

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



Sun Safety by Jennifer Conkle, MA

Summer time has arrived! There are numerous activities that you can do with children outdoors during the summer months, including gardening, water play, and neighborhood outings. Being outdoors in the sunshine has many health benefits, but can also pose a few health concerns. Here are a few things to remember to help the children avoid overexposure from the sun.

Plan outdoor activities in the early morning and later in the afternoon when the sun isn't as strong. Also, provide shaded areas, such as trees, tents, and umbrellas for the children to play without direct sun exposure.

Plan on breaking your outdoor activity time into smaller time frames so that children aren't getting too hot. Instead of spending 60 minutes straight outside, spend 20 minutes at a time and go out multiple times. When children start excessively sweating they risk dehydration and other heat related illnesses.

Encourage parents to dress the children lightly and in lighter colors during the hottest months.

Hats can provide sun protection on a child's face, ears, neck, and scalp. Sunglasses can provide protection from both UVA and UVB rays. The best sunglasses wrap around to provide more coverage.

Sunscreen should be applied to children 20 to 30 minutes before going outdoors. Sunscreen should be at least SPF 15 and broad spectrum (protecting against UVA and UVB rays). Sunscreen should be reapplied throughout the day if the children return outside. Remember to cover the tops of exposed feet, ears, lips, and noses.

Watch for signs of early burning. A little pink now could mean a painful burn in a few hours. It can take up to 12 hours for the full burn to appear. If a child seems pink remove him or her from the sun exposure.

Even on cloudy and windy days children can get sunburned. Don't hesitate to apply sunscreen even on the more cloudy summer days.

Water is essential. Make sure the children have plenty of water available to drink upon request while they are outside. Children and adults can easily become dehydrated while playing outside. Juice and other liquids do not hydrate the body as quickly and effectively as water.

Inside This Issue:

<i>Sun Safety</i>	1
<i>Summer Hydration</i>	2
<i>New CACFP Guidelines</i>	3
<i>Meet our new Consultants</i>	3
<i>Healthy Recipes</i>	4
<i>Breathing Exercises</i>	5
<i>Contact Information</i>	6





Summer Hydration: Water Doesn't Have to be Boring

by Karen Gilbert, RN

Our bodies are made up of approximately 70 percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming dehydrated.

Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognize that they're thirsty, and if they're not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated (pg1).

How do I know if my child is hydrated?

Frequent bathroom breaks are the easiest way to tell if your child is hydrated. You can also look out for these common symptoms of dehydration:

Headaches	Dry mouth
Poor concentration	Constipation
Thirst	Lethargy
Cracked lips	Dark Urine

How much water does my child need?

"The amount your child needs will vary depending on their age, size and level of activity. **For children under 8 years of age, at least 4-6 glasses of water are recommended.** **For children older than 8 years of age a minimum of 6-8 glasses is recommended.** If your child is playing sports or is very active they will need extra fluid. Kids will also need more fluid on hot days or when unwell" (Healthy-Kids. 2010).

Tips to help your kids stay hydrated!

- Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.
- Encourage your child to drink water before, after and during physical activity.
- Always offer water with meals and snacks

Encourage your child to drink water, even if they don't like it!

Tips for kids who don't like water

- Try adding slices of fruits such as lemon or orange to water, for variety and flavor.
- Let your kids choose their own drink bottle or serve water in colorful glasses or jugs.
- Be a role model! Make a point of drinking water with your kids.

Experiment with temperature; try having a jug of water in the fridge, adding ice-cubes, or even warm water in winter (Healthy-Kids. pg. 1-2).

"Beverages can be a large source of calories for preschool children. Drinking too much soda, sports drinks, and fruit-flavored drinks can lead children to take in excess calories and added sugar" (CDC, 2014, pg.3). "Water contains no extra energy [ex. caffeine], can quench your thirst" (Healthy-Kids, pg.2), and "fluoridated tap water can help prevent cavities" (CDC, pg. 3). "Serving healthier drinks, like water, will give your child a great start to developing lifelong healthy habits! Water is the best choice to keep your kids hydrated throughout the day ." (CDC pg. 41).

****Multiple quotes from the following sources have been adapted for this article:**

Centers for Disease Control and Prevention. Increasing Access to Drinking Water and Other Healthier Beverages in Early Care and Education Settings. Atlanta, GA: US Department of Health and Human Services; 2014.

<https://www.cdc.gov/obesity/downloads/early-childhood-drinking-water-toolkit-final-508reduced.pdf>

Healthy-Kids. *Children and Hydration*.

