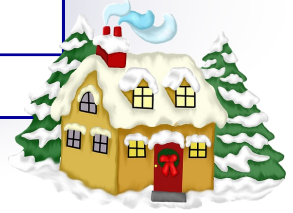




Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Child Care Health Educators Newsletter



Asthma Action Plans by Karen Gilbert, RN

Asthma Action Plans, by Karen Gilbert, RN, BSN, CCNHC

“Asthma is the leading cause of chronic illness in children. It affects more than 7 million of them in the United States. Asthma can begin at any age, but most children have their first symptom by age 5.” (1) WV Childcare Licensing regulations state, for children who have a chronic health condition such as asthma a medical action plan is required. (2) In the case of asthma, the plan is called an asthma action plan. “An Asthma Action Plan is a tool to protect children from an asthma attack. Studies show children with an Asthma Action Plan are less likely to have an asthma attack in the past 12 months.” (3)

What exactly is an asthma action plan?

A written document outlining the appropriate care for a child with asthma, or in the event of a medical emergency.

Developed by the licensed healthcare provider along with the parents. After receiving the action plan, the childcare provider should review it with the parent.

It includes specific approaches used to prevent or minimize any concerns identified for the child.

Why is it important to have one of these plans?

Prepares your staff to meet the health needs of the child.

To help develop policies and procedures.

To guide plans for staff education.

Required by licensing.

Recommended by American Academy of Pediatrics.

What would one of these plans include?

A brief medical history/diagnosis

Medication or procedures required during school day

Triggers to avoid

Symptoms that indicate a concern

Who is responsible for supplies

Any suggested special education and skill training for staff

Contact information for the family and health care providers

Emergency plans and procedures (including whom to contact)

Interim measures to be taken while waiting for parents/EMS to arrive. (4)



Inside This Issue:

<i>Asthma Action Plans</i>	1
<i>Asthma Action Plans Resources</i>	2
<i>Online Training Calendar</i>	3
<i>Recipes</i>	4
<i>Activity Ideas</i>	5
<i>Child Care Nurse Health Consultant Contact Information</i>	6
<i>Child Care Health Educators Contact Information</i>	6

Cleveland Clinic. ([Asthma in Children: Risk Factors, Diagnosis, Management \(clevelandclinic.org\)](https://my.clevelandclinic.org/health/diseases/17147/asthma)) Accessed 12/22/2022.

WV Childcare Center Licensing, 78CSRI, 2018. 15.2.5.

Asthma Allergy Network. <https://allergyasthmanetwork.org/what-is-asthma/asthma-action-plan/> Accessed 12/22/2022.

Medical Action Plans. Child Care Nurse Health Consultants, West Virginia Early Childhood Training Connections and Resources, a division of River Valley Child Development Services

Where to Find Asthma Action Plans

Asthma and Allergy Foundation of America

<https://aafa.org/asthma/asthma-treatment/asthma-treatment-action-plan/>

Centers for Disease Control

<https://www.cdc.gov/asthma/action-plan/documents/asthma-action-plan-508.pdf>

American Academy of Asthma, Allergy and Immunology

https://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/16-asthma-action-plan-v10_hires.pdf

Online Trainings Offered by Child Care Nurse Health Consultants and Child Care Health Educators

January 2023- March 2023

1/10	6:00-8:00 pm	Communicable Diseases
1/16	1:00-2:00 pm	Childhood Obesity Lunchtime Learning
1/17	5:00-8:00 pm	Medication Administration
1/18	6:30-8:30 pm	New Recipe Ideas 1
1/19	6:30-7:30 pm	Infection Control
1/23	1:00-2:00 pm	Respiratory Infections in Children Lunchtime Learning
1/24	6:30-8:30 pm	Safe Sleep Practices
1/26	6:00-7:30 pm	Medical Action Plans
2/4	8:00-11:00 am	Medication Administration Saturday Morning
2/7	6:30-8:30 pm	Communicable Diseases
2/8	6:30-8:30 pm	Oral Health
2/9	6:00-7:00 pm	Ear Infections
2/13	6:30-8:30 pm	Stress Management
2/16	6:30-7:30 pm	Morning Health Checks
2/21	6:30-8:30 pm	Breastfeeding Basics
2/22	1:00-2:00 pm	Oral Health Lunchtime Learning
3/1	6:00-8:00 pm	All About Allergies
3/2	5:00-8:00 pm	Medication Administration
3/7	6:30-8:30 pm	Neonatal Abstinence Syndrome
3/13	6:00-8:00 pm	Creepy Crawly Creatures
3/15	6:30-8:30 pm	New Recipe Ideas 2
3/20	6:30-8:30 pm	Indoor/Outdoor Safety
3/21	6:30-7:30 pm	Infection Control
3/22	5:00-8:00 pm	Medication Administration
3/29	1:00-2:00 pm	What Can Child Care Nurse Health Consultants and Child Care Health Educators Do for You? Lunchtime Learning



