

Fall 2016

# Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



## The Period of PURPLE Crying—Understanding Baby’s Cry

Glenna Bailey, RN

Healthy babies cry... sometimes A LOT! This frustrating period of crying early in a baby’s life can be looked at as the Period of Purple crying, and it will come to an end. After 2 months, babies will begin to cry less each week. The letters of PURPLE can help you understand a baby’s crying.

**P** – Peak of Crying – Baby’s cries will peak in the first couple of months and then decrease.

**U** – Unexpected - Baby may cry at times that are unexpected and we may not understand why.

**R** – Resists Soothing – Baby may resist all efforts of comforting.

**P** – Pain-Like Face – Baby will sometimes cry as if in pain, but he/she isn’t.

**L** – Long Lasting – Crying can last as much as 5 hours a day, or more.

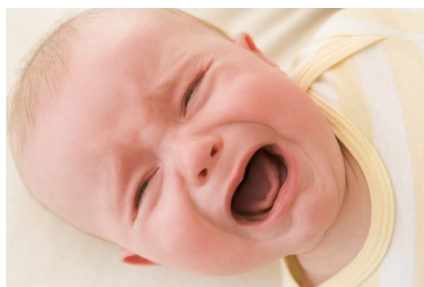
**E** – Evening – Babies may cry more in the late afternoon and evening.

So what can you do to soothe a crying baby? Check and see if the baby is hungry, tired, or needs his/her diaper changed. Walk and sing to the baby. Give the baby a warm bath. Hold the baby close to you. Swaddle the baby. Allow the baby to suck on a pacifier. Sometimes the crying will stop, and sometimes it doesn’t. If you find yourself getting frustrated, it is OK to put the baby down for a few minutes and just let them cry. Take this time to calm down.

This point of frustration is where some parents or caregivers may lose control and shake the baby. Crying is the number one reason that babies are shaken! Shaking a baby is very dangerous and can cause blindness, seizures, death, and learning and physical disabilities. This is called Shaken Baby Syndrome.

As caregivers and parents, we need to share this information with families of new infants. We all need to understand that crying, though frustrating at times can be a normal part of infant development. If you are worried that something may be wrong, it is also appropriate to see if the baby can be checked by a health care provider. The health care provider can ease your mind that the child is developing normally or help treat a condition if one is found.

Source: National Center on Shaken Baby Syndrome



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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

Lisa, Glenna or Renee. 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)

# Fall is a Great Time to Be Outdoors by Lisa Yost, RN

With the change in seasons fast approaching there are many things to be excited about. The leaves start to change color, the air gets a crisp smell and feel to it and many spend days with families and friends celebrating special times and traditions. With the start of the leaves changing colors and the crisp feel to the air there is an important health topic we need to remember, "Kids still need time outdoors every day." With the change in temperature outside turning from hot and sunny to cooler and cloudy we need to make sure that we are still giving plenty of opportunities for outdoor play. There are so many benefits to playing outside and having the freedom to run and burn energy is only the beginning of what fresh air and sunshine can do. Listed below you will find just a few examples of how the great outdoors can help create a more positive environment in your classrooms.

- Outdoor play increases fitness levels and builds active, healthy bodies, an important strategy in helping the one in three American kids who are obese get fit. (1)
- Spending time outside raises levels of Vitamin D, helping protect children from future bone problems, heart disease, diabetes and other health issues. (2)
- Being out there improves distance vision and lowers the chance of nearsightedness. (3)
- Exposure to natural settings may be widely effective in reducing ADHD symptoms. (4)
- Children's stress levels fall within minutes of seeing green spaces. (5)
- Play protects children's emotional development whereas loss of free time and hurried lifestyle can contribute to anxiety and depression. (6)
- Nature makes you nicer, enhancing social interactions, value

for community and close relationships. (7)

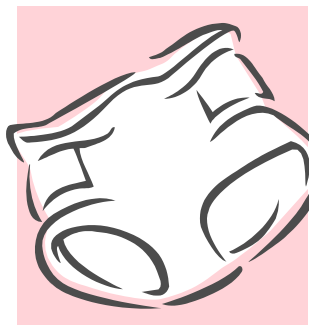
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# When is Diaper Rash a Medical Concern? By: Glenna Bailey, RN

Diaper rash is a common skin condition found under the diapers of babies. Diaper rash usually appears as bright red skin and is commonly treated with over-the-counter ointments such as Desitin. Occasionally though diaper rash is more serious and may warrant a trip to the doctor.

