



Winter 2018

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



Importance of Oral Health in Children by Rachel Richard, RN

February is National Children’s Dental Health Month! Good oral hygiene is extremely important at any age, but often good oral care falls to the wayside in infants and young children. This is due to the misconception that baby teeth do not matter because they are replaced by permanent teeth. This is far from the truth. Baby teeth are crucial in the development of speech, chewing, they hold the space for permanent teeth, and they promote positive self-image.

A child’s oral hygiene habits need to start early in life to ensure that long-term habits are created. This can be established by the following timeline:

Infants: With a clean cloth, wipe infants’ gums after feeding, to prevent the build-up of plaque.

Toddlers: Children under three years of age should have only a small smear (grain of rice) of fluoride toothpaste on the brush when brushing. Children at this age will require assistance and supervision to perform oral hygiene.

Preschoolers: Children ages three and older should use a pea-sized amount of fluoride toothpaste. Allow children to brush, while supervising and assisting when necessary.

School-age children: Provide supervision until they are able to brush independently.

Tips for Oral Health in Child Care

- ◆ Each child should have their own labeled toothbrush.
- ◆ Toothbrushes should be stored on a clean surface with the bristle end of the toothbrush up to air dry in a way that the toothbrushes cannot contact or drip on each other and the bristles are not in contact with any surface.
- ◆ Caregivers/teachers should encourage replacement of toothbrushes when the bristles become worn or frayed, contaminated, or every three to four months.
- ◆ Children don’t have to be at the sink to brush their teeth. Give each child a small cup of water. The child can dip their brush into the water, brush their teeth, then spit the residual toothpaste back into the cup.
- ◆ If toothpaste from a single tube is shared among the children, it should be distributed onto a clean piece of paper or paper cup for each child rather than directly onto each toothbrush.
- ◆ Children can rinse with water after a snack or a meal if their teeth have been brushed with fluoride toothpaste earlier. Rinsing with water helps to remove food particles from teeth.
- ◆ Make brushing time fun with songs and activities that promote oral health!

Resources:

Caring for Our Children: National Health and Safety Performance Standards



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Bundle Up: Tips For a Healthy Winter by Candy Morgan, RN



Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather. Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer underneath. Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards. Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you've safely strapped them into their car seat.

Keeping Healthy Outdoors

There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside. If you are unsure if weather conditions are safe for outdoor play, check the **Child Care Weather Watch Chart** at:

(<https://www.ok.gov/health2/documents/weatherwatchforchildren2.pdf>).

Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of zero degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 degrees Fahrenheit. Under these conditions, frostbite can occur in just 30 minutes. To prevent frostbite, check that mittens and socks are dry and warm. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The affected area becomes very cold, firm, and, depending on the color of the skin, turns white, yellowish-gray, or gray. Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

Infection Control

Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors. Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water, and rub them together for at least 20 seconds. Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior. Review program policies on hand washing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick. The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.

Healthy Soup Recipes Submitted by Renee Y. Stonebraker, RS

Creamy Tomato Soup from Martha Stewart

2 tablespoons unsalted butter
1 onion, coarsely chopped
1 to 2 cloves of garlic
2 (14 ounce) cans whole peeled tomatoes
1 ½ cups chicken stock
salt and pepper to taste
½ cup heavy cream



1. Melt butter in a medium stockpot over medium heat. Cook onion and garlic, stirring constantly, until soft and translucent, about 3 minutes.
2. Add tomatoes, their juices, and stock. Season with salt and pepper and bring to a boil, then reduce heat and simmer 10 minutes.
3. Working in batches, transfer tomato mixture to a blender, food processor, or food mill. Puree tomato mixture (if using a blender, cover the lid with a kitchen towel while machine is running).
4. Return soup to a clean pot and set over low heat. Whisk in cream and season with salt and pepper.

Cauliflower Soup from Taste of Home

1 medium head cauliflower, broken into florets
1 medium carrot, shredded
¼ cup chopped celery
2 ½ cups chicken stock
3 tablespoons butter
3 tablespoons all-purpose flour
¾ teaspoon salt
1/8 teaspoon pepper
2 cups 2% milk
1 cup shredded cheddar cheese
½ to 1 teaspoon hot pepper sauce, optional



1. In a Dutch oven, combine the cauliflower, carrot, celery, and chicken stock. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted. Add hot pepper sauce if desired. Stir cheese mixture into the cauliflower mixture.

Working Up A Sweat in the Winter by Addy Morris, RN

Jack Frost has arrived to West Virginia, and you may be struggling for ideas to help get the wiggles out of the children stuck inside on those extremely cold days. Finding ways to have fun and include physical activity in smaller spaces can be challenging. Physical activity is extremely important during these early developmental years. Physical activity helps children grow and develop emotionally, socially, and mentally. Winter blues don't just affect adults, but children as well!

Early introduction to physical activity as a normal part of a child's day helps them develop lifelong healthy habits. Active children have fewer chronic health problems, are sick less frequently and miss less school. Active children also have a reduced risk of a number of childhood and adult diseases, including heart disease, diabetes, obesity, depression, and mental illness.

Did you know that the National Association for Sport and Physical Education recommends that preschool aged children should accumulate 120 minutes of physical activity per day, with 60 minutes coming from structured physical activity and 60 minutes from unstructured or spontaneous active play? That's a whole lot of moving and shaking!

When including physical activity in your lesson plan, combine cognitive learning and physical activity into one fun exercise. For example, combine letter recognition and "hot potato". Have the children pass the potato to each other. Whoever has the potato when the music stops has to grab a letter from the pile and announce to their friends what letter they have. Play music with different rhythms and beats, and then ask the children to demonstrate what they are hearing through dance. This game incorporates physical activity, cognitive development, and music education into one fun game! The possibilities are endless!

How do you incorporate physical activity into your lesson plans when the outside is best enjoyed from the window? Let us know on our Facebook page. Share your great ideas with your peers and help us all getting moving this winter!

References

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Fun Winter Activities for Kids

Indoor Snowball Fight

Crumple up pieces of paper to make “snowballs” and have a good old-fashioned snowball battle.



Indoor Scavenger Hunt

Hide fun items such as stuffed toys around the house and let the hunting begin.



Go Outside and Have Fun

There are endless activities to do outside in the winter. Sledding, hiking, making snowmen, setting up a bird feeder. Just bundle up against the cold and get outside.



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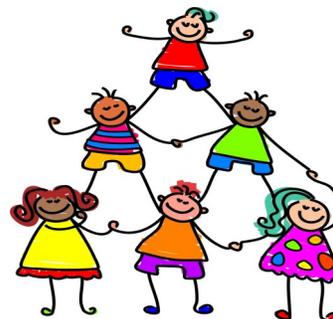
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