



FAMILY VALUES

2 NEWS ON KJZZ

Immunizations During Pregnancy (Aired 10/6/17 at 9pm Runs 1 minute 20 seconds) – Keeping your baby safe and healthy begins during pregnancy. There are actually two immunizations mom should get during pregnancy that will help protect her baby. First, pregnant women are encouraged to get the Tdap vaccine between 27-36 weeks gestational. Since babies can't get this vaccine until they're at least two months old, this helps protect them from pertussis – also known as whooping cough. The other big one mom should get during pregnancy is the flu shot. Pregnant women can get the flu vaccine any time during pregnancy. This is important because if a pregnant woman gets influenza when she's pregnant, she can become very sick, very quickly. Finally, make sure anyone who plans to interact with baby is also vaccinated.

Pleasant Grove Unity Flag Ceremony (Aired 10/06/2017 @ 9pm, 2:15 minutes) – Two rival football teams in Utah County joined forces to honor the victims of the mass shooting in Las Vegas. Pleasant Grove High and American Fork High football players came together to carry out an American flag that took up nearly half the field. Players and spectators then held a moment of silence for the dozens killed in the massacre on the Las Vegas strip. This story gives our viewers a look at the impressive tribute and explains what message the players hope the tribute send to everyone who saw it.

Adoption Surprise (Aired 10/09/2017 @ 9pm, 2:30 minutes) – A joyful embrace from a Utah sixth grader is getting views from all over the world. 11-year-old Tannah has spent the last two years wishing a judge would make her foster parents her forever parents and last week, she got the news she has been waiting for from her school office manger. Once Miss Jackie delivered the news, Tannah jumped into her arms, unable to control her excitement. This story shows how much adoption means to kids in the foster care program and sheds light on the need for foster families across the state of Utah.

Child Left at Corn Maze (Aired 10/10/2017 @ 9pm, 2:00 minutes) – A 3-year-old boy left behind at a corn maze and the parents didn't know he was gone until the next day. How does that happen? It was just after 7pm Monday night when the toddler was found at the entrance area by a visitor. An officer at the maze



watched over the boy until the maze closed and then turned him over to child services. Police got a frantic call from the family the next morning saying they may have left their 3-year-old at the maze. Officers say it appears to be nothing more than an accident, but they're still investigating how a child goes missing for so long without anyone noticing. The viewer hears the details on a story that caught the attention of the nation, and what police are doing as far as an investigation.

Girls in Boy Scouts (Aired 10/11/2017 @ 9pm, 2:00 minutes) – The Boys Scouts of America are announcing a big change. Next year, girls can join the cub scouts. The boy scouts will also start a new program for older girls, using the same curriculum as the boy scouts, where they could earn their eagle scout. That program won't start until 2019. The viewer learns about the big change coming to the BSA program, and reaction from people on both sides of the issue.

Improving Male Fertility (Aired 10/13/17 at 9pm Runs 1 minute 20 seconds) – Fertility challenges can be devastating for couples trying to get pregnant. However, when addressing the problem, it's important both women AND men check with their provider to see if simple changes can be made to improve their chances of getting pregnant. A recent study shows sperm counts have dropped between 20-50 percent in the last 40 years. Doctors aren't sure why it's happening or how concerning it is when it comes to fertility. However, there are ways to improve male fertility. The most common is a healthy lifestyle – eating a well-balanced diet, exercising, maintaining a healthy weight, not smoking, avoiding drugs, and avoiding sexually transmitted diseases.

Coats for Kids (Aired 10/16/2017 @ 9pm, 2:00 minutes) – Winter is coming and hundreds of kids in Southern Utah need coats. 200 students to be exact. This year the amount of coats collected is dramatically lower than years past. Officials say people just aren't donating. In years past they have dozens, if not hundreds of coats saved up. This year they only have one coat. The viewer learns of a need for coats for kids in need to keep them warm during the winter.

Kearns Child Abuse (Aired 10/23/2017 @ 9pm, 2:00 minutes) – Prosecutors say a Kearns couple kept a child out of school so that wounds to his face could heal. Now that couple is facing serious criminal charges. Four separate witnesses told detectives that a young boy was beat, kicked and thrown against a wall. Police are not saying if the couple, who was arrested, are the boy's parents. They are now in the Salt Lake County Jail in what prosecutors say is a case of



felony child abuse. The viewer learns about the child abuse and what police say happened and the charges the parents are facing.

Lead Poisoning Testing (Aired 10/20/17 at 9pm Runs 1 minute 20 seconds) – Lead poisoning prevention week is October 22nd-28th, and one of the big pushes this year is for children to get tested. Children ages 1-5 are at the highest risk for lead. The only way to know if your child has been exposed, is by testing. Testing may sound scary, but it's actually very simple. A child's finger is pricked, a small amount of blood is collected, and then it's analyzed. After just a couple of minutes, you have an answer. Children should be tested at both their one and two-year well-child visits. If your child is at higher-risk, such as living in a home pre-1978, then it's even more important.

