



## Parents & Educators

The University of Tennessee Community Registered Nurse Navigator Project aims to discover barriers to immunizations that different communities are facing across the state. Nurse Navigators are working in the communities in which they live to find these unique barriers.

This is where You come in!

By taking a short survey, you will be helping our Nurse Navigators identify needs and work toward eliminating barriers in Tennessee and increasing the strength and health of our communities.

Thank you for your participation!



COMMUNITY REGISTERED NURSE NAVIGATOR

Big Orange. Big Ideas.

Routine Immunization rates are in decline statewide.

Help us find out why!

Take our survey!



omn.utk.edu

omn.utk.edu

Scan QR code with camera on your personal device to take the survey.

\*Project grant funded by the Tennessee Department of Health

# Happy Halloween

TRICK OR TREAT-IQUETTE:

22 TIPS FOR KEEPING KIDS SAFE THIS HALLOWEEN.

- START HERE**  
1. Trick-or-treat in groups and/or with a trusted adult
2. Plan and review the route for older children trick-or-treating alone
3. AGREE ON A CURFEW
4. Carry cellphones and/or walkie talkies
5. PUT REFLECTIVE TAPE ON COSTUMES AND BAGS
6. Use flashlights and glowsticks
7. WALK, DON'T RUN
8. Walk only on sidewalks
9. WALK ON THE FAR EDGE OF THE ROAD, FACING ONCOMING TRAFFIC
10. LOOK BOTH WAYS BEFORE CROSSING THE STREET
11. NEVER CROSS BETWEEN PARKED CARS
12. BE ALERT.
13. VISIT ONLY WELL-LIT HOUSES
14. NEVER enter someone else's home or car
15. Don't accept rides from strangers
16. COSTUME ACCESSORIES SHOULD BE SHORT, SOFT AND FLEXIBLE
17. WEAR WELL-FITTING COSTUMES, MASKS AND SHOES
18. FLAME-RESISTANT COSTUMES
19. Choose face paint and makeup instead of masks, if possible
20. ALWAYS TEST MAKE-UP AND FACE PAINT IN A SMALL AREA FIRST
21. EXAMINE ALL TREATS BEFORE EATING
22. NEVER EAT TREATS MADE BY STRANGERS OR UNWRAPPED CANDY



Gerber Life Insurance Company

Source:  
www.safekids.org  
www.cdc.gov



# DWS teachers promote **Active Seating**

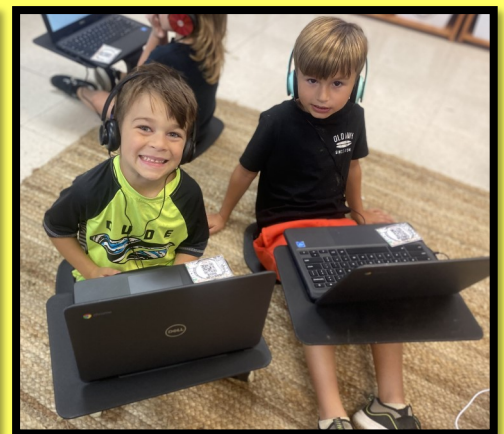
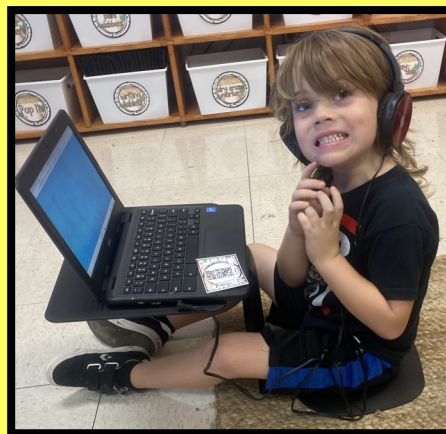
Mrs. Crystal Barnes's 1st grade class using some of their new wobble stools!



Mrs. Ashlee Thomason's 1st grade class and their new classroom rug!



Mrs. Whitney Brelje's Kindergarten class using some of their new surf seats!



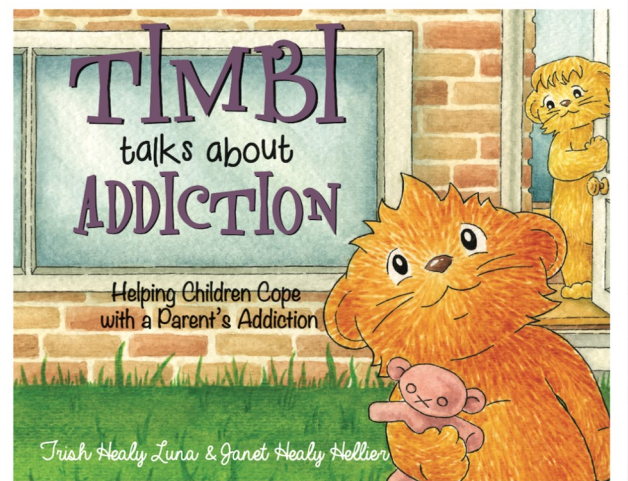
## Meet Timbi!

Helping children cope with parental substance abuse.

This book addresses a variety of issues that children with a parent struggling with addiction face.

Through the eyes of Timbi, children's emotions are validated by describing, naming, and normalizing them.

Timbi provides suggestions and recommendations for coping in healthy, life-enhancing ways. Children learn to achieve a sense of control in their lives through movement, voice, and mindful breathing exercises, and by seeking help from important, stable adults in their lives.



CSH has purchased a Timbi plush and book for SES, NES, and DWS guidance departments!

Check out more about Timbi at [www.timbitalks.com](http://www.timbitalks.com), or see a reading of the book at

<https://youtu.be/Ur2dWVu7afjw>.