



MONTHLY BUILDING BLOCKS

OCTOBER 2021



FOCUS:

***Halloween guidelines
Covid vaccine in pregnancy and
breastfeeding mothers***

ANNOUNCEMENTS

- **Schedule your flu shots!**
 - **Spirit week 10/25-29**
 - **Mindful group therapy sessions - call for details**
- *****

Halloween guidelines

- **General rules to follow**
 - Parents should accompany the kids
 - Only go to homes with a porch light on
 - Never enter a home or car for a treat
 - Kids should wear costumes that are bright and reflective
 - Keep costumes short enough and shoes fit well

- Consider non-toxic makeup and decorative hats instead of masks
- No sharp or long swords, canes or sticks
- Remain on well-lit streets and always use the sidewalk.
- • If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- • Never cut across yards or use alleys.
- • Only cross the street as a group in established crosswalks (as recognized by local custom). Never cross between parked cars or out of driveways.
- • Don't assume the right of way. Motorists may have trouble seeing trick-or-treaters. Just because one car stops, doesn't mean others will

- **Covid guidelines**

- Stick with outdoor trick-or-treating in small groups
- Keep safe distance from others who live outside your household
- Avoid large groups of kids clustering to get candy
- Make sure you wash your hands before you eat your treat!

- If your children do attend an indoor trick-or-treat event or public festivities, be sure everyone wears face masks and observes safe physical distancing
- Avoid haunted houses/large indoor gatherings

milk was found so it may be protective to the baby as well

*Source - American Academy of Pediatrics, Healthychildren.org, CDC

Covid Vaccine Before, During And After Pregnancy

- **Covid vaccine for pregnant/breastfeeding mothers**
 - CDC recommends COVID-19 vaccination either before or during pregnancy because the benefits of vaccination outweigh known or potential risks of severe illness, adverse pregnancy and neonatal outcomes, including preterm birth, stillbirth and NICU admission
 - Covid vaccine also appears safe if you are nursing a baby. Review of the evidence by ACOG, SMFM, and CDC revealed no adverse safety issues in women and their babies.
 - Antibodies in the umbilical cord blood and the breast

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