



New Hampshire Chapter

American Academy of Pediatrics 
DEDICATED TO THE HEALTH OF ALL CHILDREN®

NH AAP NEWS

September 2022

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"Education is the most powerful weapon which you can use to change the world."

~Nelson Mandela

One of the key pillars for the NH Chapter of the AAP has been and will remain advocacy. In particular we are dedicated to advocating for gender affirming care options and right for patients and families. This also includes advocating for and standing with providers and staff involved in this critical work as they may face harassment and other challenges. We just released a public statement in conjunction with the VT Chapter of the AAP reaffirming that we will continue to stand by the dedicated teams across the Northeast Region, as well as all the vulnerable youth in our care.

[NH, VT Statement](#)

Happy, Healthy, Lead-Free Me!

NH Division of Public Health Services, Healthy Homes and Lead Poisoning Prevention Program, and the NH Chapter of American Academy of Pediatrics are pleased to announce that the recently released children's board book [Happy, Healthy, Lead-Free Me!](#) is now available to order. View book here: [HappyHealthyLeadFreeMe DIGITAL.pdf \(leadfreekidsnh.org\)](#)

Additional information on book available here.

[Announcement-postcard-edit-digital.pdf \(leadfreekidsnh.org\)](#)

Order direct from book's webpage www.leadfree.me
Books may be ordered by the case/40 books.

For questions on purchasing, quotes, invoicing, or any required vendor approval process

email: info@cribsforkids.org

Book available to download in *many* additional languages on www.leadfree.me

This high quality children's board book is an innovative approach using children's literature to educate families on lead poisoning prevention and the importance of pediatric blood lead level testing. Happy, Healthy, Lead-Free Me! was developed by NH DHHS, Division of Public Health Services, with clinical support from NH Chapter of the American Academy of Pediatrics. A robust and exhausted technical review during development included the clinical team at the Pediatric Environmental Health Specialty Unit (PEHSU) Region 1/Boston Children's, EPA Region 1 Boston, and many others. Parent and child feedback from over 90 families was collected during development and incorporated into final edition. Engaging illustrations with diverse characters along with rhyming text capture a toddler's attention. The book's *Simple Steps* approach to family education supports successful delivery of prevention messaging.

Printed in the USA, with lead-free inks at Pint Size Productions, Amherst, NY. <https://www.pintsizeproductions.com/>

Illustrated by Alison Valentine, professional illustrator and artist, who has illustrated numerous children's books including the CDC's "Learn the Signs. Act Early." book series.

Book Reviews

We are proud to share what others are saying about the book:

"Beautiful, effective, and fun! We are so proud to have been able to collaborate with the NH DPHS on this initiative to create Happy, Healthy, Lead-Free Me! It is an innovative and creative way of teaching families about the dangers of lead and the importance of lead level testing while allowing children to benefit from the amazing developmental gains associated with reading. The pediatricians across the state who are enthusiastically handing out the book and the families who are receiving it - all universally love it!"

- Erik Shessler, MD, Chair of General Pediatrics, Dartmouth Health (Manchester, NH), and President of NH Chapter of American Academy of Pediatrics

"The book is a small masterpiece. Engaging and user-friendly, from the attractive illustrations and simple rhymes to the informative but easy-to-understand prevention guidance included for the adult reader."

- Katie LaJoie, RN, Public Health Nurse, Charlestown, and member of the Greater Claremont Lead Action Committee

"It's great to be able to give a book to families about a health topic in an age-appropriate presentation for the patient. The rhyming board book format is familiar to parents and children, making it a comfortable fit with the routine of reading stories. The age-appropriate presentation, bright colors, diversity of the characters, and availability in additional languages makes this book a winner!"

- Eleanor Maguire, APRN, Pediatric Nurse Practitioner

What NH parents are saying:

"Thank you for this great book! It is something that we don't really get a ton of information on."

"This book is a hit! I would have appreciated reading this text to my children before they were tested."

"I think the information is important for people who may not know about the dangers of lead and how to go about checking your home and testing your child."

Books are being distributed by Cribs for Kids, a national non-profit organization whose mission is to prevent sleep-related deaths by educating caregivers on the importance of practicing safe sleep for their babies and by providing portable cribs to families who, otherwise, cannot afford a safe place for their babies to sleep. Learn more about Cribs for Kids here: <https://cribsforkids.org/>

Are Your Patients Up-to-date With Their Meningitis ACWY and their Meningitis B Vaccine?

Our patients are preparing to leave for college and other endeavors. Are you prepared to have the conversation about meningitis and the vaccines that are available to help prevent meningitis, especially in the at risk 16-23 age group?

Be sure to review your patient's immunization record. Are they up to date with their Meningitis ACWY and their Meningitis B vaccine? If not, have the conversation with your patient and their parent or guardian. Having two types of the meningitis vaccine can make a difference – and could quite likely save the life of your patient.

