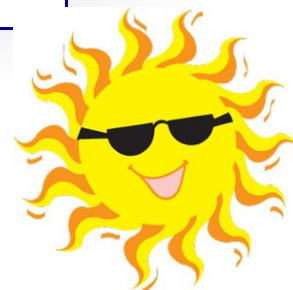
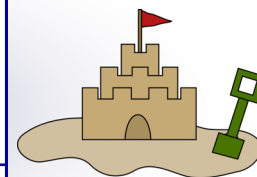




Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



Online Trainings...What are They All About? Rachel Richard, RN

There has been a substantial number of requests in recent years for the increased availability of online trainings for child care providers in West Virginia, well the Child Care Health Educators (CCHE) and Child Care Nurse Health Consultants (CCNHC) have listened! The CCHEs and CCNHCs will now be providing a number of online trainings for your convenience. These trainings will be scheduled on a quarterly basis through the WV STARS calendar. You may search the WV STARS calendar to find the online trainings that are available, and the date along with time for which they are being offered. These online trainings will occur during weekday evenings and lunchtime, for easy access.

To attend these trainings, you will select and register like you would for a regular, in-person training through the WV STARS website. You will receive an email confirming your registration, but you aren't done yet! It is critical that you follow the link provided in this follow-up email to the Go-To-Training website to register through this platform. You will be prompted to enter your contact information and WV STARS Registry number to register. You will then receive an email with the link to login into the training, and you are done! If you do not complete this second step, unfortunately you will not receive the required information to attend the training. Listed below are the trainings that are being offered for the upcoming quarter, July-September. If you have any questions regarding these trainings or how to register, please contact a CCHE or CCNHC near you.

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Online Training Calendar



Morning Health Checks - July 30, 2019- 6:30-7:30pm- CCNHC

Knowing when to exclude a child from group care due to illness is an important assessment of any child care provider. This training discusses how to do a quick, casual assessment of children as they arrive to care each morning. This will include using your senses to look, listen and feel to recognize signs of illness.

Childhood Obesity - August 8, 2019- 6:30-7:30pm -CCHE

This training discusses the causes of childhood obesity and ways to prevent it.

Oral Health in Childcare- August 14, 2019- 6:30-7:30pm- CCNHC

This discusses information regarding the importance of oral health and oral hygiene in children. This would include the growth and care of "baby teeth" and teaching oral hygiene practices to children.

What Can Child Care Nurse Health Consultants and Child Care Health Educators Do for You? - August, 20, 2019 6:30-7:30 pm

This training discusses the services that Child Care Nurse Health Consultants and Child Care Health Educators can provide to child care centers.

Morning Health Checks- August 22, 2019- 11:30am-12:30pm- CCNHC

-See description above

Infection Control- August 27, 2019- 6:30-7:30pm -CCNHC

This training discusses basic information about infection control concerns in the child care setting. Information provided includes hand washing, sanitation and disinfection principles, and universal/standard precautions

Infection Control- September 16, 2019- 6:30-7:30pm- CCNHC

-See description above

Oral Health in Childcare - September 17, 2019- 6:30-7:30pm- CCNHC

-See description above

Ear Infections in Children- September 19, 2019- 6:30-7:30pm- CCNHC

Ear infections are common occurrences in children. This training discusses information about why children are prone to ear infections. Signs and symptoms of ear infections and information about exclusion criteria

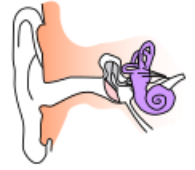
Stress Management- September 23, 2019- 6:30-8:30pm- CCHE

Facts about stress, how it affects our health, and healthy ways to deal with stress for adults and children.

Seizure Disorders in the Child Care Setting- Sept. 24, 2019- 6:30-7:30pm- CCNHC

This training discusses information about seizure disorders and the role of the child care provider. Topics include recognizing the types of seizures, basic first aid for seizures, recognizing medical emergencies and medication administration for seizures.

Ear Infections in Children by Ronda Hopkins, RN



Anyone can get an ear infection, but children get them more often than adults. Five out of six children will have at least one ear infection by their third birthday. In fact, ear infections are the most common reason parents take their child to a doctor.

What are the symptoms of an ear infection?

If the child isn't old enough to say "My ear hurts," signs include tugging and pulling of the ear(s), fussiness and crying, trouble sleeping, fever, fluid draining from ear, clumsiness or problems with balance and trouble hearing.

What causes an ear infection?

An ear infection usually is caused by bacteria and often begins after a child has a sore throat, cold, or other upper respiratory infection. If the upper respiratory infection is bacterial, these same bacteria may spread to the middle ear; if the upper respiratory infection is caused by a virus, such as a cold, bacteria may be drawn to the microbe-friendly environment and move into the middle ear as a secondary infection. Because of the infection, fluid builds up behind the eardrum.

Why are children more likely than adults to get ear infections?

There are several reasons why children are more likely than adults to get ear infections.

Eustachian tubes are smaller and more level in children than they are in adults. This makes it difficult for fluid to drain out of the ear, even under normal conditions.