Foster Kids Increase (Aired 10/25/2017 @ 9pm, 2:30 minutes) – The number of foster children in Utah is on the rise and state officials are recruiting a new type of family to take in children in need. The state is turning to LGBTQ families as an option when looking for placement options. Currently there are 13 hundred foster families in Utah and of those, only 30 are LGBTQ families. This story informs are viewers that LGBTQ couples can be foster parents as long as they are married or if they are single, they have to live on their own. Our story also sheds light on the need for more foster families in general.

Oral Health for Babies (Aired 10/27/17 at 9pm Runs 1 minute 20 seconds) – Good oral health starts by creating a routine with your child – before they even have teeth. This includes not putting baby to bed with a bottle and remembering to wipe their gums with a clean washcloth during bath time. Start brushing teeth as soon as that first tooth pops through and be sure to use fluoride toothpaste. The enamel of baby teeth is much thinner than adult teeth which is why fluoride is so important for young kids. Fluoride is a mineral that helps strengthen the enamel, and that's why it helps prevent cavities. Another way to protect baby's teeth is to introduce a sippy cup at six months and get rid of the bottle by one year. Finally, be sure to schedule baby's first visit with a dentist around their first birthday.

Delayed Cord Clamping (Aired 11/3/17 9pm Runs 1 minute 20 seconds) – After a baby is born, the next step is to cut the umbilical cord, right? Not necessarily. Delaying cord clamping can actually provide a number of benefits for baby. This means waiting 60 seconds for a term baby or 30 seconds for a preemie before clamping and cutting the umbilical cord. Waiting allows 75% of the available



blood in the placental circulation to be transfused into the baby. By giving a newborn some extra blood at birth, it reduces their chances of anemia and has shown to improve iron stores which affect a child's growth and development. Be sure to talk with your provider about delayed cord clamping to decide if it's the best choice for you and your baby.

Domestic Violence Deaths (Aired 11/7/2017 @ 9pm, 2:00 minutes) – According to FBI Data, more than 50 percent of mass shootings are related to domestic or family violence. In Utah, the numbers of domestic related deaths are on the rise. With two months to go in 2017, we've already surpassed last year's numbers. This has the domestic violence coalition very worried as they try to come up with solutions on how to bring the numbers down. The viewer hears from the brother of a domestic violence victim and from officials that are trying to cut domestic violence in the state.

Ear Infections in Kids (Aired 11/10/17 at 9pm Runs 1 minute 20 seconds) – After the common cold, ear infections are the most commonly diagnosed illness for American kids. They usually happen between six months and two years of age and start with sinus congestion from a viral-type cold. The tube that drains the inner-ear to the sinuses gets inflamed and it's hard for fluid in the inner-ear to drain out because of the inflammation. This creates an environment for bacteria to grow, causing an infection. Some factors can increase a child's risk of developing an ear infection. These include things like: living in a high-pollution area, not being up to date on vaccinations, exposure to second-hand smoke, or not being breastfed.

Adoption Agency Investigation (Aired 11/10/2017 @ 9pm, 2:30 minutes) – A state investigation has found serious problems with a Davis County adoption agency. The state says the "Heart and Soul Adoption Agency" has done a very poor job of record keeping and of providing adoptive parents with receipts to explain where their money is going. In most cases, parents who learned they were over charged, had to get lawyers to get a refund. This story explains the punishment the adoption agency is facing now and lets viewers know what they can do if they feel like they were treated poorly by the adoption agency.

House Fires Warning (Aired 11/14/2017 @ 9pm, 2:00 minutes) – It's the start of the busiest time of the year for firefighters. House fires are even more common than ever as temperatures drop and homes fill with family. The number one cause of home fires starts in the kitchen. The number one thing you can do to



prevent serious damage is having a fire extinguisher on hand. A lot of the fires are sparked by cooking in the kitchen. The people leave for a second and forget something is on the stove. Another big cause are space heaters. Make sure they're away from drapes, and not left on overnight. The viewer learns simple steps to save themselves from a serious fire at their homes during the winter months.

Daycare Report (Aired 11/15/2017 @ 9pm, 2:30 minutes) – A new legislative audit, says Utah childcare centers that violate the rules are not being punished like they should. The audit supervisor says daycares that put kids at risk often get the most lenient punishment possible, which is typically a fine. This story gives viewers an example of what the audit is talking about and explains what the Division of Family Health and Preparedness is doing to try and fix the problem.

Healthy Holidays for Babies (Aired 11/17/17 at 9pm Runs 1 minute 20 seconds) – The holidays are all about families sharing time, food, and unfortunately germs. With the holiday, cold, and flu seasons all happening at the same time, it's a tricky time of year to keep the youngest member of the family healthy. To protect them, the first thing family members can do is make sure they are up to date on their Tdap and flu vaccines. Breastfeeding is another thing that can improve baby's immunity. If you're surrounded by people, either at a party or while out Christmas shopping, keep your baby covered as much as possible. One good option is to keep your baby wrapped up close to your chest. This protects them from germs and decreases the chances of others touching or asking to hold your baby. Even though hand washing is simple, it's very effective in killing germs.