Need more information for yourself or your patient? Here are some helpful links for you:

Laura Anderson, MS APRN FNP-C

<https://meningitisbactionproject.org/>

<https://meningitisbactionproject.org/faq>

<https://meningitisbactionproject.org/download-resources>

<https://publications.aap.org/pediatrics/article/138/3/e20161890/52662/Recommendations-for-Serogroup-B-Meningococcal>

Vaccine schedule

Follow-up Analysis Shows Routine Vaccination Rates in Teens and Adults Continue to Lag Behind Pre-Pandemic Levels

Learn The Signs. Act Early Campaign (LTSAE)



**New Hampshire WIC is offering
CDC's Learn the Signs Act Early
Developmental Monitoring to
families as part of their regular
WIC appointments!**

To learn more go to www.cdc.gov/actearly

This important service was piloted at Goodwin Community Health Center's WIC Program in Strafford and Carroll Counties February 2020; statewide rollout is scheduled for September/Fall 2022.



WIC NEW HAMPSHIRE
1-800-942-4321

This institution is an equal opportunity provider.

Children (WIC) in partnership with the New Hampshire Watch Me Grow surveillance system, is now offering FREE developmental monitoring through the Centers for Disease Control's **[Learn The Signs. Act Early Campaign \(LTSAE\)](#)**, to families. This program helps WIC staff support parents in monitoring children's development and make appropriate referrals when needed. WIC families will be offered a checklist during their annual certification visit and 6 month follow-up visits.

New Hampshire Preschool Development Grant Survey

UNH is doing a survey of New Hampshire families with children under age 9 on behalf of the New Hampshire Preschool Development Grant. Findings from this research will be used to help the state make decisions about programs that help families, like childcare, health care, and food assistance.

The survey will take about 10 minutes to complete, and families will get a \$10 Amazon gift card for their time.

We have particularly low response rates in the north country and would love some help capturing families' voices in this region to inform the state's early childhood strategic plan.

Please contact rdealmeida@picnh.org to get survey flyers to distribute to your families.

Education Opportunities

New England Maternal health Summit September 12

The Summit will showcase the **innovations and positive impacts of community-led research and community-based maternal health care** such as birth centers, midwives, home visiting nurses, lactation consultants, doulas, and other services in New England.

The Summit amplifies and celebrates the **community triumphs in maternal health care** that support birthing people having a joyful, respectful, and empowering birth and postpartum experience.

The event is an opportunity to **strengthen partnerships** amongst hospital-based and community-based services as well as **center the voices of birthing people** in their health care.

For more info about the New England Maternal Health Summit, contact Tina Sang (Women's Health Analyst—Region 1) at tina.sang@hhs.gov

NNEAC September 27-29

[DH Pediatric Lecture Series](#)

Vax Like a Champion

Sept 28 & 29 - [Virtual 2022 National HPV Vaccination Roundtable National Meeting: Vax Like a Champion](#)

Maternal-Infant Health and Opioid Use (MIHOU) Round Table Discussions Series

The American Academy of Pediatrics is inviting pediatric physicians to join the Maternal-infant Health and Opioid Use (MIHOU) Round Table Discussions. This interactive series aims to improve the self-efficacy of early career pediatric physicians and other non-physician clinician in providing recovery-friendly care for parent-infant dyads with prenatal opioid exposure and/or neonatal opioid withdrawal syndrome. The round table educational format aims to stir interest and engage participants in discussions that enhance their knowledge and about providing patient and family-centered care.

Round Table 1: *Building secure attachment through the lens of developmental surveillance and non-pharmacologic care*

Faculty: Jennifer Stahl, MD, FAAP

Date: September 20, 2022

Time: 4:00 pm (ET) | 3:00 pm (CT) | 2:00 pm (MT) | 1:00 pm (PT)

Registration link: <https://aap.webex.com/aap/j.php?RGID=rda3ae9ffc8cacco7644f5b4ef0a139ec>

Round Table 2: *Strength-based family-centered care*

Faculty: Catherine Lipman, MD, FAAP

Date: October 4, 2022

Time: 4:00 pm (ET) | 3:00 pm (CT) | 2:00 pm (MT) | 1:00 pm (PT)

Registration link: <https://aap.webex.com/aap/j.php?RGID=r448d18a28f860e2d4727da12525b94e0>

Round Table 3: *Improving the general culture of care and accompanying families on their recovery journey*

Faculty: Tanner Wright, MD, FAAP

Date: October 18, 2022

Time: 4:00 pm (ET) | 3:00 pm (CT) | 2:00 pm (MT) | 1:00 pm (PT)

Registration link: <https://aap.webex.com/aap/j.php?RGID=rbbobdb47522e85e628009e5df11708b8>

Opportunities Available: This is a new section of the newsletter to highlight opportunities to get involved or for help needed. If you have something you want listed, please contact catrina.watson@nhms.org

NHAAP is looking for chapter members who would like to be part of a chapter interest group on diversity/equity/inclusion (DEI). This would be an informal group that aims to highlight issues in this area for pediatricians. Please respond to catrina.watson@nhms.org.

NH AAP meetings

2022 Meetings will be September 14 and December 14. Meetings will be held virtually until further notice.

Newsletter Editor
Vacant

Contact Us/Submit Content
NH Chapter of the American Academy of Pediatrics

7 N. State Street
Concord, NH 03301
603-224-1909

catrina.watson@nhms.org

Check out our new website www.nhaap.org

NH Chapter of the American Academy of Pediatrics
Incorporated in New Hampshire



NHAAP | 7 N State St., Concord, NH 03301

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