

Don't let summer boredom default to screen time

LEXINGTON

Summer is in full swing, but for many kids, the excitement of no school has already been tempered by their greatest nemesis: boredom. Camps, vacations and trips to visit family are classic summer pastimes, but they don't take up every hour of every day; kids are turning to their TVs, tablets, phones and gaming devices to fill the void. While screens are part of everyday life and can help kids learn, connect



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and have fun, too much screen time can lead to such problems as sleep disturbance, behavior issues, and exposure to inappropriate content. While the American Academy of Pediatrics (AAP) has recommendations for how families can implement a thoughtful, balanced approach for screentime, every family is different. Use the tips below to develop a media plan that works for your family. Age is a factor. For older kids, set consistent limits to ensure that screen time isn't replacing sleep, exercise, or in-person interactions. For kids under five, limit screen

time to about an hour of quality, age-appropriate programming and always watch it with them. For babies, except for occasionally video chatting with friends and family, avoid screens altogether. Consider the content. Not all media is equal. Educational content and creative games can help kids learn and grow. But fast-moving or violent shows, or apps with ads and in-app purchases, may not be healthy. Choose high-quality content that fits your child's age and helps them learn or be creative. Make it a family affair. Kids tend to mimic the behavior and habits that their parents exhibit so be a good role model. If you're on your

phone for hours each day, they will be too. Talk to your child about what they're playing or watching and try to find a way to turn it into a real-world activity. Designate a time of day to be screen-free or replace solo screen time with family movie night. Start a conversation. Use screen time as a way to teach and connect. Ask questions like, "Do you think that could happen in real life?" or "What would you do in that situation?" Co-viewing and talking about what you saw help children understand and become smart, thoughtful media users. Let them be bored. Letting kids experience boredom is a positive thing. During bored times, they

become creative and invent ways to entertain themselves. This fosters independence, problem-solving skills and an opportunity to discover new interests. Playing a video game might be a short-term solution but learning how to manage unstructured time is an essential skill that will be stunted if they aren't allowed to be bored. By creating healthy screen habits and encouraging a balance of digital and real-world experiences, families can make the most of summer downtime. A little planning, a lot of conversation, and room for creativity can help kids build lifelong skills – and maybe even make some unforgettable summer memories along the way.

Kentucky health officials report 4 new measles cases

Immunizations are needed to prevent spread

FRANKFORT – Last week, Kentucky health officials announced that four new cases of measles have been reported in the commonwealth this week. Three cases are part of the same household in Woodford County, while the fourth case, involving someone known to have been exposed to measles while traveling internationally, is in Todd County and unrelated to the other three cases. Health officials are working to identify others who may have been exposed to those infected while they were contagious. None of the four were vaccinated against measles. This marks six total measles cases reported in Kentucky this year. These cases occur amid the largest measles outbreak in the United States since it was

declared eliminated in the U.S. in 2000. The U.S. Centers for Disease Control and Prevention (CDC) has reported more than 1,200 cases this year, including several large outbreaks in other states. "Measles is a serious disease," said Kentucky Department for Public Health Commissioner Dr. Steven Stack. "Fortunately, people can avoid measles through safe and effective vaccinations. We urge all parents to have their children vaccinated to ensure they are protected from preventable diseases like measles." Measles is a highly contagious respiratory virus that can cause serious health complications, especially in young children. Measles is spread through the air and can remain suspended in the air for up to two hours. Early symptoms of measles begin 8-12 days after exposure and include high fever, cough, runny nose and red/watery eyes. The characteristic measles

rash typically appears three to five days after symptoms begin, usually on the face before spreading down to the rest of the body. The first dose of measles vaccine is routinely administered in combination with mumps and rubella vaccine (MMR) to children at age 12 months through 15 months, and a second dose at age 4 through 6. Two doses of MMR vaccine is 97% effective against measles according to the CDC. The CDC recently issued a travel advisory to urge all people traveling outside of the United States to receive two doses of MMR vaccine if they have never had measles. Recently, immunization rates among Kentucky's kindergartners have declined. Results from the most recent school immunizations survey, for the 2024-2025 school year, indicate that only 86.9% of Kentucky kindergartners are fully vaccinated against measles, which is lower than the national

average of 93%. Kentucky's first confirmed measles case of 2025 occurred

in an adult resident in February. The second case occurred in March in a child who was

traveling through the commonwealth when they sought treatment.

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COPY DEADLINE: July 23 4pm PUBLISHES: July 30

June is wound healing month

LEBANON – As June signifies Wound Healing Awareness Month, the Spring View Wound Care Center is committed to enhancing understanding about essential wound care and the critical services we provide. Chronic, non-healing wounds can drastically affect a patient's quality of life, resulting in pain, restricted mobility, and emotional challenges. It is vital for individuals to recognize the importance of proper treatment and to seek assistance when necessary.

accelerate healing, and minimize complication risks. Our specialized team at the Spring View Wound Care Center is equipped with the latest techniques and treatments tailored to address complex wounds. Among our offerings are advanced dressing changes, transcutaneous oxygen measurement, wound debridement, and hyperbaric oxygen therapy (HBOT), which significantly aids the body's wound-healing mechanisms.

effectively. Patient Education: Our team educates patients on proper at-home wound care, dietary considerations, and lifestyle changes that promote healing. Ongoing Support: Recovery is an ongoing journey. Our center ensures continual monitoring and adjusts treatment plans as needed for optimal healing. Our center specializes in treating various wound types, including diabetic foot ulcers, venous stasis ulcers, pressure ulcers, skin tears, post-surgical incisions, radiation wounds, burns, traumatic injuries, and any wound that hasn't shown improvement in 30 days. As we honor Wound Healing Awareness Month, we urge everyone to take a proactive stance toward their wound care. If you or someone you know is battling a chronic wound, please reach out to the Spring View Hospital Wound Care Center. Together, we can pave the way for recovery, enhancing health and quality of life within our community. For more information or to schedule an appointment, please call 270.692.5187.

UNDERSTANDING WOUNDS

Wounds can differ significantly in severity, falling into two primary categories: acute and chronic. Acute wounds result from surgery, cuts, or accidents and typically heal within a set timeframe. Conversely, chronic wounds fail to progress through the standard healing stages, potentially lasting for weeks, months, or even years. Common causes of chronic wounds include conditions like diabetes, venous insufficiency, and pressure ulcers.

THE IMPORTANCE OF WOUND CARE

Effective wound care is imperative to prevent infection,

COMPREHENSIVE SERVICES AT OUR WOUND CARE CENTER

Our Wound Care Center is staffed by a multidisciplinary team, including experienced clinicians proficient in various treatment modalities designed for specific needs. Key services include: Assessment and Diagnosis: Each patient undergoes a thorough assessment to pinpoint the underlying causes of their wounds, enabling a targeted treatment plan. Advanced Treatments: We provide innovative therapies, including negative pressure wound therapy, bio-engineered skin substitutes, and routine hyperbaric oxygen therapy to deliver healing oxygen to tissues

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