Coat Donation (Aired 11/17/2017 @ 9pm, 2:00 minutes) – A newly wed teacher at Copper Hills High School gave away her wedding gifts. Rickee Stewart asked everyone at her wedding to donate to students in need, rather than giving to her and her husband. The result was 2,000 coats handed out to kids to keep them warm during Utah's bitter cold winter. The viewer heard from teachers at the school where the coats were handed out. One of the teachers who saw a boy at the bus stop with no coat on a cold afternoon, she knew he would now have a coat to keep him warm.

Frying Turkey Safety (Aired 11/21/2017 @ 9pm, 2:00 minutes) – Deep frying a turkey can be a dangerous thing this Holiday season, if you're not careful. That's the message from Orem Police and Fire Department to families. Doing a turkey



fry the wrong way, can be disastrous. It's all about the hot grease mixing with ice water, that can cause a burst of flames. The key is to make sure the turkey is completely thawed and dried off. The wrong way is putting a frozen or wet turkey into the oil at 350 degrees. The viewer learns the right and wrong way to fry a turkey just days before the Thanksgiving holiday.

Gestational Diabetes (Aired 11/24/17 at 9pm. Runs 1 minute 20 seconds) – November is diabetes awareness month, and one type of diabetes you probably haven't heard a lot about is gestational diabetes. Gestational diabetes varies from Type 1 and Type 2 in that it isn't present before pregnancy and develops once a woman is pregnant. Twenty percent of women with gestational diabetes have zero risk factors which is why all pregnant women should be tested between 24-28 weeks. Gestational diabetes poses a risk for baby by increasing their chances of poor development, breathing problems, low-blood sugar at birth, as well as many other metabolic problems such as high bilirubin, low calcium, and more. If a woman is diagnosed with gestational diabetes, the most important thing is to normalize her blood-glucose levels through diet, exercise, and medication.

Live-Nativity Saved (Aired 11/28/2017 @ 9pm for 1 minute, 30 seconds) – Due to laws requiring a separation of church and state, Weber County has canceled a holiday festival that's been going on for 40 years. The cancelation cancels funding for the live nativity that has been held by the Hunt family. Now the Hunt family wants to keep the tradition going, but they need to raise \$10,000 to pay for materials, the venue and mandatory liability insurance. They set up a Go Fund Me to raise the expenses.

Teen Suicides (Aired 11/30/2017 @ 9pm, 2:00 minutes) – A major increase in suicides among teens in Utah. That's the latest from a new study that has prevention experts very concerned. A new in-depth suicide study involving Utah youth ages 10-17 years old finds between 2011 and 2015 suicide rates shot up by 141%. That's compared to a national increase of 23.5%. Experts say one surprising result is a link between suicide and taking away technology from kids as a punishment. The viewer learns about suicide rates among teens and what factors are playing into the trends.

Vitamin D & Pregnancy (Aired 12/1/17 at 9pm Runs 1 minute 20 seconds) – If you're pregnant, you've probably heard how important it is to take a prenatal vitamin with folic acid. However, when should you also consider taking Vitamin D.



Studies show 60-70 percent of Utahans are deficient in Vitamin D, and many people do not know because there are no real signs unless you go in and get a blood test. Vitamin D functions as an active hormone in the body and does much more than strengthen bones. One of its primary purposes is as an anti-inflammatory which helps suppress and regulate the immune system. Ongoing research out of Utah State University shows there might be a connection between Vitamin D, the immune system, and autism. Their latest study shows Vitamin D deficiency in a child might actually begin during pregnancy, before the child is even born. This is why it's important for pregnant women to get their levels tested and supplement accordingly.

Amber Alert (Aired 12/4/2017 @ 9pm, 2:00 minutes) – An amber alert issued for two young girls out of Iron County. The suspect is 34-year-old Samuel Schaffer. He's accused of taking two girls. The girls' father was arrested over the weekend. Family members say Schaffer is a self-proclaimed prophet for a religious group called the "Knights of the Crystal Blade." Both girls were eventually found safe. The viewer learns the latest in the amber alert that was sent to phones across the state of Utah.

Heart Attack Rescue (Aired 12/5/2017 @ 9pm for 1 minute, 30 seconds) - A West Jordan woman is alive today thanks to two strangers who came to her rescue. The women met again for the first time since the incident took place back in October. Amanda Dalley, and Miranda Jensen came to Michelle Bernauer's rescue after she suffered a heart attack inside a Ross department store. Jensen performed CPR, and Dalley called 911. The women's lifesaving skills worked and Bernauer eventually started breathing again. Bernauer spent 10 days in the hospital and is now going through physical therapy to regain her strength.

Sleep Training (Aired 12/8/17 at 9pm. Runs 1 minute 20 seconds) – Having your baby sleep through the night may seem like a dream for many parents. However, there are ways to improve your child's sleep and development while keeping the child happy and healthy. Good sleep habits start by establishing a bedtime routine early on and sticking to it. Next, comes the sleep training. Before you begin, check with your pediatrician to see if your child is ready. Every child is different, but for most kids this means sometime between four and six months. There are two main approaches you can take. The first is called "controlled comforting" and the second is called "camping out." Be sure to follow your baby's cues and pay attention to why they are waking up during the night. Some babies truly need the nutrition and need to be fed, while others just want the comfort.