



Village InCK News



iHUB 618-518-4482 or 618-226-1726(text)

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It takes a Village to keep children Healthy!

How to prepare your young child if they are getting a vaccine, tips to help make the moment go smoothly.

Open the conversation

Ask your child how they're feeling about their upcoming vaccination. Listen to their thoughts and any concerns and be ready to respond to their questions. Keep in mind that children look to adults for appropriate emotional reactions to a situation. Even if you are worried for your child knowing that they might be uncomfortable during their vaccination, try not to overshare your fears.

Keep responses kid-friendly

Children have a right to information about the vaccination process, but it should be explained to them in an age-appropriate way that is easy for them to understand.

Create a comforting distraction

During the vaccination appointment, you can help keep your child's mind off the shot by creating a comforting distraction. Bring your child's favourite toy or tell them their favourite story. Reassure them that everything is going to be okay and that they're being very brave – even if they cry or get upset.

Soothe them after the shots

Before leaving your child's appointment, speak to their doctor about possible side effects of the vaccine and what you can do to help those at home, such as using a cold cloth on the injection site. Pay extra close attention to your child for the next few days to make sure that they aren't doing or feeling anything out of the ordinary. If so, call your child's doctor for advice.

Village InCK Community Health Workers!



Kris Quitugua



Tiki Martino



Angie Dunning

Village InCK is happy to introduce our Community Health Workers! They help our clients utilize resources, schedule appointments, and assist with completion of applications for programs for which you may be eligible. They meet Village InCK participants face to face in their home or community to engage them and welcome them to the InCK model and they will motivate you to be actively involved with your health and your child's health. If you are interested in learning more about our Community Health Workers and the Village InCK model, please call 618-518-4482.

Upcoming Events

EHD Summer Extravaganza, Roads Church, Norris City- July 2nd from 4pm-6pm

Fireworks Festival, Equality- July 3rd from 5pm-dark

4th of July Celebration, Eldorado Sports Complex- July 3rd from 6pm-9:30pm

Fireworks, McLeansboro Fairground- July 4th from 4pm-dark

Fireworks, Harrisburg Amphitheater- July 4th from 7pm-9:30pm

Fireworks, Dahlgren- July 5th from 5:30pm-dark

Fireworks, Fairfield- July 5th at dusk

Fireworks, Crossville- July 6th at 7pm

SIC Career Camp, Harrisburg- July 8th-11th and 15th-18th from 9am-12pm and 12:30pm-3:30pm (grades 6-8)

Mini Golf, Harrisburg Library- July 12th from 3pm-8pm

Free Swim, McLeansboro Pool- July 12th from 6pm-9:45pm

Free Dental Day, Little Egypt Pediatric Dentistry, Carbondale- July 13th from 8am-12pm

Free Flea Market, Christian Chapel Church McLeansboro- July 20th from 8am-2pm

Pack u Back 2 School, Roads Church, Norris City- July 20th from 10am-12pm

Freedom Fair, River of Life Church, Harrisburg- July 20th from 12pm-2pm

Back to School, Shawneetown- July 28th from 4pm-7pm