Winter Recipe Submitted by Harmony Vance

Veggie Packed Pizza Roll

Sauce

1/4 cup spinach
1/2 medium bell pepper, green
1/4 cup pieces or slices mushrooms, white
1/2 medium onion
1 medium tomato, red
1 medium carrot
1 medium zucchini

Crust

1 cup [flour, whole wheat](#)
1 cup [flour, all-purpose](#)
2 1/4 teaspoon yeast, active dry
1 1/2 teaspoon sugar
3/4 teaspoon [salt](#)
2/3 cup water
3 tablespoons [olive oil](#)
1 1/2 cup mozzarella cheese



1. Chop veggies (you will need two cups total of your choice of the vegetables listed) and sauté for 3-4 minutes or until slightly tender. Blend in a high-powered blender with marinara sauce.
2. Combine 1 cup flour, undissolved yeast, sugar, and salt in a large bowl. Whisk together the warm water and the oil and add to the dry ingredients. Mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead on a floured surface, adding additional flour, if necessary, until smooth and elastic, about 4 minutes.
3. Place dough in a large, lightly greased bowl, and cover with plastic wrap. Allow to rest for 30 minutes in a warm, draft-free place. Dough should almost double in size.
4. Preheat oven to 400 degrees F.
5. Remove the dough from the bowl and place on a lightly floured work surface. Use a rolling pin to roll the dough into a 1/2-inch-thick rectangle, about 12 by 10 inches.
6. Begin by spreading about 1 cup of sauce over the dough, leaving a 1/2-inch boarder around the edges. If it seems like it needs more, then add 1 or 2 Tbsp at a time. Sprinkle with mozzarella cheese.
7. Begin rolling the dough until you have one large roll. Slice into 8-12 slices and place in a greased muffin tin.
8. Bake for 15-20 minutes or until rolls are golden brown and cooked through the middle.

https://www.superhealthykids.com/wprm_print/33896

Physical Activity Ideas Submitted by Harmony Vance

INDOOR GROSS MOTOR ACTIVITIES

Planning indoor activities can sometimes be difficult. Here is a list from the Ivy Academy to help keep kids moving.

1. LAUNDRY BASKET RACES

Fill up a laundry basket and place a dishtowel underneath, so it slides freely across the floor. This a great indoor gross motor activity for sensory processing too.

2. BUCKET TRANSFER

Take two buckets and place one at one end of the room and one somewhere farther away. This can depend on the age of child. Use a pair of kitchen tongs to grab either rolled up socks or paper snowballs to transfer. How fast can you transfer the items to the empty bucket? The next child can transfer them back! You can also do it with one bucket and scatter the contents all over the room!

3. PHYSICAL ACTIVITY CUBE | LITTLE FAMILY FUN

Use a cube box and write different exercises on each side. Then use another cube with numbers (like dice). Roll both cubes to see what exercise to do and how many times to do it.

4. PLAY VELCRO BALL | CREATIVE CONNECTIONS FOR KIDS

Add Velcro to wiffle balls. Then have the kids put on knit gloves to play catch.

5. EXERCISE EGGS – FIND AND MOVE TREASURE HUNT | NO TIME FOR FLASH CARDS

Fill plastic eggs with activities and have the kids find the eggs around the room and then perform the activity.

**West Virginia Child Care
Nurse Health Consultants**

**West Virginia Child Care
Health Educators**

Open Position

Candy Morgan, RN

Please contact your nearest Nurse Health Consultant for assistance.

Charleston, WV 25311

304-840-2967

cmorgan@rvcds.org

Covers LINK

Covers Connect

Karen Gilbert, RN

Points, WV 25437

304-840-1933

kgilbert@rvcds.org

Open Position

Please contact your nearest Nurse Health Consultant for assistance.

Covers Choices

Open Position

Please contact your nearest Nurse Health Consultant for assistance.

Covers Child Care Resource Center

Open Position

Please contact your nearest Nurse Health Consultant for assistance.

Covers MountainHeart South

Renee Y. Stonebraker, RS

Bruceton Mills, WV 26525

304-710-9695

rstonebraker@rvcds.org

Covers MountainHeart North,

Harmony Vance

611 7th Ave

Huntington, WV 25701

304-690-5826

hvance@rvcds.org



"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."



WEST VIRGINIA EARLY CHILDHOOD
Training
CONNECTIONS
AND RESOURCES



Like us on Facebook:

WV Child Care Health Educators

**WV Child Care Nurse Health
Consultants**

