



Fall 2019

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



Reye's Syndrome - Information you should know by Karen Gilbert , RN

Reye's Syndrome is a serious disease that usually affects infants through young adults, but older adults have also been diagnosed with it as well. This disease generally occurs in children and adolescents when they are recovering from any viral illness, such as influenza, the common cold or chicken pox and can develop 3-5 days after the illness begins. Reye's Syndrome may include the following symptoms: continuous vomiting, weakness, low energy, irritability, confusion, and aggression. The disease can quickly affect the liver and brain leading to coma and possible death. It is not contagious.

Research has shown an association between the development of Reye's Syndrome and the use of aspirin or aspirin-containing medications. Aspirin and combination products containing aspirin (salicylates) should not be given to children under 19 years of age. (reyessyndrome.org,2013)

Due to swiftness with which Reye's can progress, early diagnosis is important. If a child has a viral illness, has taken medications containing aspirin or aspirin-containing products and develops these symptoms, they should see a Physician immediately.

Reye's Syndrome can be a frightening, fast-acting disease. **As a child care provider it is important to be aware of medications which contain aspirin products.** Below is a short list of medicines to avoid. In addition, any over-the-counter medicine that can put a child at risk for developing Reye's syndrome will also have a label with a warning about Reye's syndrome. For additional lists of products visit www.reyessyndrome.org .

- Aspirin
- Pepto-Bismol
- Maalox
- Kaopectate

<http://www.reyessyndrome.org/schools.html>



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Online Trainings...What are They All About?

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, October-December. If you have any questions regarding these trainings or how to register, please contact a CCHE or CCNHC near you.

Check out our website: www.wvearlychildhood.org



Online Training Calendar



Oral Health in Childcare - 10/17/19 from 6:30-7:30pm & 12/19/19 from 6:00-7:00pm

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.

Morning Health Checks - 10/22/19 from 11:30am -12:30pm & 12/17/19 from 6:30 -7:30pm

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.

Bed Bugs and Beyond - 12/16/19 from 6:00-8:00pm

Information on bed bugs, head lice, mice and rats, cockroaches, and ants and how to manage them at a child care center.

What Can Child Care Nurse Health Consultants and Child Care Health Educators Do for You? - 11/19/19 from 12:00-1:00 pm

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

Infection Control- 10/09/19 from 6:30-7:30pm

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

Ear Infections in Children- 11/12/19 from 6:30-7:30pm & 12/03/19 from 6:00-7:00pm

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

Seizure Disorders in the Child Care Setting- 11/14/19 from 11:30am-12:30pm

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.



Meet MountainHeart South's new Nurse Health Consultant

Laurie Bourdeaux is our new Child Care Nurse Health Consultant in the MountainHeart South Region. She graduated from Shepherd University with a Bachelor's degree in Nursing and is currently pursuing her Master's degree in Nursing Education from Central Methodist University. Laurie also works PRN on the Medical/Surgical unit at Greenbrier Valley Medical Center in Lewisburg. Prior to becoming a nurse, Laurie was an educator for 14 years at Richard Montgomery High School in Rockville, Maryland. When she is not working, Laurie enjoys mushroom hunting, kayaking, and water-color painting.

Roasted Potatoes with Bacon and Brussels Sprouts

Submitted by Renee Y. Stonebraker, RS

1 tablespoon olive oil, divided
1 tablespoon whole grain mustard
1 teaspoon kosher salt, plus more as needed
Freshly ground black pepper
1 ½ pounds mini Yukon Gold potatoes, quartered
4 ounces thick cut bacon (about 3 slices), diced
8 ounces Brussels sprouts, trimmed and halved



1. Preheat to 425° F.
2. Place 1/2 tablespoon of the olive oil, mustard, salt and pepper in a large bowl, and whisk to combine. Add the potatoes and bacon and toss until evenly coated.
3. Transfer to a large, rimmed baking sheet and spread into an even layer. Reserve the bowl. Roast until the potatoes are tender, stirring every 10 minutes, 25 to 40 minutes total.
4. Increase the oven temperature to 475° F. Place the Brussels sprouts and remaining 1/2 tablespoon of oil in the reserved bowl and toss to combine.
5. Remove the baking sheet from the oven. Push the potatoes to one side of the pan. Add the Brussels sprouts to the other side and arrange cut-side down in an even layer.
6. Roast until the sprouts are tender and browned, and the bacon is crisp, about 15 more minutes. Taste and season with salt as needed.

Passarella, E. (2019, May 2). Recipe: Roasted Potatoes with Bacon & Brussels Sprouts. Retrieved from <https://www.thekitchn.com/recipe-roasted-potatoes-with-bacon-brussels-sprouts-side-dish-recipes-from-the-kitchn-140594>



To play, simply print the Fall Gross Motor Movement Game cards and cut them out. Place one card into each of the six pockets on a differentiated instruction cube. Then have your children take turns rolling the cube and performing the indicated action.

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Open Position

Please contact your nearest
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Covers Link, Connect and
MountainHeart South



"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
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