



Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



Safe and Sound Summer Travel by Candy Morgan, RN

Summertime means many families will be traveling for vacation. Crowded roads, construction and heat can make summer traveling seem endless. Here are some travel tips to make traveling with little ones safe and pleasant.

Travel tips:

- Plan ahead- Travel at a time when the child(ren) will be sleeping. You won't be distracted by an upset little one and you will arrive at your destination with a happy and well-rested child.
- Fill up- A hungry little one is a fussy little one so make sure everyone is full before you start on your journey.
- Provide a seat with a view- Children can sometimes experience carsickness if they cannot see out a window. By using a car or booster seat that is government approved and high enough for your little one to see out the side window, you can provide a view without compromising safety. Use this link for Americana Academy of Pediatrics guide to choosing the appropriate car seat for your little one. www.healthychildren.org/carseatguide
- Allow for frequent stops- Remember that little ones will need to make frequent stops for potty breaks/diaper changes, feedings or just to move around. The trip will be much more pleasant if all travelers are content.
- Road trip fun- Sing songs, play games, chat. Activities that will keep your children engaged will be dependent on their age. Music is a good choice. Make sure you have some music that your children will like. Also include some of their favorite small toys, bring out a different one each hour to avoid boredom. Games can be both educational and fun. Spotting a particular color car or travel Bingo were some favorites for my children.
- Provide snacks- Two things you will always hear from children while traveling are "Are we there yet?" and "I'm hungry." Remember to pack some snacks but steer clear of sugary foods and juices that will give them a sugar rush. Try things like string cheese, goldfish crackers, cereal rings or fruit.



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With adequate planning, the trip can be fun and educational. Remember to research the area you are visiting for weather forecasts which will help you pack appropriately. If you have a child with a chronic issue, make sure you have made arrangements for proper storage and disposal of any medications and/or medical supplies. Most importantly have a wonderful trip and make many happy memories.

Is All Sunscreen Created Equal? By Rachel Richard, RN

With summertime upon us, more time will be spent outside enjoying the beautiful weather with your children. Sun exposure has many health benefits, but with the benefits, comes some dangers. A crucial preventative measure of these sun dangers is wearing sunscreen. But with so much variety of sunscreen products on the market, which one should be used on your children?

While no one brand of sunscreen is necessarily better than another, what you need to be aware of is the SPF, or sun protection factor. As the number of SPF increases, the sunburn protection increases. But how high of a number do you need? Products with an SPF of 15 block 94% of UVB rays, SPF 30 about 97% of UVB rays, and SPF 50 about 98% of UVB rays. The American Academy of Pediatrics and The Skin Cancer Foundation recommends SPF protection of at least 15, with SPF 30 being preferable. More research needs to be done to determine if any higher SPF truly provides more protection. Many experts do not recommend products with an SPF above 50 because studies have shown individuals get a false sense of confidence with these products and apply them less, which leads to sunburn. To ensure protection from both UVB and UVA rays, use a product that states it is broad-spectrum.

Use these simple rules to keep your children sunburn free:

- Keep babies younger than 6 months out of direct sunlight.
- Always use a broad-spectrum sunscreen with at least a SPF of 15.
- Limit sun exposure during 10:00am and 4:00pm, when UV rays are the strongest.
- Apply sunscreen 15-30 minutes prior to going outside.
- Reapply per the packaging instructions.
- Reapply after swimming and towel-drying.
- Apply sunscreen on cloudy or even snowy days.
- Wear a wide-brimmed hat for added face and neck protection.
- Always model proper sun safety behavior.



Resources:

Skin Cancer Foundation. (2018). Retrieved from:

<https://www.skincancer.org/skin-cancer-information/ask-the-experts/does-a-higher-spf-sunscreen-always-protect-your-skin-better>

Sun Safety: Information for Parents About Sunburn & Sunscreen. (2014). Retrieved from:

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

Avocado Recipes Submitted by Renee Y. Stonebraker, RS

Homemade Guacamole

3 medium ripe avocados, peeled and cubed
1 garlic clove, minced
¼ to ½ teaspoon salt
2 medium tomatoes, seeded and chopped, optional
1 small onion, finely chopped
¼ cup mayonnaise, optional
1 to 2 tablespoons lime juice
1 tablespoon minced fresh cilantro

1. Mash avocados with garlic and salt.
2. Stir in remaining ingredients.



Cucumber Tomato Avocado Salad

1 pound Roma tomatoes
1 English cucumber
1/2 medium red onion, sliced
2 avocados, diced
1/4 cup cilantro, chopped
2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
3/4 teaspoon salt
1/8 teaspoon black pepper

1. Place tomatoes, cucumber, red onion, avocado, and cilantro into a large salad bowl.
2. Drizzle with olive oil and lemon juice. Toss gently to combine. Just before serving, toss with salt and black pepper.



Hallford, J. (2018, May 09). Homemade Guacamole Recipe. Retrieved from <https://www.tasteofhome.com/recipes/homemade-guacamole>

NatashasKitchen.com, N. O. (2018, May 15). Cucumber Tomato Avocado Salad. Retrieved from <https://natashaskitchen.com/cucumber-tomato-avocado-salad/>

Summer Physical Activity Ideas Submitted by Renee Y. Stonebraker, RS

1. Create an outdoor obstacle course using hula hoops, bean bags, and tunnels.



2. Using sidewalk chalk outside, play hopscotch or draw a curvy line and have the children follow the line.



3. Organize a relay race. Instead of just running, try different types of exercises, such as jumping, hopping, skipping, shuffles, and bear crawls.



10 Ways to Keep Kids Active this Summer. (2015, June 30). Retrieved from <https://stuffed suitcase.com/10-ways-to-keep-kids-active-this-summer/>

Sullivan, C. (2017, December 10). 35 Fit, Fun and Mostly Free Activities for Kids. Retrieved from <http://prettywellness.com/active-kids-summer/>

Sidewalk Chalk Games For Kids – The Pinterested Parent. (2017, April 17). Retrieved from <https://thepinterestedparent.com/2016/09/sidewalk-chalk-games/>

Did You Know?....

The WV Department of Health and Human Resources Bureau of Public Health has a web site that offers information and tips about staying safe in the outdoors in the summer. Topics include food safety while camping, information about mosquitos and ticks and how to avoid heat related conditions such as heat stroke. Also included are water and wildlife safety. Informative tips can be viewed online or printed out in a pdf format. Check it out:

<https://dhhr.wv.gov/campsafety/campers/Pages/default.aspx>



The Head Start Early Childhood Learning and Knowledge Center website has many good resources for early childcare providers. One example is their useful information regarding oral health. It includes current information and helpful tips. Find it here:

<https://eclkc.ohs.acf.hhs.gov/oral-health>



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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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