From Baby to Preschooler: Health Resources for Children

Objectives
Participants will be able to:
• Understand the topics that concern parents of young children
• Match users with appropriate, high quality resources, based on needs and circumstances
• Envision engaging programs for kids, parents and caregivers

Agenda
• Your community snapshot
• Types of information needs
  – Health topics
  – Special circumstances or populations
• Resources
• Program Ideas
• Final thoughts and take-aways

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
Your Community Snapshot

Health Indicators

Certain measures help indicate the health of the community

California Demographic Profiles

http://www.library.ca.gov/lds/demographicprofiles/

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
UCLA Health Profiles

2011-2012 Child and Teen Health Profiles
One page snapshots of key health statistics for California children
Created from the California Health Interview Survey (CHIS)

Community Health Needs Assessments

- Non-profit hospitals required to provide reports
- Wealth of information
- Community demographics
- Identify health issues not readily apparent
- Findings lead to change

Try this with your county name:

Google
humboldt community health needs assessments

The Parent Perspective

Babies and toddlers don’t come with an owner’s manual

What information will parents need?

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
From Baby to Preschooler: Health Resources for Children

Types of Information Needs

- Basic Care (breastfeeding, nutrition, sleeping)
- Child development and behavior
- Childhood illnesses
- Prevention (injuries, illness, vaccinations)
- Choosing childcare
- Special populations

The Kid Perspective

Are there materials for young kids related to health?

Know Your Own Collection

- The library’s collection – knowing what you have and knowing when to use it
- Subscription databases
- Circulating materials
- Print reference
- Multimedia

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
What Works in Your Library?

• Parenting Collection?
  – books or media focusing on healthy development, concerns, and topics of interest
  – picture books with health theme to share with young kids

• Playaways or other media?
  – A few Playaway titles for Age 3-5: Happy Healthy Monsters and More; Healthy Elmo, Justin Time: New Friends, New Foods; Sid the Science Kid: Health and the Body

Recommended Online Resources

A handful of good online resources will save you time and provide the information the user needs to provide the best care for their kids.

MedlinePlus

http://medlineplus.gov

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
Centers for Disease Control and Prevention

http://www.cdc.gov/parents/

About Vaccines

http://www.cdc.gov/vaccines/parents/

Great Free Stuff!

CDC and other .gov sites offer posters, brochures, and other materials
Perfect for library displays, handouts, and programs!
Try these Google searches:
- posters flu cdc.gov
- bulletin board nutrition usda.gov

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
From Baby to Preschooler: Health Resources for Children

KidsHealth for Parents

http://kidshealth.org/parent/

Zero to Three

http://www.zerotothree.org/child-development/

First Five California

http://www.first5california.com/

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
First Five Videos

Water and Milk Are the Best Drinks for Kids

HealthyChildren.org

http://healthychildren.org

Kids Eat Right

http://www.eatright.org/kids/

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
Choose My Plate

http://choosemyplate.gov/preschoolers.html

Mommy Blogs: The New Reference?

- Blogs and social sites
  - Sense of community
  - Common concerns and topics
  - Social support
  - Non-authoritative
  - Heavily supported by targeted advertising
  - Not-for-everyone topics

Mobile Apps and Sites

Some are excellent, some are not ready for prime time
Evaluate like a website (plus some)

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
From Baby to Preschooler: Health Resources for Children

Special Circumstances: Traumatic Experiences

In the news:
• Recent school violence
• Shooting at Fort Hood
• Landslide

Personal experiences:
• Earthquakes, tornadoes
• Other traumatic events

National Child Traumatic Stress Network (NCTSN)

http://www.nctsn.org/

Natural Disasters
Trinka and Sam: The Day the Earth Shook

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
From Baby to Preschooler: Health Resources for Children

Resources for Schools

http://www.nctsnn.org/resources/audiences/school-personnel

Handling Hot Button Issues

- Affordable Care Act
- Childhood vaccines
- Latest advice on child raising
- HPV vaccination

Finding Local Services

Do you maintain a list of local service providers at the reference desk? If so, post in chat!

- Common request, but difficult to answer
- Library’s role is to provide information, but not to recommend a provider or service
- Time-consuming to create and maintain
- What are some solutions?

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
Healthy Programming Ideas

• Storytimes are a perfect fit
• Invite a dietician to demonstrate kid-friendly healthy snacks
• Look at community health issues, then bring in a health professional to speak
• Get ideas from titles and build on a theme

Scrub Club

http://www.scrubclub.org/

Early Learning with Families

http://pinterest.com/ELF2Libraries

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
ELF2Libraries Nutrition Board

Health Reference in Brief
 ✓ Provide quality information, not advice
 ✓ Offer factual, vetted information, not personal experience or perspective
 ✓ Avoid judgment
 ✓ Respect the patron’s point of view
 ✓ Provide current, authoritative, unbiased resources
 ✓ Help patron evaluate resources
 ✓ Be wary of health sites that lead users to targeted advertising

MedlinePlus: One Stop Shop
 • MedlinePlus points to the best resources
 • Results are manageable
 • In English and Spanish; some materials in over 45 other languages
 • Results are vetted for quality
 • Powerful search tools
 • Try out some sample searches!

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.
From Baby to Preschooler: Health Resources for Children

Over 20 Health Child Health Topic Pages; Thousands of Articles

• Baby Health Checkup
• Infant and Newborn Care
• Infant and Newborn Development
• Infant and Newborn Nutrition
• Medicines and Children
• Common Infant and Newborn Problems
• Premature Babies
• Rh Incompatibility
• Sudden Infant Death Syndrome
• Uncommon Infant and Newborn Problems
• Child Behavior Disorders
• Child Care
• Child Dental Health
• Child Development
• Child Mental Health
• Child Nutrition
• Child Safety
• Asthma in Children
• Childhood Brain Tumors
• Cancer in Children
• Childhood Immunization
• Childhood Leukemia
• Obesity in Children
• Diabetes in Children and Teens

Take-away Points

1) Provide information users can trust to make good decisions
2) MedlinePlus saves time for busy library staff and users
3) Your users are listening – use teachable moments
4) Healthy babies and healthy kids equals a healthy community!

Thank You!

Kelli Ham, Consumer Health Coordinator
National Network of Libraries of Medicine
Pacific Southwest Region

UCLA Louise M. Darling Biomedical Library
kkham@library.ucla.edu
http://nlm.gov/psr

This material has been created for the Infopeople Project [infopeople.org], and has been supported in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. This material is licensed under a Creative Commons 3.0 Share & Share-Alike license. Use of this material should credit the author and funding source.