



Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

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West Virginia Children are Growing: But in the Wrong Direction?

By: Heidi Zbosnik, RN

Technological advances, such as computers and media devices, have improved the education of children all across the nation. But are young children paying the cost with their health? Studies have shown a relationship between exposed media time to overweight children. Obesity is a serious medical problem which occurs when a child is well above the normal weight for age and height. Childhood obesity paves the road for serious health consequences such as heart disease, high blood pressure and diabetes. There is a direct correlation between decreased physical activity and increased caloric intake. Children are lacking in physical activity by remaining in a sedentary position for hours at a time. Television viewers also have a higher intake of non-nutritious foods and are exposed to unhealthy food and drink advertising.

Because of these risks, the American Academy of Pediatrics (AAP) recommend limited screen time, media time and computer time in the early childhood setting. In the first few years of life, a child's brain and body, is going through important growth and developmental changes. Before age three, cognitive development can be harmfully affected by viewing television. The AAP recommends that in the early care and education setting, screen time should not be permitted

for any child under the age of two. For children that are two and older, total media time should not exceed thirty minutes once a week, and that time must be used for educational or physical activity use only.

The AAP further states that meals and snacks should be used as a developmentally appropriate learning experience and include nutritious healthy foods. Early child care providers have the perfect opportunities to teach children healthy eating habits by allowing children to determine the amount of food they will consume in one setting. Forcing children to clean their plate may contribute to overeating and becoming overweight. Allow children to make healthy choices on which foods they would like to eat. Children are born with the ability to know when they are full, but can easily lose that ability if forced to eat beyond their recognition of fullness.

What about activity? In the newly revised edition of Caring for Our Children, the AAP recommends daily physical activity should be provided to every

child, every day. All children from birth to six years should have daily participation in two to three outdoor activities (weather permitting), two or more structured activities promoting movement, and continuous opportunities to develop and practice age appropriate gross motor and movement skills. Daily physical activity not only encourages the development these skills, but also is an important step in the prevention of childhood obesity. There is also some evidence leading to an improved learning curve after short bursts of physical activity.



As a child care provider, you have a unique opportunity to help stop a growing obesity health crisis in America. Teaching children proper food choices

and providing opportunities for physical activity, will help young minds create habits that last a lifetime. Share information with parents who may be unaware of the consequences of prolonged media exposure and lack of physical activity. Learn creative ways to promote healthy learning activities and exercise. Challenge yourself to believing you can make the difference in not only a child's future, but the future of America as well.



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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 Heidi. 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

Fright in the Night: Are Nightmares Normal? By: Heidi Zbosnik, RN

The coming holidays can be an exciting time for children of all ages. The environmental changes and shorter days can also affect sleep routine. This can lead to a change in a child's behavior at school or in the child care setting. Images seen on television or in real life can hide in the child's mind and surface during the quietest hours of the night. The lack of sleep creates problems during the day too.

Children between the ages of three and six are most susceptible to nightmares, because this is the age in which normal fears and imagination develops. Dreams can be the



result of scary situations, ghosts, animals or bad people. Often they are a direct result of not getting enough sleep, having an irregular sleep routine or experiencing increased stress or anxiety. Most nightmares are simply a normal part of coping with the changes in our lives.

Children who have interrupted sleep routines can become sleep deprived and are more impulsive and irritable. They may become quick to cry, lose their tempers or get frustrated. This

creates a challenge in the early education setting. It's important to talk with parents and encourage them to set normal routines of bedtime. If a child does experience a nightmare, provide soothing words of comfort, cuddling and reminders that it was only a dream. Be sensitive to children's feelings towards animate objects associated with the holiday seasons, as well as allowing time for extra rest during periods when child is going to be up later than normal. Knowing each individual child's normal behaviors makes recognizing sleep deprivation easier and offers you, as the child's caregiver, a chance to ease the parent's mind and help promote positive sleep habits.

Did You Know.... That National Handwashing Week is December 2-8, 2012. Handwashing is the single most effective way to prevent the spread of germs. So wash you hands and teach the children to wash their hands too. For more information check out: www.henrythehand.com.

