



Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 2, Issue 3



Celebrate “Take It Outside! Week” ~ By : Head Start Body Start



To increase outdoor play while celebrating the environment, Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS), the national initiative sponsored by the National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR), will host the second annual Take It Outside! Week, October 16 – 22. The purpose of the week-long celebration is to get young children outside, connect with the natural world, while tapping into the many health benefits of outdoor play, including increased moderate to vigorous activity, vitamin D exposure, increased immunity and better sleep as well as playing more creatively.

Take It Outside! Week is also a great opportunity to support First Lady Michelle Obama’s new Let’s Move! Child Care Campaign which encourages child care facilities and home-based providers to provide 1-2 hours of physical activity throughout the day, including outside play when possible. According to Center Director Mariah Burton Nelson, “We know that physical activity fosters muscular development,

brain growth, and the maintenance of a healthy weight. When children ‘take it outside,’ they engage in physical activity, benefit from fresh air and sunshine, and learn to enjoy, respect and appreciate nature.

“Unfortunately children today spend less time playing outdoors than any previous generation,” added Nelson. “We want to help early childhood educators and caregivers to discover the benefits of outdoor play and learn about outdoor play spaces that promote movement opportunities for children of all ability levels. When adults model and promote physical activity, they set young children on a path toward a lifetime of healthful behaviors.”

HSBS will provide programs and families with everything they need to celebrate Take It Outside! Week including activity ideas, tips for facilitating active play, and suggestions for enhancing the environment. From Books That Move You to 15 Simple Ways to Get Moving, the activity resources are designed to increase physical activity for young children and promote family involvement. Here are a few fun suggestions: go on an acorn hunt, build forts and dens, make healthy apple snacks, add

hay bales to the playground, go pumpkin or apple picking, fly a kite, go on a color orange hike and many more.

According to Bethe Almeras, HSBS education and outreach director, “fall is the perfect time of year to head out and enjoy the great outdoors! We hope that by celebrating Take It Outside! Week, educators and caregivers will experience the many health and school readiness benefits that the natural world provides young children, and enjoy the benefits of time outdoors for themselves. We want this week to inspire them to make outdoor play and learning a part of children’s daily lives.”

“Your natural environment resources have made us really rethink the outside as a classroom,” said Allison Driessen, director of Early Explorers Head Start and Early Head Start in north central North Dakota. “Our infant/toddler teachers really came alive because they have been given permission to explore mud puddles, go in the grass, check out bugs and encourage more movement. Keep up the great work.”

For a wonderful array of free resources about Take It Outside! Week, visit <http://www.aahperd.org/headstartbodystart/news/take-it-outside-week-2011.cfm>

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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 Sarah, Glenna or Christy. Our contact information can be found on the back page.

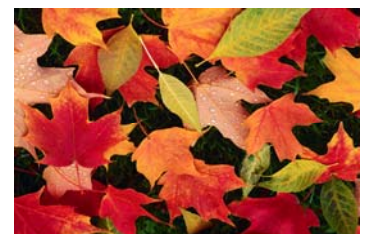
Any topics that you feel would make a great training? Feel free to let us know. We are always looking for new ideas! Feel free to make copies of this newsletter to distribute to

other child care providers and parents.

Check out our website ~



www.wvearlychildhood.org



There's an App for That: Smartphone Apps for Child Care

By: Glenna Bailey, RN

The use of smart phones has grown tremendously in the last few years. The number of applications or "apps" available has grown right along with it. These days there seems to be an app for everything. Here are several apps that child care providers and/or parents may find useful in relation to children's health concerns.

First up is an app from the American Academy of Pediatrics called KidsDoc. This app includes a symptoms check guide, dosages for common children's over-the-counter medications and a guide as to when to be concerned about a child's condition. Symptoms can be searched alphabetically, by body area or by

using a key word. There are also very good color images for many conditions such as skin conditions. There is also first aid information for many common emergency situations. This app costs a bit (\$1.99) and is currently only available for iPhones, but it is an excellent resource.