A child's immune system isn't as effective as an adult's because it's still developing.

As part of the immune system, the adenoids respond to bacteria passing through the nose and mouth. Sometimes bacteria get trapped in the adenoids, causing a chronic infection that can then pass on to the eustachian tubes and the middle ear.

Other risk factors include age (6 months to 2 years are more susceptible), if the child is in group child care, if the child is bottle fed and seasonal factors. Air quality also plays a part and exposure to tobacco smoke or high air pollution levels increase the risk.

How is an acute middle ear infection treated?

Many doctors will prescribe an antibiotic, such as amoxicillin, to be taken over 7 to 10 days. The doctor also may recommend over-the-counter pain relievers such as acetaminophen or ibuprofen, or eardrops, to help with fever and pain.

If a definite diagnosis is unable to be made and the child doesn't have severe ear pain or a fever, the doctor might wait a day or two to see if the earache goes away. The American Academy of Pediatrics recommendations encourage doctors to observe and closely follow these children with ear infections that can't be definitively diagnosed, especially those between 6 months to 2 years age. If there's no improvement within 48 to 72 hours from when symptoms began then antibiotics will be started.

Can ear infections be prevented?

Currently, the best way to prevent ear infections is to reduce the risk factors associated with them. Some of the things you can do to protect children include getting recommended vaccines and wash hands frequently.

Should a child stay home from child care?

No, unless the child is unable to participate fully in activities, if they require more care than normal that may compromise the health and safety of others in the group or if the child meets other exclusion criteria based on the symptoms that they are showing.

Complications

Most ear infections don't cause long-term complications. Ear infections that happen again and again can lead to serious complications which includes possible impaired hearing, speech or developmental delays, spread of infection and tearing of the eardrum.

Resources

American Academy of Pediatrics, CDC, NIDCD-National Institute in Deafness and other Communication Disorders, Mayo Clinic

Zucchini Recipes for Summer Submitted by Renee Y. Stonebraker, RS

Zucchini Pizza Boats

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tbsp parmesan cheese

1. Heat oven to 350 degrees.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.



Zucchini Meatballs

- 1 tsp olive oil
- 2 garlic cloves (crushed)
- 1 1/4 lbs unpeeled zucchini (grated)
- 1/2 tsp kosher salt
- 1/8 tsp black pepper
- 1 cup Italian seasoned breadcrumbs
- 1 large egg (beaten)
- 1 ounce 1/4 cup Pecorino Romano cheese
- 3 tbsp chopped basil
- 2 cups marinara sauce

1. Heat the oven to 375° F. Spray a large rimmed baking sheet with cooking spray.
2. Place the olive oil in a large nonstick skillet over medium heat. When hot add the garlic and sauté until golden, about 30 seconds.
3. Add the zucchini, season with salt and pepper and cook on high heat until all the water evaporates from the skillet, 5 to 7 minutes.
4. Transfer to a colander to get rid of any excess water, then to a large bowl along with the bread crumbs, beaten egg, Romano cheese and chopped basil.
5. Form the zucchini mixture into 16 balls about 1 oz each, rolling tightly and transfer to the prepared baking sheet. Spray the top and bake until firm and browned, about 20 to 25 minutes.
6. Heat the sauce in a large deep skillet to warm the sauce, about 4 to 5 minutes. Add the meatballs to the sauce and simmer for 5 minutes.

Zucchini Pizza Boats. (2019, April 25). Retrieved from <https://www.foodhero.org/recipes/zucchini-pizza-boats>

Gina. (2019, May 24). Zucchini Meatballs. Retrieved from https://www.skinnytaste.com/zucchini-meatballs_20/

6 Ways To Play With a Hula Hoop Outside Submitted by Renee Y. Stonebraker, RS

1. **Bean bag throw:** Lay your hoop on the ground, step back and throw a bean bag into the hoop. With each successful throw, take an extra step back to make it harder.
2. **Roll it:** Find a large flat space or a big hill and try rolling your hoop on the ground. Don't forget to chase after it! Also roll it to a friend, and back again.
3. **Leapfrog:** Lay your hoop on the ground like a lily pad, and perform the actions while singing the Mr. Frog song. If you have more than one hoop, lay them all around the ground and have fun leap frogging from hoop to hoop. Try skipping next or hopping.

"Mr. Frog Mr. Frog jumped out of his pond one day,
And found himself in the rain.
Said he, "I'll get wet and I might catch a cold!" A-A-A-Achoo
And he jumped in the pond again."
4. **Skip:** Try using your hula hoop instead of a jump rope to skip with.
5. **Hang it:** Hang your hula hoop from a tree and use it for target practice, throwing balls or bean bags through.
6. **Hula!** Can you hula around your waist? Your arm? Your leg?



Get Outdoors: 6 Things To Do With a Hula Hoop. (2014, May 17). Retrieved from <https://childhood101.com/get-outdoors-6-things-to-do-with-a-hula-hoop/>

Hula Hoop Activities for Kids. (2017, April 15). Retrieved from <https://hulahoops.co.nz/blog/2017/04/15/hula-hoop-activities-kids/>

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"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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