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Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter

Self-Care: Who Has Time For It? By Karen Gilbert, RN



So, you are an early childcare professional. Your days are long and your pay isn't commensurate with the effort you put in every day. You have always felt that you were meant to do this and try to give your best to the children in your program. Though lately you've been feeling stressed and empty and as the saying goes, "You cannot serve from an empty vessel." Eleanor Brown.

These days there is a lot of talk about self-care and how it can prevent burn-out which is really what feeling empty and having nothing left to give is all about. So, what is self-care and how can you practice it without adding another item to your to-do-list? Self-care shouldn't be another task that stresses us out, but when you research it well, I don't know about you, but all the recommendations add to my stress.

In the Morning Coffee with Dee blog, the author makes the point that self-care should embrace activities which are unique to you and bring you joy. Dee relates that an elaborate plan isn't necessary to meet your unique needs. Getting our mind out of a stressful thought pattern is what is important. Simple is better. One way to find what works for you is with the 4 simple lists described in Dee's blog (<http://www.morningcoffeewithdee.com/personalized-self-care/>).

Dee states that once you have these lists, they can be used to promote self-care that is specific to your needs. When creating them, make sure to include some items that can be done at work. In list 1, write down things that make you happy (places, a fragrance, a piece of chocolate, reading, pictures). List 2 should be your "hobby list", things you do for fun, to relax or that you get excited about, (cooking, gardening, a sport, crafting). Number 3 is your close connections list, people who you are close to and enjoy being around. The 4th list should include your favorite place to spend time. Choose a place that you can go to for short amounts of time, such as a comfy chair in your own backyard, a quaint shop or coffee house, the library, or a beautiful place or moment that you can mentally visualize while at work.

Dee summarizes how to use your lists in this way. "Anything on these lists can be used as a self-care activity! The point here is to realize that although "self-care" may sound fancy and complicated, it's really not. It's about taking the time to do something that brings you happiness. It's about stepping away from your busy schedule by taking a break to enjoy something you love. It's about spending time with positive people in your life and utilizing them as your support system. It's about being mindful of the little things that bring you joy". So, make your lists and do something that brings joy to your life today!

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Karen is the Nurse Health Consultant for Mountain Heart North and enjoys writing as a self-care activity.

Halloween Safety By Susan Prince, RN

Happy Halloween!

Fall is in the air! That means Halloween is almost here! While Halloween is supposed to be the time for dressing up as your favorite hero or villain, it can also hide some very dangerous situations. Following some simple safety suggestions can help ensure a fun October 31st.

The fact is children are twice as likely to get hit by a car on this fun-filled night compared to any other night in the year. With so many excited kids running around the neighborhood, it is easy to forget that it's not an open playground. Using reflective tape on their costumes and trick-or-treat bags can help drivers see these little ones before it is too late. Glow sticks are always a hit with children so let them have a few to decorate themselves with! This will not only keep them entertained for a while, but it also helps make them stand out in the dark as well. Parents, always stay near your child in case you need to act quickly and having flashlights for you to carry is a plus. As far as costumes go, loose fitting ones can be dangerous. Try to get costumes that fit well so they do not trip over them. Using non-toxic face paint instead of letting them wear a mask can help improve safety as well. Masks can make it more difficult for the child to see what danger may be around them. As far as for the reason that they trick-or-treat... CANDY!! Be sure and monitor what your child is putting in their mouth. Always check the wrappers to make sure they aren't faded in color or that they do not appear to be tampered with in any way. If you feel like they have ingested something that may have been tampered with call Poison Control at: 1-800-222-1222. Also, make sure that the candy is age appropriate; choking can occur quickly. Another important safety rule is that children should be taught to never go into the home of strangers to get candy and that they should only approach a house with a porchlight on.



Teaching Halloween safety to our children is something that should be done every year. Staying on the sidewalks, holding an adult's hand when crossing the street, having the adult check any candy before eating it, and paying attention to the environment that they are in, are all areas of discussion that can start on their very first day of active trick-or-treating. Make this and every Halloween a safe and fun experience for all!

<http://www.wvpoisoncenter.org>



Healthy Pumpkin Oatmeal Bake Submitted by Alex Binegar

Ingredients

Oatmeal:

- 2 teaspoons unsalted butter
- 1 1/4 cups old-fashioned rolled oats
- 3 tablespoons dark brown sugar
- 1/8 teaspoon kosher salt
- 1 2/3 cups plain unsweetened almond milk
- 1 teaspoon pure vanilla extract
- 1 large egg

Topping:

- 1/3 cup chopped walnuts
 - 1/3 cup old-fashioned rolled oats
 - 1/3 cup dark brown sugar
 - 2 tablespoons unsalted butter, melted
 - 1 tablespoon whole wheat pastry flour or unbleached all-purpose flour
 - 1/4 teaspoon pumpkin pie spice
 - 1/8 teaspoon kosher salt
 - One 15-ounce can pure pumpkin puree
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Directions

Special equipment: a 2-quart baking dish or an 8-inch square baking pan

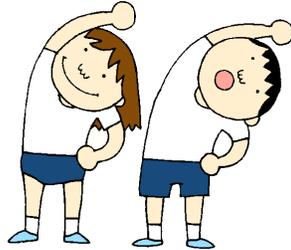
For the oatmeal: Preheat the oven to 350 degrees F. Grease a 2-quart baking dish or an 8-inch square baking pan with the butter. Stir together the oats, sugar and salt in a large bowl. Whisk together the almond milk, vanilla and egg in a medium bowl. Pour the milk mixture into the oat mixture and stir to combine. For the topping: In a medium bowl, stir together the walnuts, oats, sugar, butter, flour, pumpkin pie spice and salt. Pour the oatmeal into the prepared baking dish. Scoop heaping tablespoons of the pumpkin puree directly into the oatmeal, and sprinkle the topping over the dish. The mixture will be very wet at this point, but the oats will soak up the liquid. Bake until lightly browned and just set, about 50 minutes. Cool on a rack for 10 to 15 minutes. Serve warm.

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Keep it Moving

Try “Simon Says” by replacing actions with exercises, allowing the leader to pick the exercise.



Use sidewalk chalk to make circles of various colors on the sidewalk (if you’re doing this inside, you can use construction paper). Instruct the children to hop to certain colors. This is great for learning shapes and colors and keeps them moving!



Play music and encourage the children to hop, step, or dance in place.



<https://www.urmc.rochester.edu/medialibraries/urmcmedia/community-health/community-partnerships/heart/documents/indoorphysicalactivityideasfor.pdf>

Did You Know?....

The American Academy of Pediatrics have updated their recommendations about the application of sunscreen to infants. Past recommendations did not include the use of sunscreen in children under the age of six months.

Babies under 6 months of age should be kept out of direct sunlight. Move your baby to the shade under a tree, umbrella or stroller canopy. Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats that shade the neck to prevent sunburn.

This recommendation is still the best practice to prevent sunburn in infants. However the guidelines have been expanded to add:

When adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) on infants under 6 months to small areas, such as the infant's face and the back of the hands. Remember it takes 30 minutes to be effective.

If an infant gets sunburn, apply cool compresses to the affected area.

For more information about sun safety and children visit:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Sun-Safety-and-Protection-Tips.aspx>



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