<https://healthy-kids.com.au/parents/children-hydration/>

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New Child and Adult Care Food Program (CACFP) Nutrition Standards Submitted by Renee Y. Stonebraker, RS

The updated meal standards for the CACFP were published in the Federal Register on Monday, April 25, 2016. Under the updated CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and with other Child Nutrition Programs. CACFP centers and day care homes must comply with the updated meal standards by October 1, 2017. All of the new updates can be found at <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Source:

1. "Child and Adult Care Food Program (CACFP)." *Food and Nutrition Service*. United States Department of Agriculture, 27 Mar. 2017. Web. 20 June 2017.

Meet Our New Nurse Health Consultants

Karen Gilbert will be serving the 15 counties of the MountainHeart North R & R region. She received her BSN and school nursing certification from Fairmont State University. With over 30 years in the nursing field, Karen brings a wealth of knowledge to the Nurse Health Consultant position. She has worked in cardiac, ICU, GI, and school nursing and will now draw on her experience to meet the training needs of child care centers in the counties she covers.

Addy Morris will be serving the 8 counties of CCRC. She has been in the nursing field since 2000, she completed her undergraduate studies at Fairmont State University. Many of her years were spent in the fields of labor and delivery and pediatrics. Addy has a passion for keeping children healthy and happy and is looking forward to helping child care providers accomplish those tasks. She is a member of Sigma Theta Tau International, Epsilon Delta- at- Large Chapter International Honor Society for Nurses. Addy and her husband Chris live in Morgantown with their two children.



WV Early Childhood Training Connections and Resources (WVECTCR) is a statewide program designed to provide professional development opportunities for the early care and education community. Through an extensive network of information, training and technical assistance, resources, and collaboration, WVECTCR strives to improve the quality of early education services for young children and their families.

www.wvearlychildhood.org

Healthy Recipes Submitted by Renee Y. Stonebraker, RS

Healthy Baked Chicken Nuggets from Skinnytaste

Olive oil cooking spray

2 teaspoons olive oil

6 tablespoons whole wheat Italian seasoned breadcrumbs

2 tablespoons panko

2 tablespoons grated parmesan cheese

16 ounces (2 large) skinless boneless chicken breasts, cut into even bite sized pieces

salt and black pepper, to taste



1. Preheat oven to 425 degrees F. Spray a baking sheet with olive oil cooking spray.
2. Put the olive oil in one bowl and the breadcrumbs, panko and parmesan cheese in another bowl.
3. Season chicken with salt and pepper, then put in the bowl with the olive oil and mix well so the olive oil evenly coats all of the chicken.
4. Put a few chunks of chicken at a time into the breadcrumb mixture to coat, then onto the baking sheet.
5. Lightly spray the top with olive oil cooking spray then bake 8-10 minutes. Turn over then cook another 4-5 minutes or until cooked through.

Tangy Fruit Salad

1/4 teaspoon grated lime zest

2 tablespoons lime juice

2 tablespoons honey

1 cup fresh strawberries, quartered

1 cup red or green seedless grapes, halved

1 kiwi, peeled, sliced and quartered

1 banana, sliced

1 cup fresh blueberries



1. Whisk together zest, juice, and honey.
2. Combine fruit in a large bowl and toss with dressing.

Breathing Exercises

Submitted by Jennifer Conkle, MA

Bear Breath (for rest and balance)

Sit up straight and close your eyes

Breathe in through your nose for a count of five and hold for a count of three

Breathe out for a count of five and hold for a count of three

Repeat five to seven rounds



Elephant Breath (wake up and energize)

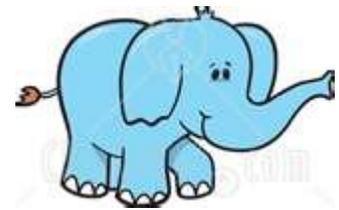
Stand with your feet wide apart

Link hands and dangle your arms in front of you like an elephant trunk

Inhale through your nose as you raise your arms high above your head and lean back

Exhale through your mouth as you swing your arms through your legs

Repeat for three rounds



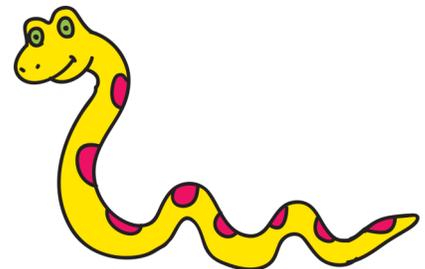
Snake Breath (slow and calm)

Sit up straight

Take a deep breathe, filling up your whole body

Pause and breathe out slowly and smoothly, making a hissing sound for as long as you can

Repeat three to five rounds.



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