



Summer 2021

# Healthy Kids West Virginia



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

## Dealing with Food Allergies in Child Care submitted by Karen Gilbert, RN

“Food allergies are a growing food safety and public health concern that affect an estimated 8% of children in the United States.<sup>1</sup> That’s 1 in 13 children, or about 2 students per classroom”. (CDC, n.d.)

Preparedness is a key principle in management of allergic reactions. To avoid food allergy reactions while in childcare, communication with the child’s parents/guardian is essential. Information in the form of a medical care plan developed by the child’s licensed health care provider and the parents should be available for each child that has a food allergy.

Staff should be knowledgeable regarding licensing regulations, avoidance of allergy triggers, identifying allergy reactions, implementing a care plan, and using an epinephrine injector if ordered. In addition, there should be an awareness that often there are social and emotional effects for families who have children with food allergies.

Knowledge about allergies is continually advancing. Are you aware that the FDA recently added another food to the list of the most common food sources for allergies? **Sesame** was recently added, so now there are 9 most common foods that people are allergic to. They are milk, eggs, fish, shellfish (crab, lobster, shrimp), sesame, peanuts, tree nuts, soybeans, and wheat.

The Child Care Nurse Health Consultants can help you stay current about allergies with their All About Allergies training. It will provide child care professionals with the latest information about all types of allergies. In the training we share ways to manage the childcare environment so that children with allergies and their families can feel safe at your childcare program. It is available online through the WV STARS site. Join us for one!

### References

All About Allergies Training, CCNHC - representing WVECTCR a division of River Valley Child Development Services.

CDC, [Food Allergies | Healthy Schools | CDC](#) Page last reviewed: June 8, 2020.

1.Gupta RS, Warren CM, Smith BM, Blumenstock JA, Jiang J, Davis MM, Nadeau KC. The public health impact of parent-reported childhood food allergies in the United States. *Pediatrics*. 2018;142(6): e20181235.



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## Summer Safety submitted by Candy Morgan, RN

Summer is the favorite time of year for many children, but summer activities can be harmful if we are not safe. The hot sun puts children at risk for dehydration, sunburn, and other heat-related illnesses. While swimming, bicycling, and picnics are great activities for summer days, these activities also present opportunities for injury.



Here are some safety tips to keep your children safe while they enjoy the outdoors:

Keep watch to prevent drowning- Actively supervise children at all times while in or around water. Young children should be

within arm's reach while in water.

Monitor children for signs of heat exhaustion- milder symptoms such as heat cramps or heat exhaustion can lead to heat stroke if left untreated.

Protect skin from sunburn- Apply sunscreen with a minimum of 15 SPF (sun protection factor). Sunscreen should be applied prior to going outside and re-applied as necessary per the manufacturer's recommendations.

Avoid insect bites- Use insect repellent as directed, no more than 30% DEET. Apply repellent only where skin is showing, avoiding the hands.

Stay hydrated- active children sweat and lose fluid. Encourage children to take frequent breaks and drink water while playing outdoors.

Play it safe on the playground- Check playground equipment to ensure it is not too hot before using it. Walk the playground to make sure there are no items that are going to be dangerous for playing children. Keep grass and weeds and grass low.

Practice bike safety- Wearing a properly fitting helmet is the best way to prevent a serious bicycle injury.

Be prepared- Always have a first aid kit, with gloves, to address those minor scrapes that occur while playing outdoors. Carry emergency medication with you at all times.

Handle food safely when eating outdoors- Wash your hands before preparing and/or eating. Keep food at the proper temperature. Do not leave food sitting out, refrigerate it after eating.

If you would like more information about summer safety tips, join us for our Summertime Safety training. Check the WV STARS calendar to see when the next session will be offered or reach out to one of the Child Care Nurse Health Consultants to schedule a session.

Information obtained from Healthchildren.org

# Online Training Calendar Summer 2021



July 12th	Summertime Safety	6-8 PM
July 14th	Medication Administration	5-8 PM
July 20th	Medication Administration	5-8 PM
July 26th	Creepy, Crawly Creatures	6-8 PM
July 28th	All That Sugar and Fat	6-8 PM
August 10th	Medical Action Plans	6-7:30 PM
August 24th	Nutrition Basics	6-7 PM
August 26th	Medication Administration	5-8 PM
Sept 1st	Respiratory Illness	6-7 PM
Sept 11th	Medication Administration	8-11 AM
Sept 20th	Neonatal Abstinence Syndrome	6-8 PM
Sept 21st	New Recipe Ideas 1	6-8 PM
Sept 30th	Medication Administration	5-8 PM

## Summer Recipe Ideas Submitted by Renee Y. Stonebraker, RS

### Roasted Asparagus with Balsamic Vinegar

1 pound fresh asparagus, trimmed  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
1 tablespoon honey  
salt and pepper to taste

1. Preheat oven to 450 degrees F.
2. Place asparagus in a gallon zip lock bag.
3. Add vinegar, oil, honey, and salt and pepper to bag. Toss asparagus around in the bag to coat well.
4. Place asparagus on cookie sheet. Bake 10-15 minutes.

### Peeping Pancake Breakfast



1. Pour pancake mix into heated pan and make an egg shape.
2. Once pancake is done and cooled, cut around the edges of the egg if needed. Cut the egg in half, making a zig zag pattern. Place pancake on plate (see picture).
3. Prepare scrambled eggs and place on plate (see picture).
4. Use 2 chocolate chips for the eyes and a piece of orange for the

## Summer Gross Motor Activities

Submitted by Renee Y. Stonebraker, RS

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



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/>

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Covers MountainHeart North

**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

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**Open Position**

Please contact Renee Stone-  
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Covers Link, Connect and Moun-  
tainHeart 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."



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