Children with allergies that may require an emergency EpiPen injection is common in child care situations. Dey Pharma, the makers of EpiPens, offer a free app that includes a how-to video and step-by-step instruction sheet and the ability to create a profile of several different people that includes what that person is allergic to and what symptoms they have with their allergic reaction. This app

too is only available of Apple products such as iPhone, iPod Touch and iPad.

Getting children outside during the day is both important for their health and required by our WV state regulations if the weather is permitting. Using a weather app can help you determine if the weather is permitting. The Weather Channel offers a free app for iPhones and Android phones that offers current conditions such as temperature, heat and cold index, and UV index. It will also send you push alerts in the event of severe weather.

This is just a few of the apps that can be used to make our lives and our children's lives safer and healthier.

Did you Know... If you want to make the commitment to start instituting healthy choices in your center or program today, just sign up!. It's as quick and easy as that.

Once you sign up, you'll get an email when the online version of the Let's Move! Checklist is available. You'll be able to complete an online checklist and receive a customized Action Plan designed exclusively for you to help you reach your goals.

So how much does it cost? Nothing. Signing up and participating are totally free!

<http://healthychildrenhealthfutures/startearly/signup.html>



**DON'T FORGET!!! OCTOBER 18TH IS
"TAKE A FLOWER TO CHILDCARE DAY"**

Days to Celebrate this Fall!!!



September

Head Lice Prevention Month
Read A New Book Month
Eat a Better Breakfast Month
Children's Eye and Health Safety Month
Labor Day ~ Sept 5th
Grandparents Day ~ Sept 11th
First Day of Fall ~ Sept 23rd

October

National Apple Month
Adopt-a-Shelter Animal Month
Fire Prevention Week ~ First Week
World Vegetarian Day ~ Oct 1st
Children's Health Day ~ Oct 3th
Take a Flower to Child Care ~ Oct 18th
Halloween ~ Oct 31st

November

Child Safety and Protection Month
Good Nutrition Month
National Epilepsy Month
Election Day ~ Nov 8nd
Veteran's Day ~ Nov 11th
Homemade Bread Day ~ Nov 17th
Thanksgiving Day ~ Nov 25th

The Importance of Sleep By: Christy Freed, RN

As the mother of a 5 month old infant I have noticed that there seem to be 4 standard questions people ask when they see a baby: how old, boy or girl, what is her name, and does she sleep through the night yet? The first time an infant sleeps through the night is often a celebrated milestone. As children become older there tends to be less focus placed on the amount of sleep they get. Research has shown, however, that sleep is critical to a child's development at all ages.

Lack of sleep can cause difficulty learning and delayed social development. Children who aren't getting enough sleep have a decreased attention span, can be hyperactive, and are often "cranky" or socially demanding. Lack of sleep has also recently been linked to increased incidence of obesity, which in turn puts children at risk for health

problems such as Diabetes. How much sleep does your child need? Infants should be sleeping 12-18 hours per night, toddlers 11-12 hours, and school age children 9-10 hours .



Ensuring that your child gets enough sleep each night can be difficult. With today's hectic work

schedules, school schedules, after-school activities, and other demands, children's bedtimes are often delayed. Parents are tempted to allow their children to stay up later in order to spend more time with them in the evenings. Children who chronically do not get enough sleep are often difficult to put to bed and can appear wide awake. In reality the child's body has released adrenaline trying to fight the

exhaustion from sleep deprivation, causing the hyperactivity that parents often mistake as a child not being tired. The most important thing that a parent can do to ensure their child gets enough sleep is to establish a bedtime routine. A firm bedtime should be set. For the 30-60 min prior to bed there should be an established pattern of activities (bath, brushing teeth, reading a story, etc.). This routine tells the body that it is time for sleep and assists the child to relax and wind down. Though the child may fight sleep at first, once he/she becomes accustomed to the routine parents should see bedtime begin to go more smoothly. Parents often notice an improvement in mood and school performance once a previously sleep deprived child begins to follow a healthy sleep schedule.

Healthy Fall Snack Recipe By: Sarah Hicks, RN



Baked Sweet Potato Chips

Sweet potatoes are one of the most nutritional vegetables you can eat! Sweet potatoes are high in dietary fiber, beta carotene, vitamin C and B6. They are low in fat and calories. This is a fun way to eat sweet potatoes, and a much healthier way to get your "chip fix."

