that will not go away, no matter how much love and support you give them. The following signs can help you determine if your child needs help from a professional. By identifying possible problems early, your child can be more easily treated.

- Decline in school performance
- Poor grades despite strong efforts
- Constant worry or anxiety
- Repeated refusal to go to school or to take part in normal activities
- Hyperactivity or fidgeting
- Persistent nightmares
- Continuous or frequent aggression or "acting out"
- Continuous or frequent rebellion and/or temper tantrums
- Depression, sadness or irritability



As parents, we believe we can fix almost anything in our children's lives but sometimes more help is needed. Nearly one in five children has a diagnosable mental health problem. If you are concerned about your child's mental health, consult with his or her teachers, guidance counselor or other adults that may have information about his or her behavior. If you think there is a problem, make an appointment with your child's doctor or school psychologist.

To get a referral or for more information, contact your local mental health association or the National Mental Health Association (<http://www.nmha.org/>).

Source: http://www1.nmha.org/pbedu/backtoschool/Your_Childs_Mental_Health.cfm