

TADISO TIMES

ISSUE 185

September 2017

IMPORTANT NEWS.....

IMPORTANT MESSAGE FOR THOSE ON TAKE HOME MEDICATION

Be sure your phone number is up to date with the **MEDICAL DEPARTMENT OR COMPLETE A FORM IN THE SECURITY AREA** and place in the black box.

If we can not reach you at the designated phone number, you will lose your privileges.

Labor Dayis Monday, September 4, 2017. Clinic hours will be 6am-1:45pm.

Tadiso Tidbits... Reminders from Tadiso

- Patients looking for fast service should come to the clinic between 12-4pm. **NO WAITING!**
- On Monday-Friday, patients should scan their card every time they enter the Security area. This triggers our software to alert the staff member who has placed a "hold" on you.
- Any weapon brought on the property will be confiscated and the patient will be discharged. Please leave your weapons, mace, screwdrivers, etc., at home, or outside Tadiso property.
- Fighting within a 3 block radius of Tadiso property is grounds for immediate discharge. Threats against staff = discharge.
- If you need to guest dose at another clinic while traveling, please make your request to your counselor, 2 WEEKS in advance. This allows for the proper paperwork to be reviewed by all parties. **PER THE PATIENT HANDBOOK:** "Patients must be enrolled at Tadiso for a minimum of 90 days and on a stable dose of methadone."
- Do not leave your child alone in the car, while receiving services at Tadiso. We are mandated to call the police.

RECOVERY MONTH ACTIVITIES

September is National Recovery Month. Look for these activities:

MEET AND GREET the Recovery Support Specialists on Wednesday, September 6th at 10am, in the Coffee House.

RESOURCE FAIR on Friday, September 8th, 10am-2pm, in the Activities Room.

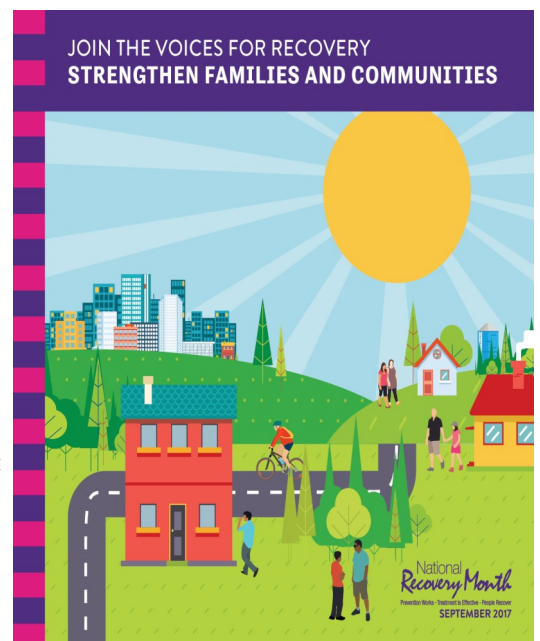
RECOVERY LIGHTS UP THE NIGHT bicycle event will be held on September 9, 2017. To register and for more information, call 412-361-0142.

WELLNESS WEEK is September 11-17.

TRAINING FOR RESCUE BREATHING on Friday, September 15th, 10am and 12 noon, in the Coffee House.

RECOVERY WALK will take place on September 16. The walk begins in the parking lot at 11th and Waterfront in the Strip District. This is a free event and will conclude in Market Square, where there will be activities and entertainment. Look for TEAM TADISO.

FAMILY FAIR on Friday September 29, 10am-12noon in the Activities Room.



BEING A PARENT, though wonderfully rewarding, can also be stressful and full of uncertainties, especially when it's your first child and everything is new and overwhelming.

Benefits of Thumb Sucking And Pacifiers

According to the American Dental Association, it's a natural reflex for babies to suck on things. They find it comforting and soothing, which means that allowing thumb sucking or giving them a pacifier can help them feel happy and safe as they grow from infancy to toddlerhood. At this stage, are many benefits to pacifiers or thumb sucking, for the baby and for the parents:

It helps your baby sleep (which also helps you sleep).

It keeps your baby calmer when separated from you.

Studies have shown that pacifiers reduce the risk of SIDS (Sudden Infant Death Syndrome).



When To Wean

One of the main concerns parents often have about thumb sucking in particular is whether or not it will cause their adult teeth to grow in crooked. This certainly can be a problem, but not for toddlers. Most children will stop sucking their thumbs on their own by age four. If they don't stop on their own, this is when it becomes important to encourage them to stop.

If vigorous thumb sucking continues around when they start getting their permanent teeth, it can lead to changes in the palate that affect the permanent bite. Dental alignment and bite issues are less common with pacifiers because breaking that habit can be as simple as taking the pacifier away if they're still using them by age three.

For more information about weaning your child off of their pacifier, watch the video below:

Thumb Sucking And Pacifier Don'ts

Because these sources of comfort don't cause damage until the adult teeth are coming in, it isn't necessary to attempt to break your child's habit before the age of four. Younger toddlers in particular aren't old enough to understand why parents want them to stop sucking their thumb or pacifier, so they'll only get upset.

Weaning Strategies For Thumb Suckers

Ideally, you'll be able to wean your child off thumb sucking before they turn five, but if your child is close to age six and is still an avid thumb sucker, it's definitely time to get serious. Here are some safe strategies you can use:

Praise them for successes rather than scolding them for continued thumb sucking.

Use a rewards chart so they can see the goals they're working towards.

Make sure they have plenty of activities to do with their hands, like arts and crafts.

Put socks on their hands while they sleep so that they don't have access to their thumbs.

TAKE NOTE



Tadiso bathrooms are not available on the weekends.

Please use your bathroom before you come to the clinic.

Note to patients with take home privileges:

Bottles must be returned in the condition that you receive them.

Returned bottles that do not have your identifying information visible, will result in loss of privileges.

If you are called for a medication "call back", and you do not respond, you will lose your privileges.

We suggest you verify your phone number in Tadiso's system. If your number changes, it is your responsibility to submit your "Change of Phone Number" form, at the Security Desk.

If your privileges are important to you, please safeguard your bottles.