



Keeping Kids Warm in the Winter

Submitted by Glenna Bailey, RN

Winter is here and it's important to keep kids warm and safe. Kids love to play in the snow and it's still important for them to have outdoor activities. But, it is also important to be smart in dressing them for the outdoors. Children not properly dressed in the cold are at risk for frostbite and even hypothermia which can be deadly. Children are at higher risk from the cold than adults because their bodies are smaller, and they lose heat faster. The American Academy of Pediatrics have the following recommendations:

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits. See [Winter Car Seat Safety Tips](#) for additional information.

Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an [infant's sleeping environment](#) because they are associated with suffocation deaths. It is better to use sleep clothing like one-piece sleepers or wearable blankets.

If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.

Reference: *Tips to keep kids warm all winter*. Healthy Children.
<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Winter-Safety.aspx>



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Special Points of Interest

- Face-to-Face trainings remain on hold due to the ongoing COVID-19 pandemic.
- Medication Administration training is now online. Please check the WV STARS calendar for dates. The training is 3-hours and 3 credits are given upon successful completion of the class.
- Please contact a Nurse Health Consultant or Health Educator if you have questions or concerns pertaining to your center.

'How To' Search & Register for STARS Online Trainings

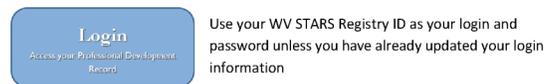
1. GO TO www.WVSTARS.org



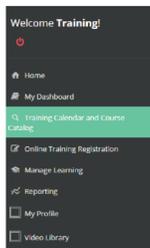
2. Click on the Professionals Tab



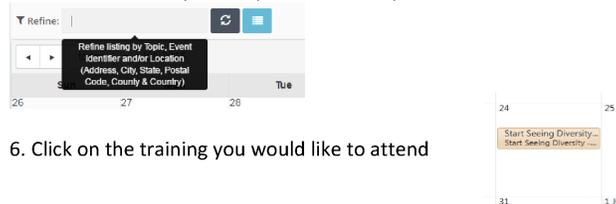
3. Scroll to the bottom of the page and click on Login



4. Click on Training Calendar



5. Narrow search options by location or keyword.



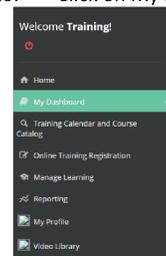
6. Click on the training you would like to attend

7. View course details on the right side of the screen. Scroll to the bottom of the course details and click [Click here to Register](#)

8. The next screen provides more details about the class and also shows 1 item in your shopping cart. In order to complete the registration you must click on [In Cart \(Checkout\)](#)

9. Scroll to the bottom of the page and click [Finish](#)

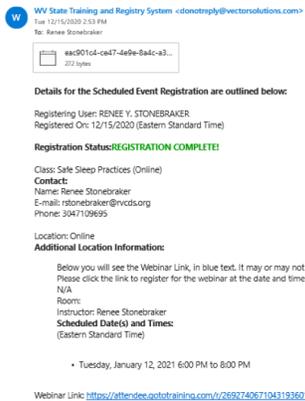
10. Click on My Dashboard tab.



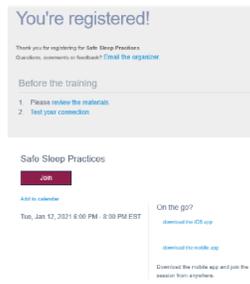
11. You should see the registered course in My Courses



12. You will receive an email from WV STARS that has another link listed in blue text. You must click on the link to register for the training again.



13. Once you have registered the second time, you will receive an email that has a "Join" button to access the online training.



Registering for Online Training

By Renee Y. Stonebraker, RS

To attend online trainings, you will select and register like you would for a regular, in-person training through the WV STARS calendar. 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 register again with the training program being used. 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 have any questions regarding these trainings or how to register, please contact your local Child Care Nurse Health Consultant or Child Care Health Educator.

Savory or Sweet Crunchy Roasted Lentils

Submitted by Renee Y. Stonebraker, RS

Savory Garlic

- 2 cups cooked lentils (not red)
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 – 3/4 teaspoon salt and pepper

Sweet Cinnamon

- 2 cups cooked lentils (not red)
- 4 teaspoons sugar
- 1 tablespoon canola oil
- 1 1/2 – 2 teaspoons cinnamon
- pinch of salt



- Preheat your oven to 400 degrees F and line a baking sheet with parchment paper.
- Place the lentils on the pan and toss to coat with all other ingredients.
- Roast in the oven for 15 minutes, stir, and roast for another 10-15 minutes until fully crunchy. Watch closely towards the end so they don't burn.
- Taste, then add more salt/pepper or cinnamon/sugar (if needed) and toss to coat.
- Let cool. Store in an airtight container at room temperature once cooled.

Source: perspective, A. | edible. (2013, January 3). crunchy roasted lentils. Retrieved from <https://www.edibleperspective.com/home/2013/1/3/crunchy-roasted-lentils.html>.

When Should a Child Stay Home?

Submitted by Candice Morgan, RN

Children frequently experience colds or other illnesses, especially at this time of year. It may be difficult to know when to keep an ill child home. To help you make that decision the American Academy of Pediatrics give recommendations for reasons to exclude children from childcare.

The primary reasons for exclusion from childcare or school are that the condition:

- Prevents the child from participating comfortably in activities
- Results in a need for care that is greater than staff members can provide without compromising the health and safety of other children
- Poses a risk of spread of harmful disease to others

Excluding children from childcare may not always be useful to prevent the spread of minor illness, but it is important to remember that it may be necessary at times to prevent an outbreak of a serious illness. Policies outlining when children should stay home should be in writing. The policy should be shared with families at enrollment, as well as any time it is updated.

Germs cannot be completely eliminated but they be managed so that you do not contract illnesses. Take measures to protect yourself from acquiring illnesses. Proper hand hygiene is the best way to prevent the spread of germs. Do not touch your face with unclean hands and avoid close contact with those who are ill. Disinfecting routinely, and as needed, can be helpful to manage germs in your environment. If you have any health related question, reach out to your local Child Care Nurse Health Consultant for assistance.



Online Training Calendar

DATE	TIME	CLASS
January 5, 2021	5-8 pm	Medication Administration
January 12, 2021	6-8 pm	Safe Sleep Practices
January 14, 2021	5-8 pm	Medication Administration
January 19, 2021	5-8 pm	Medication Administration
January 26, 2021	6-8 pm	Communicable Diseases
February 8, 2021	6-8 pm	Bed Bugs & Beyond
February 11, 2021	5-8 pm	Medication Administration
February 16, 2021	6-7 pm	Respiratory Illnesses
February 23, 2021	5-8 pm	Medication Administration
February 24, 2021	6-8 pm	All About Allergies
March 2, 2021	Noon– 1 pm	Oral Health in Children
March 9, 2021	Noon-1 pm	Seizure Disorders
March 11, 2021	6-8 pm	Stress Management
March 15, 2021	5-8 pm	Medication Administration
March 16, 2021	Noon-1 pm	Infection Control
March 24, 2021	5-8 pm	Medication Administration



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WV Child Care Health Educators

WV Child Care Nurse Health Consultants

Child Care Nurse Health Consultants (CCNHC)

There are currently two vacant CCNHC positions in the state. If your area does not currently have a CCNHC, any CCNHC will be able to provide assistance.

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Child Care Health Educators

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The southern health educator position is vacant at this time.