

# Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



## Preventing Falls in Child Care Centers by Renee Y. Stonebraker, RS

According to the Center for Disease Control, falls are the number one reason for nonfatal unintentional injuries for children aged 0 to 5 years old in the United States. Preventing falls in child care centers becomes very important to reduce the injuries for this age group. There are many ways to ensure a safe environment for children and prevent fall injuries at child care centers:

1. Keep stairwells safe with hand rails, proper lighting, and remove all clutter from the stairs. Install safety gates at the top and bottom of stairwells if children have access to them.
2. Windows should be locked or guards used for openings more than 4 inches. Screens do not prevent children from falling out the window.
3. Keep electrical cords out of walkways and play areas.
4. Climbing equipment, inside and outside on the playground, should have approved surfacing material below it.
5. Remove ice and snow from walkways and stairwells outside.
6. Beware of heights. Decks, balconies, and porches higher than 3 feet should have childproof railings.
7. Have children wear proper protective equipment for sports. For example, knee pads, elbow pads, and a helmet for roller skating.
8. Clean up spills immediately.
9. Use nonskid rugs.
10. When using high chairs, swings, and other types of equipment, make sure the infant or child is strapped in properly.
11. Place car seats or infants seats on the floor when the child is in it, not on the top of a table or other piece of furniture.
12. Proper supervision helps to prevent injuries. Locate yourself so you can see the children at all times, without other equipment blocking your view.

### Inside This Issue:

<i>Preventing Falls</i>	1
<i>Medication Safety</i>	2
<i>Healthy Recipes</i>	3
<i>Let's Get Moving</i>	4
<i>Movement Ideas to Share</i>	5
<i>Contact Information</i>	6



Any topics you would like to see or ideas you would like to share in the Healthy Kids West Virginia newsletter? Let us know by emailing or calling

Renee, Jennifer or Glenna. Our contact information can be found on the back page.

Any topics that you feel would make a great training? Feel

free to let us know. We are always looking for new ideas!

Feel free to make copies of this newsletter to distribute to other child care providers and parents.

Check out our website [www.wvearlychildhood.org](http://www.wvearlychildhood.org)



Children tend to put just about anything they find into their mouth. Keeping children safe from accidental poisoning due to ingestion of medications is an important role of any caregivers. According to the Centers for Disease Control over 300 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, as a result of being poisoned. Poisoning from medications is a significant percentage of the overall number.

But there are some simple steps that caregivers can take to prevent these medication poisonings at home and in the child care setting.

First and foremost, all medications should be kept out of reach and sight of children. This includes over-the-counter medications and things such as vitamins. Any type of medication can be toxic when used improperly. Below are some tips for keeping kids safe:

1. Always keep medications out of the reach of children.
2. Never refer to medications as candy.
3. Always store medications in child resistant bottles.
4. Avoid taking medicines in front of children. They like to imitate adults.
5. Don't throw medications away in open trash containers. Dispose of medications properly.
6. Take precautions when traveling with medications.
7. Don't forget to advise grandparents or guests to take safety precautions while visiting.
8. Keep the Poison Control phone number close at hand: 1-800-222-1222.

You can find more information and free resources such as posters, videos and tip sheets from the Poison Control website at:

<http://www.poison.org/>



## Fun Recipes for the Spring contributed 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



Asparagus is King of the World

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 beak.



## Let's Get Moving by Jennifer Conkle

Technology and television are dominating our children's spare time. Children are spending less time being active and more time doing sedentary activities like watching television, texting, and playing video games. As a result, we are seeing our children gain weight and have compromised health. Did you know that only 1 in 3 children are physically active on a daily basis, and 1 out of 3 children are overweight or obese? Research also shows that children and teens spend on average more than 7 hours a day using televisions, computers, phones, and other electronic devices. Little time is being set aside for physical activities. We need to address this growing health concern immediately. Children may not realize the effects these behaviors are having on their well-being, so it is up to us to help them learn ways to become more active. Here are some suggestions on how to start reducing screen time and increase physical activity.

Find a fun activity. Talk to children to find out what physical activity they enjoy. It may be a sport, dancing, or hiking. Support whatever activity they are interested in.

Choose an activity that is developmentally appropriate. You do not want to set a child up for failure academically or physically. Start them off small and allow them to build on their abilities as their muscles strengthen and mature.

Plan ahead. Provide opportunity for daily movement, regardless of the weather conditions.

Provide a safe environment. Dress children appropriately for the weather. Children can go outdoors in the cold, as long as they are dressed for it. Make sure equipment and space is safe for whatever activity you have planned. For example, if you are going to allow tumbling indoors make sure you have mats available for them to tumble safely on.

Provide active toys. Young children need access to balls, tricycles, hula hoops, and other equipment that promotes movement.

Be a role model. Children are looking up to you. They are more likely to see the value in physical movement and play if you participate. If you watch from the sidelines they are less likely to understand the importance of being active.

Turn off the television and electronic devices. Limit the amount of time children have with screens. This should be done at home and school.

Make time for exercise. Try to squeeze in a few moments for activity throughout the day. A few moments of dancing or stretching during transition times is a great way to have children moving.

Do not overdo it. Children should enjoy activity and not dread it. We need children to view physical activity and play as natural and part of their daily routine. It should not be used for punishment or discussed negatively. When children are tired they should be allowed to rest or try a less vigorous activity.

For more information visit [www.healthychildren.org](http://www.healthychildren.org).



WV Early Childhood Training Connections and Resources (WV ECTCR) is a statewide program designed to provide professional development opportunities for the early care and education community. Through an extensive network of information, training and technical assistance, resources, and collaboration, WV ECTCR strives to improve the quality of early education services for young children and their families.

[www.wvearlychildhood.org](http://www.wvearlychildhood.org)

# Movement Ideas To Share!

(Please copy and distribute to families and other Child Care providers)

## Activity Starters by Jennifer Conkle

### “If You” and Exercise

If you are (wearing a color), do two windmills

If you have (type of hair), do two jumping jacks

If you like (name of vegetable), do three toe touches

If you eat (name of fruit), march in place and count to five.

Movement in a Word: Say an action word and allow children to move accordingly:

Wave

Jump

Wiggle

Smile

Swim

Catch

Fly

Juggle

Stretch



**West Virginia Nurse Health Consultant**

**Glenna Bailey, RN**

611 7th Ave  
Huntington, WV 25701

304-972-6300

[gbailey@rvcds.org](mailto:gbailey@rvcds.org)

Covers Link, Connect, and MountainHeart South

**West Virginia Child Care Health Educators**

**Renee Y. Stonebraker, RS**

15599 North Preston Highway

Bruceton Mills, WV 26525

304-710-9695

[rstonebraker@rvcds.org](mailto:rstonebraker@rvcds.org)

Covers MountainHeart North, Choices, and CCRC

**Jennifer Conkle**

611 7th Ave  
Huntington, WV 25701

304-529-7603, ext. 221

[jconkle@rvcds.org](mailto:jconkle@rvcds.org)

Covers Link, Connect, and MountainHeart South

**Nurse Health Consultant Vacant Position**

Covers MountainHeart North, Choices, and CCRC



**Like us on Facebook:**



**WV Child Care Health Educators**

**WV Child Care Nurse Health Consultants**

