



Winter 2019-20

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



When is a Child Too Sick For School? By Candy Morgan, RN



Cold and flu season is upon us and deciding when a child is too sick to go to school can be a difficult decision for parents. In some cases, it is clear that a child should stay home but if there is doubt, check with the center first. If a child is brought in showing signs of illness, early childhood providers have the responsibility of deciding if group care is a safe option for the child on that day. Concern for the child's well-being and the possibility of infecting classmates contribute to the decision about whether a child

should stay or return home. Exclusion is a difficult and complex topic for providers and parents to discuss. Written health policies can help provide guidance for parents, promote consistency among staff and aid in diffusing disagreements between families and programs when children are ill. A health policy should outline reasons for exclusion. It should be shared with families at the time of enrollment and whenever there are updates or changes made.

Most childcare and preschool programs have rules about when to keep kids home. If a child will need more care than the caregiver can provide, it's only fair to the other children that the child be excluded from childcare or preschool. Exclusion isn't necessarily used to reduce the spread of minor illness because many times, these germs have spread before symptoms appear. However, it may be necessary to keep serious illness from spreading or to ensure that sick children have adequate supervision while maintaining safe staff to child ratios. American Academy of Pediatrics lists key criteria for children to be excluded from group care:

- When a child cannot comfortably participate in activities
- When a condition results in a need for care that is greater than the staff can provide without compromising the health and safety of other children
- Fever with behavioral change or if the child is younger than 2 months
- Diarrhea not contained by a diaper for diapered children or diarrhea causing accidents in toilet trained children
- Vomiting 2 or more times in a 24-hour period of time.
- Abdominal pain that continues for more than 2 hours or is intermittent with fever
- Mouth sores with drooling
- Rash with fever or behavioral change
- Skin sores weeping through a waterproof bandage
- Respiratory symptoms and fever

For questions regarding exclusion or if you would like assistance updating your agency's health policy, your local Child Care Nurse Health Consultant would be happy to assist you with this matter.

Information was adapted from the *Managing Infectious Disease in Child Care and Schools*, published by the American Academy of Pediatrics.

Inside This Issue:

<i>When is a Child Too Sick for School?</i>	1
<i>Winter Car Seat Safety</i>	2
<i>Online Training Calendar</i>	3
<i>Meet our new Health Educator</i>	3
<i>Winter Recipe</i>	4
<i>Winter Activity Ideas</i>	5
<i>Child Care Nurse Health Consultant Contact Information</i>	6
<i>Child Care Health Educators Contact Information</i>	6



Winter Car Seat Safety by Rachel Richard, RN

Winter is a time for snow, holidays, and big, fluffy coats. While these are beneficial in keeping your children warm, they can be dangerous when worn in a car seat. If a bulky coat or snowsuit is worn in a car seat and a crash occurs, they flatten out and leave extra space between the harness and the child. This can cause the child to slip through the straps and be ejected from the car seat.

To prevent this hazard, the American Academy of Pediatrics (AAP) provides some helpful tips to keep children safe this winter season.

Apply a coat or blanket **OVER** the harness. Lay a blanket over top of the straps or put your child's coat on backwards over the secured harness, to prevent space between your child and the straps. Keep in mind this top layer should remain removable, to prevent overheating.

Keep the carrier portion inside when not in use. Storing the seat at room temperature will decrease the loss of body heat when your child is placed in the carrier.

Dress your child in thin layers. Begin with tights, long-sleeved body suits, or leggings. Then add a sweater or thermal shirt. Remember, infants should wear one more layer than adults. If you have a hat and a coat on, your infant will probably need a hat, coat, and blanket.

Remember hats, mittens, and socks! These clothing items help ensure children stay warm without interfering with the safety harness.

Only use car seat covers that do **NOT** include a layer under the baby. Be sure to leave baby's face uncovered to avoid trapped air and re-breathing.

Ensure the straps of the car seat are tightened. Multiple layers can make it difficult to ensure a properly fitted harness. Perform the "Pinch Test" to ensure an appropriate fit. If you can pinch the straps of the car seat harness, then it needs to be tightened to fit snugly against your child's chest.

Remember, if the item did not come with the car seat, it has not been crash-tested and may interfere with the protection provided in a crash. Never use sleeping bag inserts or other stroller accessories in the car seat.

These safety measures will ensure your child is kept safe for all winter travel this season.

Information was acquired from the American Academy of Pediatrics, HealthyChildren.org.



Online Training Calendar



Jan 14 – 6-8 PM – All About Allergies

Jan 20 – 12-1PM – What can CCNHC/CCHE Do for You?

Feb. 3 – 12-1 – Ear Infections

Feb 4 – 6-8 PM - Picky Eaters

Feb 6 – 6:30 – 7:30 PM – Infection Control in the Childcare Setting

Feb 20 – 6-7:30 PM – Medical Action Plans

Feb 26 – 12-1 PM – Oral Health

March 10 – 7-8 PM – Seizure Disorders

April 16 – 6:30 – 7:30PM – Morning Health Checks

April 22 – 12 – 1 PM – Nutrition Basics

April 28 – 6-8 PM – All About Allergies

May 5 – 6-8 PM – Heat Related Illness and Sun Safety

May 12 – 12-1 PM – Seizure Disorders

June 9 – 6-7 PM – What can CCNHC/CCHE do for you?

June 16 – 6-7PM – Infection Control in the Childcare Setting

June 23 – 6:30 – 8PM – Medical Action Plans

Meet Our New Child Care Health Educator

Casey Grove is a Child Care Health Educator with River Valley Child Development Services. Casey believes that a safe physical environment that promotes good health and keeps children free from injury and illness is essential for optimal learning and school success.

Although new to the early childhood education field, Casey's previous experience working at a children's hospital and as a case manager for children with mental and behavioral disorders has provided her with a knowledge of the major health and safety concerns affecting our children.

Casey holds a bachelor's degree in Public Health with a minor in Health Education from the University of North Florida. She also holds certifications in Nursing Assistance and Youth Mental Health First Aid. Casey looks forward to working with you all soon!

Casey will cover the areas of LINK, Connect and MountainHeart South.



Spaghetti Squash with Meatballs

Submitted by Renee Y. Stonebraker, RS

Ingredients:

1 medium spaghetti squash (about 2 pounds)
Kosher salt
Olive oil
Spaghetti sauce
Meatballs
Parmesan cheese

Directions:

1. Preheat the oven to 425 degrees F.
2. Halve the squash lengthwise and scoop out the seeds. Sprinkle the cut sides with 1/2 teaspoon salt, and then brush both sides with olive oil. Put the squash, cut-side up, in a baking dish and cover tightly with aluminum foil.
3. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes. Use a fork to scrape the spaghetti squash flesh into strands. Season with salt.
4. Top with spaghetti sauce, meatballs, and parmesan cheese.



Kitchen, F. N. (2013, November 6). Spaghetti Squash and Meatballs. Retrieved from <https://www.foodnetwork.com/recipes/food-network-kitchen/spaghetti-squash-and-meatballs-recipe-2043530>.

Submitted by Renee Y. Stonebraker, RS



To play, simply print the Winter 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."



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