Ingredients:

5 large sweet potatoes, sliced thin (1/8 in)

Seasonings of choice ~ my two suggestions

Plain (salt and pepper to taste)

Or

Seasoned (2 tsp chili powder, 1 tsp garlic salt, 1/4 tsp

smoked paprika, 1/4 tsp cumin, 1/4 tsp salt, 1/2 tsp pepper)

Olive Oil Spray (I prefer) or 1/4 c canola oil.

Preheat oven to 400 degrees. Mix sweet potatoes, oil, and your preferred seasonings in a large bowl to coat the potatoes with seasonings. Spread on ungreased baking sheet in single layer. On lower rack, bake for 10-12 minutes, then flip potatoes, and bake another 10 minutes or so or until golden brown and crispy. Don't burn, watch carefully!

This Recipe and Picture was obtained from shewearsmanyhats.com and adapted by S. Hicks, RN



WEST VIRGINIA EARLY CHILDHOOD
Training
CONNECTIONS
AND RESOURCES

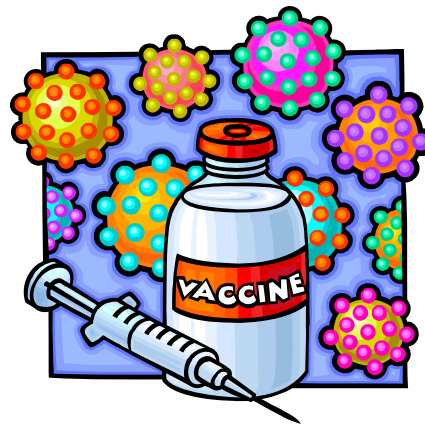
WV Early Childhood Training Connections and Resources (WVECTCR) is a statewide program designed to provide professional development opportunities for the early care and education community. Through an extensive network of information, training and technical assistance, resources, and collaboration, WVECTCR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

www.wvearlychildhood.org

Ask the Nurse... By: Christy Freed, RN

Does my child need any additional vaccinations between Pre-k and kindergarten?

Yes. In order to begin Pre-K in WV children are required to have 4 doses of Dtap, 3 doses of the Polio vaccine, 2 doses of MMR (Measles, Mumps, and Rubella), 2 doses of Varicella, 3 doses of Hep B, and one dose of Hep A. In order to enter Kindergarten students must have an additional dose of Hep A.



Did you know..

October is National Sudden Infant Death Syndrome Awareness month. Always lay your baby on their back to sleep and do not put blankets, pillows, or stuffed animals in their cribs. Additional recommendations can be found at www.sidscenter.org/families.html

September is Fruits and Veggies month. Children's plates should be made up of half fruits and veggies. See www.fruitsandveggiesmorematters.org.

How to Choose Internet Sites for Health Care Information By: Glenna Bailey, RN

In the past ten years or so the Internet has changed the way we obtain information. With the use of search engines such as Google, the amount of information available to use within seconds is mind boggling. Obtaining information about health care is no exception. However, when searching for health care information we should have confidence that the information is accurate and up to date. Sites can offer information that could be inaccurate at best and dangerous at worst. Here is some criteria you should use when using the internet to answer some of your health care questions.

First of all, use a source that already has a good reputation. These might include major hospitals such as the Mayo Clinic (www.mayoclinic.com) or Children's Hospital in Boston

(www.childrenshospital.org).

National professional organizations are also good sites. The American Academy of Pediatrics has a very useful web site called Healthy Children (www.healthychildren.org). Here you can find information about medical conditions, healthy living, vaccinations, child safety and more. WebMD (www.webmd.com) is also an excellent site that includes information about medications, medical conditions, healthy living and even a section about pet health.

If you are looking for information about a specific disease or condition look to professional advocacy sites. These might include allergy information from Kids with Food Allergies (www.kidswithfoodallergies.org) or the American Diabetic Association (www.diabetes.org).

