

# K.I.D.S. Newsletter

## Survey Questions for Winter 2017 Newsletter

Complete the test and survey questions to be entered to win a gift. You can also fill out the test and survey online at: <https://goo.gl/forms/3oNJYLzZszU9rMOR2>

1) Have you attended any of the Foster Parent Quarterly Meetings? Yes  No

2) If yes, what went well or what could be different?

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3) What topics/concerns would you like to discuss at the Quarterly Meetings?

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4) Please write a question about something you have struggled with in your time as a care provider. We would like to use your question in the Ask Kids advice column (don't worry, we won't use your name!).

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5) Would you like the newsletter in Spanish? Yes  No

6) Would you like to STOP delivery? Yes  No

To be added to the newsletter birthday list, write your name and birthday in the comment box below.

### Comment and Suggestion Box

Please print your name below. If your name is selected in the monthly newsletter drawing, you must provide the following information to be contacted.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Foster Parent     Relative Caregiver or NREFM

## Test Questions for Winter 2017 Newsletter

Complete the test and survey questions to be entered to win a gift. You can also fill out the test and survey online at: <https://goo.gl/forms/3oNJYLzZszU9rMOR2>.

To be eligible for the monthly drawing we must receive your test/survey by the 10th day of the month after you receive the newsletter (Fall's test/survey deadline is January 10th). You must complete BOTH the test and survey questions to be entered into the drawing. You can earn 0.25 Educational Licensing hours if you complete and return the test questions in the enclosed prepaid postage envelope. Please make sure you write TK12 on the envelope next to the Worker No.

- 1) Researchers have found that Vitamin D is only important for healthy bones and teeth. T  F
  - 2) Children who are Vitamin D deficient may experience symptoms of tooth decay and catch more infections. T  F
  - 3) Describe three risks associated with being Vitamin D deficient.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  - 4) Explain two ways in which children can receive Vitamin D.  
\_\_\_\_\_  
\_\_\_\_\_
  - 5) Playing outside on a sunny day can help children maintain healthy levels of Vitamin D. T  F
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## Test Answers from Fall 2017 Newsletter

- 1) Smoking-related illnesses remain the leading cause of premature death in the U.S. TRUE
- 2) While e-cigarettes do not contain tobacco, they do have nicotine, which is highly addictive. TRUE
- 3) Explain the impact of secondhand smoke on children with asthma. Any of the following:
  - Secondhand smoke is an asthma trigger. Secondhand smoke can harm the lungs, cause long-term breathing problems, and make existing breathing problems worse.
  - Children with asthma who live in households with smokers may have more asthma flare-ups and have asthma that is harder to control.
  - Children are more likely to have to go the emergency room with severe asthma flare-ups. They are also more likely to miss school because of their asthma.
- 4) Describe the connection between e-cigarettes and child poisoning. Any three from the following list:  
E-cigarettes can poison infants and young children if they accidentally put the device in their mouth or access the e-cigarette cartridges and ingest the nicotine-containing liquid inside of the device.
- 5) Name three specific ways in which you can protect your child from the effects of secondhand smoke. Any three from the following list:
  - If you smoke, try to quit.
  - Create a smoke-free household.
  - Ask smokers to smoke outside of the home.
  - Do not smoke in the car with children inside.
  - Politely ask smokers to not smoke near your child.