

TAP-APP TALK

Congratulations from the TAP staff!

We are so proud of each and every one of you. You have become positive role models for your friends. Not only have you graduated college/high school/middle school, but you have done it while being a parent. It hasn't been easy, but you have accomplished your goals. We hope that all of you will continue your education and become the person you want to be. **WE LOVE YOU!!!!!!!!!!**

Lettie, Debbie, Emily, Amy, and Lisa



If you'll remember always
There's no goal you can't achieve,
If you'll try your very hardest
And, above all else, believe –
Believe that you're a person
Who has something good to give,
Believe that you can make this world
A better place to live –
If you'll believe your talents
And your skills are needed, too,
Then you're sure to find there's nothing
In the world you cannot do!

Community College Graduate

Frances Rodriguez

Middle School Graduates

Rashonda Blue

Laronda Pressley

High School/GED Graduates

Ciara Foster

Joey Cammarota

Deirdre Bethea

Nilsa Lucio

Erika Clark

Arielle McGee

Brittany McDougald

Rosa Zarate

Kimberlee Alexander

Bianca Edmondson

Tekorie Davis

Elizabeth Griffin

Fredrika McCrae

Terrance Cameron

Duquana Hemingway

* Note to Upcoming Teens: These girls and guys did it. You can do it, too!

Teen Talk:

Comments made by teenagers about pregnancy and parenting.

- You can say it's not going to happen to you and keep on doing what you're doing. But I said the same thing.
- I don't get to do things normal high school kids get to do. At 5:30 am, I get up, get ready for school. At 6:30 am, I wake up my daughter and leave the house at 7:00 am. Around 9:00 pm, I put her to bed. And the next day it's the same again. --teen father
- I always say I feel like I'm 40 years old. I missed out on my whole childhood. That's it.
- You have so much to do. I mean, they puke and they poop--you have to clean all that.
- I didn't think it would be that much screaming. Or that he'd need that many diaper changes.

Source- *About.com*

Family Planning Highlight

IUD/IUS

Copper T IUD (Intrauterine Device) – An IUD is a small device that is shaped in the form of a “T.” Your health care provider places it inside the uterus. The arms of the Copper T IUD contain some copper, which stops fertilization by preventing sperm from making their way up through the uterus into the fallopian tubes. If fertilization does occur, the IUD would prevent the fertilized egg from implanting in the lining of the uterus. The Copper T IUD can stay in your uterus for up to 12 years. It does not protect against STDs or HIV. This IUD is 99% effective at preventing pregnancy.

Progestasert IUD (Intrauterine Device) – This IUD is a small plastic T- shaped device that is placed inside the uterus by a doctor. It contains the hormone progesterone, the same hormone produced by a woman’s ovaries during the monthly menstrual cycle. The progesterone causes the cervical mucus to thicken so sperm cannot reach the egg, and it changes the lining of the uterus so that a fertilized egg cannot successfully implant. The Progestasert IUD can stay in your uterus for one year. This IUD is 98% effective at preventing pregnancy.

Intrauterine System or IUS (Mirena) – The IUS is a small T-shaped device like the IUD and is placed inside the uterus by a doctor. Each day, it releases a small amount of a hormone similar to progesterone called levonorgestrel that causes the cervical mucus to thicken so sperm cannot reach the egg. The IUS stays in your uterus for up to five years. It does not protect against STDs or HIV. The IUS is 99% effective. The Food and Drug Administration approved this method in December 2000.

Not all doctors insert IUD’s or the IUS so check first before making your appointment.



Hot Cars and Kids

From the NC Department of Health and Human Services
Office of Public Affairs
June 4, 2008



Have you ever left your child in the car while you run into the grocery store or post office? Read the following and you will never do it again!

A child left in a car is at a great risk for heat-related death. Even on days where the temperatures are as mild as 60 degrees, the inside of a car can heat up to dangerous levels very quickly. In the summer, a closed car can reach more than 120 degrees in less than 10 minutes. Dark colored cars and direct sunlight make the car heat even faster.