Diaper rash can be caused by several different things. The most common cause is irritation from stool and urine but there may be other reasons for the rash. The introduction of new foods may cause the nature and frequency of stools to change. An increase in the number of stools may lead to more irritation. Also the introduction of a new product such as detergent, diapers or fabric softener may cause a rash. Also tight fitting diapers could cause chafing and rubbing that could lead to a reddened area. Finally the use of antibiotics may result in depleting the bacteria that keeps yeast at bay and as a result cause a yeast infection.



Although most diaper rashes are minor and easily treated, there are certain circumstances that warrant a visit to the doctor. These would include rashes that are severe in nature or one that worsens in despite over-the-counter treatment. Also any diaper rash that is accompanied by a fever should be investigated by the physician. Any rash that develops blisters, boils, pus or weeping discharge may require prescription treatment.

The West Virginia Child Care Center Regulations allows the use of over-the-counter creams and ointments to be applied without a doctor's orders for five consecutive days in a thirty day period. Any use after that five days would need to be accompanied by written instructions by a licensed health care provider.

## Standard 9.2.3.14— Oral Health Policy

The program should have an oral health policy that includes the following:

Information about fluoride content of water at the facility;

Contact information for each child’s dentist;

Resource list for children without a dentist;

Implementation of daily tooth brushing or rinsing the mouth with water after eating;

Use of sippy cups and bottles only at mealtimes during the day, not at naptimes;

Prohibition of serving sweetened food products;

Promotion of healthy foods per the USDA’s Child and Adult Care Food Program (CACFP);

Early identification of tooth decay;

Age-appropriate oral health educational activities;

Plan for handling dental emergencies.



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## Outdoor Fun and Learning!



Looking for an activity that can bring awareness to little ones about how our lungs work and the importance of doing strong deep breathing exercises every day to make them super strong; try out this simple game with a fun link to fall. You can use it to work on colors, coordination, and even turn it into a relay to work on social skills and team building for little ones.

The LEAF BLOW GAME!!

Have a leaf race buy having each child pick their own leaf from outside. Have them talk about the color and shape of their leaf, you can even help them to figure out what type of tree their leaf may have fallen from. Once everyone has their leaf the game can be playing inside or outside (if it’s not too windy). They can line up in a straight line or divide into teams to make it a relay race and try to use their “Giant Strong” lungs to blow their leafs to the finish line.



WV Early Childhood Training Connections and Resources (WVECTCR) 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, WVECTCR strives to improve the quality of early education services for young children and their families.

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

## Beans...More Than Just Cute Songs By Renee Y. Stonebraker, RS

Beans, beans good for your heart, the more you eat the more you... wait a minute! Beans are often getting a bad rep from the cute songs we sing about gas. While we can't deny the gassy effects beans contribute to, we can learn more about ways to decrease the gas and why beans are such a good food to include in our diets. Beans are a nutritional powerhouse full of protein, iron, zinc, fiber, folate, potassium, and magnesium. They also contain little to no fat, sodium, and cholesterol. Beans come in many varieties including kidney, black, pinto, and navy to name a few. Beans are actually considered part of the protein food group because they are good sources of protein and iron, but also considered part of the vegetable group due to containing lots of fiber, folate, and potassium. The 2010 Dietary Guidelines recommend that adults eat 1 ½ cups of beans per week to receive many health benefits. Some of the health benefits include lowering your risk of heart disease, cancer, and diabetes.

Why do beans cause so much gas? Beans contain a carbohydrate/sugar called oligosaccharide. We lack the enzyme required to break the sugar down. When the sugar arrives in your lower intestinal tract intact, it ferments, creating a buildup of gas. The gas isn't absorbed into the intestine, so the body expels it. There are many ways to decrease the gassy effects bean cause.

- Use the hot soak method when preparing dry beans. The longer beans soak, the more you will reduce the amounts of the gas-producing sugars.
- Change the water several times when soaking dry beans, and discard this water when soaking is completed. Many of the gas-causing sugars are released into this soaking water.
- Rinse canned beans before eating or using in recipes.
- Increase beans in your diet slowly. For example, you may start by eating 2 to 4 tablespoons of beans per day, and gradually increase each day.
- Drink more water each day as you eat more beans or other fiber-containing foods.
- Consider using a gas-reducing enzyme tablet. These tablets are available over the counter in many pharmacies.