Government sites such as the Centers for Disease Control (www.cdc.gov) or

www.healthfinder.gov from the Department of Health and Human Services. With flu season coming up the CDC site in particular is an excellent source of up to date information about outbreaks and prevention.

It is important to remember that using the Internet for health care information is not a substitution for medical advice from the child's own health care provider. It should be used only as a resource to better educate us to supplement information and help us to have a better understanding about issues relating to children's health.



Movement Ideas To Share!

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

This week, why not:

- Go on a nature hike
- Rake a pile of leaves and jump into them
- Make healthy apple snacks for a playground snack
- Add hay bales to your playground
- Go pumpkin or apple picking
- Fly a kite
- Go on a color orange hike
- Collect leaves & make leaf rubbings & collages
- Visit a farmers market
- Walk to the library and check out books on nature
- Go on an acorn hunt
- Make a fall obstacle course
- Plant a class or family tree to celebrate
- Have a fall picnic at a favorite “walkable” park
- Move like squirrels, snakes, birds, and bears!



Take It Outside! Week

Oct 16th-22nd, 2011



Join early childhood educators, caretakers, and parents across the country October 16-22 as they Take It Outside! Celebrate the wonders of the natural world with young children while tapping into the many health benefits of outdoor play, including increased moderate to vigorous activity, Vitamin D exposure, increased immunity, and better sleep.

There's no better place to move, play and learn than outside!

At Your Center or Preschool:

- Create an outdoor reading area and pick a different nature themed book to read each day.
- Host a Family Fun Day with outdoor games and a nature hike
- Make binoculars and go on a bird hike. Practice observation skills.
- Using loose parts or sidewalk chalk, create mazes for children to follow using different movement skills.
- Read Leaf Man and go on a leaf collection walk. Make your own leaf people
- Outdoor dramatic play: Fly like birds = high and low, fast and slow. Pretend to fly south for the winter and return in the spring.

At Home:

- Make time for outdoor play each day. Take a walk, play ball, visit a park or community garden, or play sidewalk chalk games.
- Go on a rock hunt and sort the rocks you find by size or color.
- Go on “an around” walk. Walk around your house/building, walk around a light pole, walk around a leaf on the ground, etc.
- Go on a color walk around your neighborhood. Count how many colors you see, or pick a favorite color and count those colored items.
- Play I Spy! Go outside and take turns saying, “I spy something _____” and then together run to that object.
- Read nature related books and go outside to look for wildlife, like birds, bugs, and squirrels. Nature is all around, no matter where you live!

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Do you have any cheap or free movement ideas you'd like to share? Let us know, and we'll include it this section of the newsletter in the next issue.

Check out <http://www.aahperd.org/headstartbodystart/> for more movement ideas!

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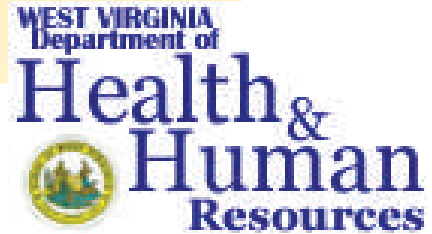
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How Can a Child Care Nurse Health Consultant (CCHC) Help Me?

- Help providers develop strategies for caring for children with special health needs
- Develop or update health and safety policies for child care providers
- Provide health education and wellness programs
- Provide up-to-date information on the latest guidelines, policies and information regarding child health and safety
- Offer support through telephone consultations or on-site visits
- Conduct child care staff training
- Provide Medication Administration training
- Provide communicable disease information
- Develop health care plans for children with special needs
- Provide health and safety education for parents and children



Get to know your CCHC ~ If you could dress up as any character this Halloween, what would you dress up as and why?



Glenna Bailey

I would dress as Cleopatra because I am reading her biography by Stacy Schiff and she was really amazing. Not at all like the Hollywood version. A feminist for her times and a strong ruler.



Sarah Hicks

I would dress up like "Flo" from the Progressive insurance commercials. She is a lot like myself ~ a little quirky, cheerful, and has a great sense of humor!



Christy Freed

I would probably be some sort of Medieval Queen or maybe Scarlet O'Hara from Gone with the Wind. Any excuse to wear a big, fancy dress.