Heat exhaustion can occur when temperatures reach 90 degrees and above. Heat stroke can occur when temperatures reach 105 degrees and above. Since 1999, 13 children in North Carolina have died because of the heat by being left in a car by their parents or caregivers.

Please follow these tips to prevent this from happening to your child:

- Never leave your child in an unattended car, even with the windows down.
- Make sure all children are out of your car when you get out. Check to make sure there are no sleeping infants.
- Before strapping your child into the child safety seat, check the temperature of the seat surface and buckles.
- Keep unoccupied cars locked at all times. Children can climb into unlocked cars and become trapped.

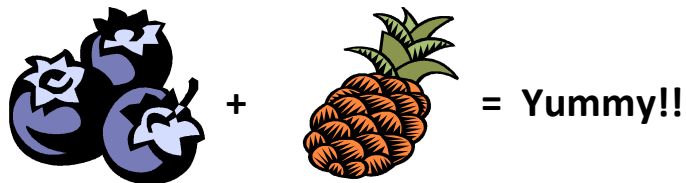
Please make any family members and friends that may be caring for your child aware of the risk of leaving a child in a car. Not only can heat cause damage to your child, but there have been instances where strangers will steal a car and not realize there is a child in it or even abduct a child that is unsupervised. Please be careful and very aware of your surroundings.

In the Kitchen

I just got a new recipe this week. I haven't even tried it yet. If any of you try it, let me know how it turns out. My uncle sent it to me. It really does sound delicious. As a matter of fact, it has one of my favorite fruits in it.

Blueberry Crunch

1 large can of crushed pineapple
2 cups of blueberries
1 box of yellow or white cake mix
1 stick of melted butter or margarine
chopped pecans



Spray a 9x12 casserole dish with Pam or another cooking spray. Layer above ingredients in order as listed. Bake at 350 degrees until bubbly.

ANGER: A Natural Emotional Reaction

Everyone experiences anger, but is how we deal with the anger that sets us apart from one another. What can uncontrolled anger cause? Problems, problems, problems! Problems in your relationship with your family and friends, problems at work, legal and financial trouble, and physical and mental health problems.

Where does it come from? Stress, frustration, fear, annoyance, disappointment, and resentment are all sources of anger. Have you ever experienced any of these and become angry as a result? Don't worry because you aren't the only one. What are your warning signs that you are angry? Maybe your muscles tighten up, you clench your fists or jaw, your palms sweat, your heart races, you get shaky, or your voice becomes loud and mean. What other warning signs of anger can you think of?

Have you ever been angry with your child? How did you respond to that anger? How did it affect your child? Listed below are some things to do and not to do when you are angry with your child.

- NEVER hit your child!
- If there is another adult in the room or house, make sure they are watching the child and leave. Give yourself time to cool off and figure out why you are angry before you return. You can think much better when you are able to clear your head.
- Try to relax! Take several deep breaths, get a drink of water, or count to 10, or maybe even 100 if you are really mad.
- Do some physical activity. Walking, jogging, swimming, bicycling, dancing, yoga, etc.

Remember, children go through different developmental stages. They want to explore their environment, be creative, and be independent. If they draw on your walls or spill milk while trying to pour their own cup, think about why they did what they did. Were they purposely trying to make you mad or were they expressing themselves and trying to be independent?

Taken from *Managing Anger: A Self-Care Handbook*, Channing Bete Company.

Umbilical Cord Care

Your baby's umbilical cord stump will drop off about 10 days after birth. Until this happens, keep the stump clean and dry. Follow these tips below for proper care:

- ✓ Keep the diaper tucked below the cord. This will allow the stump to be exposed to the air.
- ✓ Every time you change your baby's diaper, dip a cotton swab in alcohol and clean the area where the cord and belly meet. Do this very gently.
- ✓ If you see pus or redness or if the baby cries when you touch the area, call the baby's doctor because this could be a sign of infection.

Taken from March of Dimes: Caring for the Umbilical Cord Stump, www.marchofdimes.com