Gel Balls New Threat to Toddlers By: Frederik Joelving, Reuters Health

After surgically removing a large gel ball blocking the intestines of a baby girl, Texas doctors are warning parents about a new kind of water-absorbing balls often sold as playthings. The colored balls, marketed under the brand name Water Balz by Ohio-based DuneCraft Inc, are small to begin with, but can grow to the size of a racquetball when placed in water.

For orally fixated toddlers, that can be a problem, said Dr. Oluyinka Olutoye, a pediatric surgeon at Texas Children's Hospital in Houston. "It goes in small and grows on the inside and may not come out," he told Reuters Health. That was the case for an eight-month-old girl, who was brought to Texas Children's with stomach problems. Her parents suspected she had eaten one of her sister's Water Balz, and their concerns grew when they read on the label that the balls expand up to 400 times if placed in water.

Olutoye and his colleagues could see on x-rays that part of the child's small intestine was distended, as if something was blocking it, but they couldn't see the culprit. Over the next 48 hours, the girl's belly grew bigger and bigger and her symptoms didn't go away. "The blockage allows fluid and gas to accumulate, it is just like you step on a hose," said Olutoye, whose report appeared Monday in the journal *Pediatrics*. Finally, the doctors took the baby to the operating room. They cut her intestine open and drew from it a bright-green Water Balz nearly an inch and a half across. She recovered and is doing fine, according to Olutoye.

The surgeon said that as this type of product becomes more common, parents and doctors alike need to be aware of the danger it poses if swallowed. He explained that if the intestine is blocked long enough, the building pressure may eventually cause it to rupture. "If this is not taken care of really quickly, there can actually be a perforation... and you can die from it," said Olutoye.

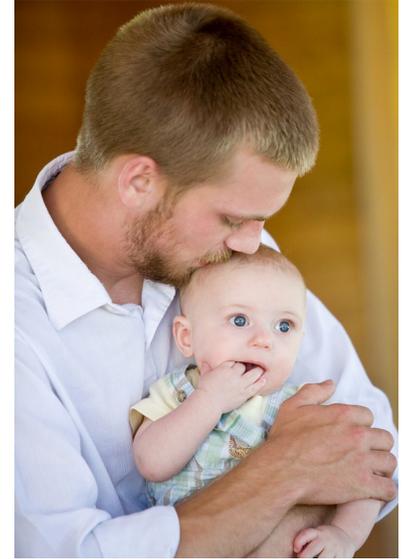
DuneCraft's CEO Grant Cleveland said he was sorry to learn of the incident. He noted that the Water Balz product already carries warnings on the label and is recommended for kids over 3. "An eight-month-old has no business being near that product," he told Reuters Health. "Trying to turn it in to a public risk is absurd."

The new report is the first in humans, said Olutoye, although there have been cases of birds dying after eating a similar gel product used in gardening and agriculture. He added warned that the balls should be kept away from pets.

SOURCE: *Pediatrics*, online September 17, 2012.

Standard 3.4.4.3 - PREVENTING AND IDENTIFYING SHAKEN BABY SYNDROME/ABUSIVE HEAD TRAUMA

According to Caring for Our Children, 3rd Edition, All child care facilities should have a policy and procedure to identify and prevent shaken baby syndrome/abusive head trauma. All caregivers/teachers, and volunteers, should receive training on preventing shaken baby syndrome/abusive head training, recognition of potential warning signs and symptoms of shaken baby syndrome/abusive head trauma, strategies for coping with crying, fussing, or distraught child, and the developmental and vulnerabilities of the brain in infancy and early childhood.



Healthy Fall Recipe— Veggie Soup By: Sarah Hicks, RN

It can get down right cold here in West Virginia during the fall. I love to make a big pot of soup to warm me up from the inside out! Veggie Soup is a great way to introduce children to new vegetables. I am giving you a basic recipe, but please feel free to add whatever vegetables you have on hand or even step out of the box and add some new things that your children have never tried. Add kale or spinach. Turnips or potatoes. Peas, corn, and even broccoli! This is very low in fat, and high in nutrition!