Beans can be easily added to many foods including burgers, pasta or pasta salads, lettuce salads, bean salads, soups, dips, and even desserts. Beans are generally used in desserts as a fat substitute, decreasing the amount of oil and butter that has to be used. After learning about how good beans are for us, I encourage you to try the two delicious and nutritious recipes on the next page.



# Recipes To Share!

## Two Bean Veggie Pizza

¼ cup onion, diced  
2 teaspoons canola oil  
¾ cup kidney beans, rinsed and drained  
¾ cup black beans, rinsed and drained  
½ cup salsa or taco sauce  
1 tablespoon hickory smoke-flavored barbecue sauce  
1 tablespoon dried parsley  
1 small garlic clove, peeled and halved  
¾ teaspoon ground cumin  
¼ teaspoon black pepper  
1 prebaked 12 inch thin pizza crust whole wheat  
1 cup canned corn, rinsed and drained  
1 can (14 ½ ounces) diced tomatoes, drained  
¾ cup shredded sharp cheddar cheese

1. In a small nonstick skillet, cook onion in oil over low heat for 15-20 minutes or until onion is golden brown, stirring occasionally.
2. Preheat oven to 450 degrees F. In a food processor, combine onion, beans, salsa or taco sauce, barbecue sauce, parsley, garlic, cumin, and pepper. Cover and process until pureed.
3. Place crust on a baking sheet; spread with bean mixture. Top with corn, tomatoes, and cheese.
4. Bake 8-10 minutes or until edges are lightly browned or cheese is melted.

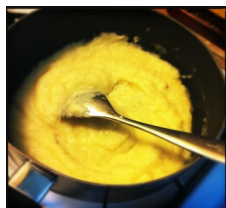


## Potato and Parsnip Mash

2 pounds russet potatoes, peeled and quartered  
1 pound parsnips, peeled and cut into ½ inch pieces  
Kosher salt  
½ cup heavy cream  
¼ cup whole milk  
2 tablespoons unsalted butter

1. Place the potatoes and parsnips in a medium pot. Cover with cold water. Add 1 teaspoon salt and bring to a boil. Reduce heat and simmer until tender, 15 to 20 minutes.
2. Meanwhile, in a small saucepan, over medium heat, heat the cream, milk, and butter.
3. Drain the potatoes and parsnips and return to the pot. Add the cream mixture and ½ teaspoon salt and mash. Transfer to a serving bowl.

Lisa Yost



## Chocolate Chip Bean Muffins

2 cans (15 ½ ounces) beans (Great Northern, navy, or white kidney/cannellini), rinsed and drained  
1/3 cup fat free milk  
1 cup sugar  
¼ cup butter or margarine, softened  
3 eggs  
3 teaspoons vanilla extract  
1 cup all-purpose flour  
½ cup whole wheat flour  
1 teaspoon baking soda  
½ teaspoon salt  
¾ cup semisweet chocolate chips

1. Preheat oven to 375 degrees F.
2. Combine beans and milk in a food processor or blender. Cover and process until smooth.
3. Mix sugar and butter or margarine in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended.
4. In another bowl, combine flours, baking soda, and salt. Add to bean mixture. Add in chocolate chips.
5. Spoon mixture into 18 greased or paper lined muffin tins about ¾ full. Bake for 20-25 minutes. Cool on wire racks.



## Meatballs Florentine

1 pound ground beef  
1 egg  
1/3 cup grated parmesan  
1/8 teaspoon ground nutmeg  
Kosher salt  
¾ cup breadcrumbs  
1/3 cup whole milk  
1 10-ounce package frozen chopped spinach, thawed and squeezed dry  
1 tablespoon olive oil  
1 24-ounce jar marinara sauce



1. In a large bowl, gently combine the beef, egg, parmesan, nutmeg, and ¾ teaspoon salt.
2. In a small bowl, combine the bread crumbs and milk. Let stand until absorbed, about 3 minutes. Add to the beef.
3. Add the spinach to the beef and mix gently. Shape into 20 meatballs.
4. Heat the oil in a large saucepan over medium heat. Brown the meatballs, about 7 minutes
5. Add the sauce and simmer for 6 minutes or until the meatballs are cooked through.

Lisa Yost

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Covers MountainHeart  
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