



Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Child Care Health Educators Newsletter



Managing Milk Allergies Submitted by Karen Gilbert, RM

The following information was excerpted from the publication [A Guide to Managing Milk Allergy](#) by **Kids with Food Allergies A Division of Asthma and Allergy Foundation of America**

“Cow’s milk allergy (usually just called “milk allergy”) is a very common food allergy. A milk allergy is an immune system reaction to milk protein. It can cause a severe allergic reaction called anaphylaxis [anna-fih-LACK-sis]. Milk allergy is different than lactose intolerance (an inability to digest the milk sugar known as lactose).” (“Guide to Managing Milk Allergy”, 11/2021 p. 1).

“Milk can be found in almost any type of food. Foods that contain milk include ice creams, frozen desserts, cakes, pies, cookies, cream sauces, pasta dishes, casseroles, mashed potatoes, breaded meats, and much more.” (“Guide to Managing Milk Allergy”, 11/2021 p. 2). During the holidays children can be especially susceptible to ingesting food containing an unknown milk product.

[Kids With Food Allergies A Division of Asthma and Allergy Foundation of America has a publication called, “A Guide to Managing Milk Allergy”](#). This publication is a 4-page downloadable document that contains important information to help your childcare program navigate safely caring for children with milk allergies.

Topics included in the publication include what are symptoms of an allergic reaction to milk, how can I prevent milk allergy reactions, reading labels, goat’s and sheep’s milk – can it replace cow’s milk, cooking and baking – products to use instead of milk, can I eat baked milk or eggs, preventing cross-contact, milk ingredient list – various names for milk. (pp. 1-4) See the link below to download the free publication.

Reference

Kids With Food Allergies A Division of Asthma and Allergy Foundation of America. (Nov. 2021). *A guide to managing milk allergy*. Retrieved from <https://www.kidswithfoodallergies.org/media/3450/your-guide-to-managing-milk-allergy.pdf>



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Symptoms of COVID-19

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
FEVER	✓		✓		
COUGH		✓	✓	✓	✓
SORE THROAT	✓	✓	✓		✓
SHORTNESS OF BREATH				✓	
FATIGUE		✓	✓	✓	✓
DIARRHEA OR VOMITING	✓		✓		
RUNNY NOSE		✓	✓		✓
BODY/ MUSCLE ACHES	✓	✓	✓		

✓ Symptom of illness



cdc.gov/coronavirus

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Online Training Calendar January-March 2022



Jan 11	Breastfeeding Basics	6-8 PM
Jan 20	Respiratory Infections in Children	6-7 PM
Jan 25	Infection Control in Childcare Setting	6-7 PM
Jan 27	Medication Administration	5-8 PM
Feb 2	Communicable Diseases	6-8 PM
Feb 7	Medical Action Plans	6-7:30 PM
Feb 10	Medication Administration	5-8 PM
Feb 16	Medication Administration	5-8 PM
Feb 22	New Recipe Ideas 2	6-8 PM
Feb 26	Medication Administration	8-11 AM
Feb 28	Creepy, Crawly Creatures	6-8 PM
March 8	Medication Administration	5-8 PM
March 10	Seizure Disorders	6-7 PM
March 15	Morning Health Checks	6-7 PM
March 22	Childhood Obesity	6-7 PM
March 24	All About Allergies	6-8 PM
March 29	Medication Administration	5-8 PM

Banana Recipes Submitted by Renee Y. Stonebraker, RS

Banana Oatmeal Cookies

2/3 cup Ripe bananas
1 cup Quick oats
½ teaspoon Vanilla
½ teaspoon Cinnamon

1. Mash bananas in a bowl.
2. Add remaining ingredients and mix well.
3. Drop cookie dough onto greased cookie sheet using a tablespoon, leaving 1 inch of space between cookies.
4. Bake at 350 degrees F for 15 minutes. Makes about 10 cookies.

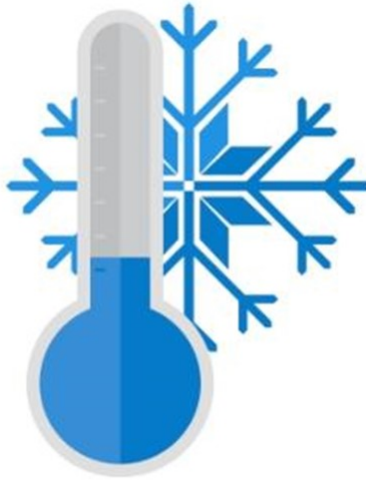
Banana Snowman

1 banana, peeled and sliced (3 banana slices for each snowman)
5 mini chocolate chips
1 pretzel stick
1 baby carrot
1 strawberry, sliced into quarters

1. Take three banana slices and line them up as illustrated in the picture.
2. Use two mini chocolate chips for the eyes.
3. Use the other three for the buttons on the snowman.
4. Slice a sliver of the carrot off and poke it into the top banana slice under the eyes to serve as the nose.
5. Break the pretzel stick in half and these will serve as the arms. Poke them into the middle banana slice.
6. Place one of the strawberry quarter slices above the top banana slice to serve as the hat.



Indoor Physical Activity Submitted by Renee Y. Stonebraker, RS



Winter is upon us, and that means cold temperatures. Some days may be too cold to take the children outside, so the moderate to vigorous activity time has to be done inside. Here are some activity ideas to get the children moving!

- Throw a soft ball into a bucket and vary the distance
- Musical chairs
- Crazy golf – set up a golf course using household items
- Have a dance party
- Follow the leader games
- Make an obstacle course
- Practice kicking and throwing using a soft ball
- Play ‘Head, Shoulders, Knees and Toes,’ ‘Hokey-Pokey,’ and ‘If Your Happy and You Know It’
- Act out a story
- Bowling using a soft ball and empty water bottles
- Jumping over a piece of rope or yarn
- Hopscotch

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Covers Choices

Open Position

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Center

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Covers MountainHeart South



"This program is being presented with financial assistance as a grant from the WV Department of Health and Human Resources and is administered by WV Early Childhood Training Connections and Resources, a program of River Valley Child Development Services."



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