

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



Leaves of Three.. Dealing with Poison Ivy by Glenna Bailey, RN

The coming of spring means that foliage will begin to come back to life making our landscape green again. Along with the beautiful flowers and trees, spring also brings plants to avoid. Poison ivy is one to be on the lookout for. Poison ivy is a vine-like plant that can cause a rash due to an allergic reaction to the oils found on the plant. Most often the rash presents as small, itchy blisters. Contrary to popular belief, the rash is not spread by the drainage from the blisters but from contact with the plant oil called urushiol. Not everyone is affected. Approximately 10% of the population is not allergic and have no reaction to exposure.

You can be exposed to urushiol oil through direct contact with the plant or through indirect contact carried by exposed clothing or pets. Most rashes appear one to four days after exposure and usually heal in two to three weeks.

Recognizing and avoiding the plant is the best prevention. Poison ivy grows as a three leaf plant with a red stem at the center. If you are exposed and develop a rash the American Academy of Pediatrics offers these tips for treatment:



- Wash all clothes and shoes in soap and water. Also wash the area of skin that was exposed with soap and water.
- If the rash is mild apply calamine lotion 3-4 times a day.
- Apply topical 1% hydrocortisone cream to decrease inflammation.
- If the rash is severe, on the face or is extensive, the pediatrician may place the child on oral steroids for 6-10 days.

When to call the pediatrician:

- Rash not responsive to home treatments.
- Any evidence of infection.
- Severe rash on the face.
- Fever.

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What is Camp Gizmo?

A five day, hands-on camp where parents, professionals, and students learn how assistive technology can help young children (birth-8 years) with significant and multiple developmental needs.

When & Where is Camp Gizmo?

Typically camp is held in July on the campus of the West Virginia Schools for the Deaf and the Blind in Romney, WV.

Who should come and what do we do?

Families, professionals, college students, and others who want to learn more about assistive technology. A limited number of "focus" children will be accepted and assigned a team of professionals who help families identify and apply new strategies for solving their multiple assistive technology needs. (Preference will be given to children who have not previously attended camp.) Professionals and other caregivers involved with these children are encouraged to attend the camp. Labs and workshops will be available to Camp participants daily. Parents attend workshops on subjects that will help them better meet the needs of their child. Professionals and students attend workshops of interest that meet professional/educational needs or assist the "focus" family. Teams will meet daily to observe, discuss and implement strategies for the "focus" child.

Do children attend?

Kids camp will be held in conjunction with Camp Gizmo. All children attending the camp with focus families or other participants will participate in Kids Camp educational and recreational activities. Kids Camp is a safe, fun camp experience for children with or without disabilities.

Can I receive CEU credit?

Yes, graduate credit, WV Birth to Three contact hours and others.

How much does it cost?

Camp Gizmo is an interagency funded learning week. Registration includes meals, sleeping accommodations, and Kids Camp. Participant costs:

Focus Families: \$50 - child and two parents/\$25 - each additional family member

Other Camp participants: \$75 per person/\$25 each additional family member

For more information, please contact:

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Mango Recipes Submitted by Renee Y. Stonebraker, RS

Fresh Mango Salsa

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ teaspoon salt, to taste



1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño.
2. Drizzle with the juice of one lime and mix well. Season with salt to taste. For best flavor, let the salsa rest for 10 minutes or longer.

Tropical Island Fruit Salad

- 1 pineapple-peeled, cored, and cut into ½ inch cubes
- 2 mangos-peeled, pitted, and cut into small cubes
- 2 papayas-halved lengthwise, seeded, peeled, and cut into ½ inch cubes
- 3 bananas, sliced

1. Toss all ingredients together in a large bowl.



Kate, C. A. (2017, September 02). Fresh Mango Salsa Recipe. Retrieved March 12, 2018, from <https://cookieandkate.com/2015/fresh-mango-salsa-recipe/>

D., & C., F. (2012, August 15). Tropical Island Fruit Salad Recipe. Retrieved March 12, 2018, from https://www.allrecipes.com/recipe/222534/tropical-island-fruit-salad/?clickId=rightrail1&internalSource=rr_feed_recipe_sb&referringId=228812 referringContentType

Did You Know?....

The health and safety of children and staff is a huge responsibility and number one priority for your child care program. Early Care Share WV has you covered.

We have the resources that you need including handwashing and diapering posters, activities to get everyone up and moving, parents handouts, sample policies, and changeable templates of common forms. Check out these and many more resources on Early Care Share WV!

Not a member? Access www.earlycaresharewv.org to



Early Care Share West Virginia

Save Time - Save Money - Improve Quality

Free membership provides you with access to forms, handbooks, policies, cost savings, classroom material templates and more.

Join now for free!

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Fun Spring Activities for Kids

Spring means warmer weather and the chance to get outside and enjoy the fresh air and sunshine. Here are some fun spring activities to do with kids.

Plant Some Flowers

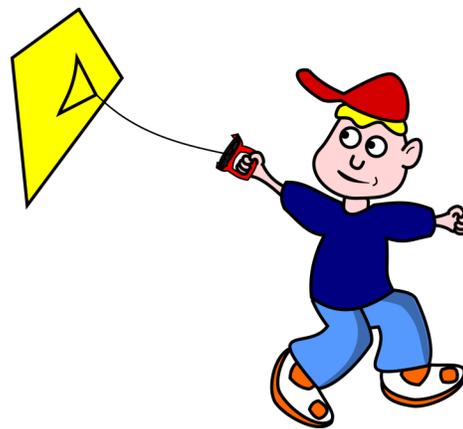
Help children learn about the science of plants by planting some spring flowers in their own garden. Enjoy the burst of spring color after the gray of winter.

Daisies, coneflowers, sunflowers and zinnias are good choices for children.



Fly A Kite

Put that gusty spring wind to good use.



Go For A Walk

Spring is a great time to observe nature. Go for a walk and look for new plants coming up from the ground, birds and other animals in the trees, and all the variety spring has to offer.



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