Ingredients:

1 cup dry lentils, 1 1/2 cups chopped carrots, 1 1/2 cups chopped celery, 1 1/2 cups chopped onions, 3 garlic cloves minced, 1 teaspoon dried basil, 1 teaspoon dried oregano, 1/2 teaspoon dried thyme, 1 tablespoon dried parsley, 2 bay leaves, 3 1/2 cups vegetable broth, 1 1/2 cups water, 1 (14 1/2 ounce) can diced tomatoes, fresh ground black pepper to taste. Add any other veggies you like!

Directions:

Rinse the lentils. Place all ingredients into the crockpot/slow cooker. Cook on low for 10-12 hours, or high for 5 hours. Remove the bay leaves before serving.



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

Consumer Reports published a report Sept. 19 on arsenic in foods made from rice. At the same time, the U.S. Food and Drug Administration released the first part of what will be a much larger study of arsenic in foods. The findings are that arsenic is present in quantities that might increase an individual's life-time risk of cancer when children consume typical amounts of rice products. While additional research, including the results of the ongoing FDA study, will be needed to provide detailed recommendations, the American Academy of Pediatrics believes that at the individual level, offering children a variety of foods, including products made from oats and wheat, will decrease children's exposure to arsenic derived from rice. According to the American Academy of Pediatrics, as a baby's first food, rice cereal is not as nutritious as other food options and only became popular in the past 30 to 35 years because it was thought to be the least allergenic of the cereals.

Free E-zine Available By: Glenna Bailey ,RN

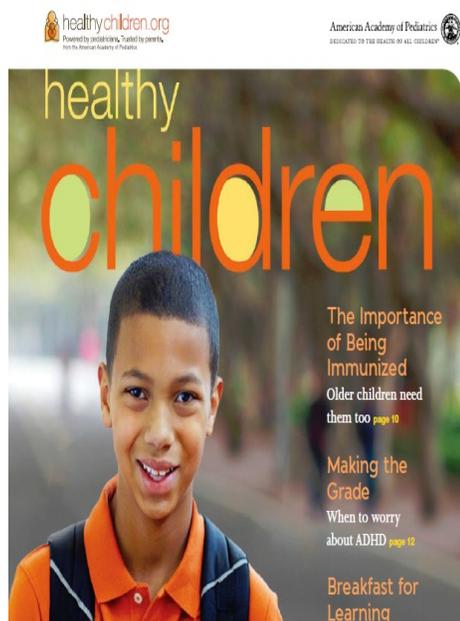
The American Academy of Pediatrics has launched a new free, e-magazine for parents and providers called, "Healthy Children". The premier issue focuses on key back-to-school issues such as immunizations, school physicals, and the importance of breakfast. In addition to providing parents with reliable, pediatrician-backed guidance, the e-magazine provides readers with an interactive experience that includes multimedia content, engaging "quick tip" pop-ups as well as links to helpful resources.

The free e-magazine is mobile-optimized and can be accessed via the Healthy Children app for Apple and Android smartphones and tablets. The Healthy Children app includes select, on-the-go articles from HealthyChildren.org as well as several of the site's unique features such as Find a Pediatrician and Ask the Pediatrician, and will soon include a variety of apps for parents, beginning with *ADHD Tracker* and *Car Seat Checker*. Automatic updates to the app will keep parents informed of future e-magazine issues, new features, or newly developed apps.

To download the free app visit the iTunes store for iPhones and iPads and the Google Play Store for Android phones. If you don't have a smart phone, you can still access the magazine as an Adobe PDF file at:

<http://www.healthychildren.org/English/tips-tools/Pages/HealthyChildren-E-Magazine.aspx>

Sample pages from e-zine.



Vaccine Safety: The Facts

PROTECTION FOR EVERYONE [read here](#)

Some people have expressed concerns about vaccine safety. The fact is vaccines save lives and protect against the spread of disease. If you decide not to immunize, you're not only putting your child at risk to catch a disease that is dangerous or deadly but also putting others in contact with your child at risk (see Protection for Everyone). Getting vaccinated is much better than getting the disease.

Indeed, some of the most devastating diseases that affect children have been greatly reduced or eradicated completely thanks to vaccination. Today we protect children and teens from 16 diseases that can have a terrible effect on their young victims if left unvaccinated.

Your pediatrician knows that you care about your child's health and safety. That's why you need to get all the scientific facts from a medical professional you can trust before making any decisions based on stories you may have seen or heard on TV, the Internet, or from other parents. Your pediatrician cares about your child too and wants you to know that:

- **Vaccines work.** They have kept children healthy and have saved millions of lives for more than 50 years. Most childhood vaccines are 90% to 99% effective in preventing disease. And if a vaccinated child does get the disease, the symptoms are usually less serious than in a child who hasn't been vaccinated. There may be mild side effects, like swelling where the shot was given, but they do not last long. And it is rare for side effects to be serious.
- **Vaccines are safe.** All vaccines must be tested by the US Food and Drug Administration (FDA). The FDA will not let a vaccine be given unless it has been proven to be safe and to work well in children. The data get reviewed again by the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics, and the American Academy of Family Physicians before a vaccine is officially recommended to be given to children. Also, the FDA monitors where and how vaccines are made. The places where vaccines are made must be licensed. They are regularly inspected and each vaccine lot is safety tested.
- **Vaccines are necessary.** Your pediatrician believes that your children should receive all recommended childhood vaccines. In the United States vaccines have protected children and continue to protect children from many diseases. However, in many parts of the world many vaccine-preventable diseases are still common. Since diseases may be brought into the United States by Americans who travel abroad or by people visiting areas with current disease outbreaks, it's important that your children are vaccinated.
- **Vaccines are studied.** To make sure the vaccine continues to be safe, the FDA and the CDC created the Vaccine Adverse Event Reporting System (VAERS). All doctors must report serious side effects of vaccines to VAERS so they can be studied. Parents can also file reports with VAERS. For more information about VAERS, visit www.vaers.hhs.gov or call the toll-free VAERS information line at 800/822-7967.

In the rare case that a child has serious side effects to a vaccine, parents can contact the National Vaccine Injury Compensation Program at 800/338-2382 or www.hrsa.gov/vaccinecompensation. This federal program was created to help pay for the care of people who have been harmed.

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Movement Ideas To Share!

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

Infants

Monkey See, Monkey Do!

Older Infants can be great imitators! Encourage copy-cattening by facilitating the play. If you are wiping of the table, hand them a dry cloth. Show them how you do it. If you are sweeping the floor, hand them a play broom. Finger plays/Nursery rhymes are a great way to facilitate imitation. But this game can go both ways. If they are doing something fun, join in and copy them too!



Preschoolers

Pumpkin Toss

- Here's a great one for fall. Have the children decorate several small balls like pumpkins. Set up a target such as a hula hoop or large clothes basket. Let the child try and get the "pumpkins" into the target.



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Toddlers

Pop the Bubble

Who doesn't love bubbles? This is an easy game. All you need are bubbles and children! Taking turns is essential, so the children don't run into each other, but you could also pair them up so they have to work together! You can change up the rules. Maybe the children have to skip to the bubbles rather than walk. Maybe you will ask them to wait until the bubble is almost ready to touch the ground. Maybe they will clap to pop them, or maybe you can ask them to use just one finger on their non-dominant hand. The possibilities are endless!



School-Age

Walk!

- Ok, this seems obvious but taking a walk outdoors in the fall can be fun and educational. Walk along a local nature trail or even in your neighborhood. Take time to look at and talk about the things you see on the way. Collect leaves, acorns or pinecones that can be used later in art projects. See how many animals such as birds and squirrels you can see. Take a camera along and let the child take pictures and make a photo album.



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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**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



WEST VIRGINIA EARLY CHILDHOOD
**Training
CONNECTIONS
AND RESOURCES**

**Welcome our new nurse!
Heidi Zbosnik!**



Glenna Bailey



Sarah Hicks



Sarah and Glenna would like to introduce you to our new nurse Heidi Zbosnik! She will be covering the Choices and Child Care Resource Center resource and referral agencies.

