

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

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Staying Current! By: Sarah Hicks, RN

I've been working as a registered nurse for over 11 years now. That makes me a spring chicken to some, and a seasoned professional to others. Personally, I'm not sure where I would "categorize" myself! I do know that trends, medications, treatments, and research in health care change at warp speed. So when it comes to dealing with children's health, it really doesn't matter if you are new or have "been there, done that" because things change FAST!

Keeping up with all the changes can be difficult. I'm currently in graduate school working towards my Master's degree in Nursing. One of the biggest surprises I've found during my studies (and in my job) is the large number of ideas in health care that had been seen as best practice in the past, are now NOT best practice at all! You may be asking yourself, "I'm not a health professional, how can I keep up to date on the latest best practices in children's health?"

A great example of change in health care practice is the trend of changes for infant sleep. Practice has moved from tummy sleep to back sleeping for quite some time, but many other pieces have since been added to the recommendation. The focus is now on providing a safe sleep environment, not just infant sleep position. "Pacifier or no pacifier?" "Blanket or no blanket?" "Can we lay babies on their sides?" "What are the current recommendations?"

Whether it be about infant sleep, oral health, lice, medication administration, or more... you can keep current on children's health by using your Child Care Nurse Health Consultant for any questions you might have. We are here to help! We may know the answer right away, but often times we look things up to make sure we are giving the latest best practice advice. You could also attend our professional development trainings. We try to make sure our trainings contain the latest research and relevant best practices, so be on the lookout for other trainings we offer that can help you to stay up-to-date on the many best practices in children's health!

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



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"Give your child something to SMILE about!"

Submitted by Gina Sharps, MPH, RDH, Bobbi Jo Muto, MPH, RDH and
Ashley Logan, BS, RDH

School Health Technical Assistance Center at Marshall University



Seeing your child smile is one of life's most wonderful moments! As you know, a pretty smile also means having healthy teeth and as a parent we realize how much you care for your child and want them to be the healthiest they can be!

Have you ever heard that baby teeth don't matter because they will be replaced by permanent teeth? That's not true. They are very important for:

- Holding space for permanent teeth
- Chewing
- Looks
- Speaking

Overall health

If your child's teeth are unhealthy it affects how they learn and concentrate in school. If your child has cavities it is important to have the teeth fixed. If the teeth are not fixed your child could develop a serious infection or be in pain from a tooth ache. Unhealthy baby teeth can lead to unhealthy adult teeth and you do not want that for your child.

It is important as a parent/guardian to remember that the bacteria/germs that cause cavities come from your mouth. That's right-**You** pass on the bacteria/germs to your child! This process happens during the first years of your child's life and that is why it is important as a parent to brush and floss to keep your own mouth clean and healthy.

So, what can you do to keep your baby's teeth healthy?

Wipe baby's gums twice a day in the morning and night before bed

Once baby teeth come in, brush with a soft infant toothbrush

Only use a dab of fluoride toothpaste every time you brush your baby's teeth

Limit sweets and sweet drinks (such as pop)

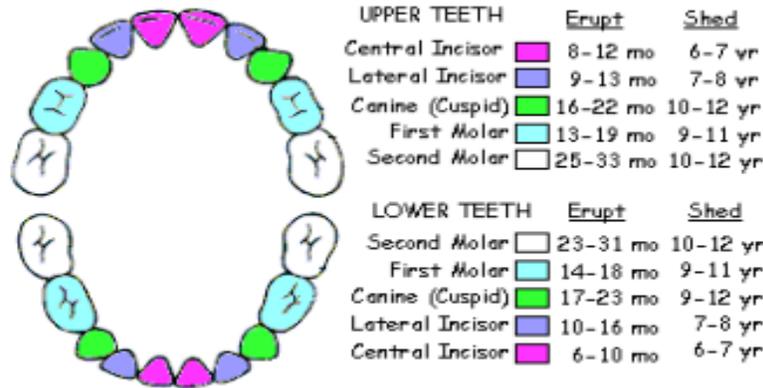
Clean pacifier and bottle with soap and water, not spit

Each family member uses his or her toothbrush, spoon, fork or cup

Visit the dentist by age 1. **Dental check- ups are covered by the WV Medical card and WV CHIP starting at age 1**

Teething

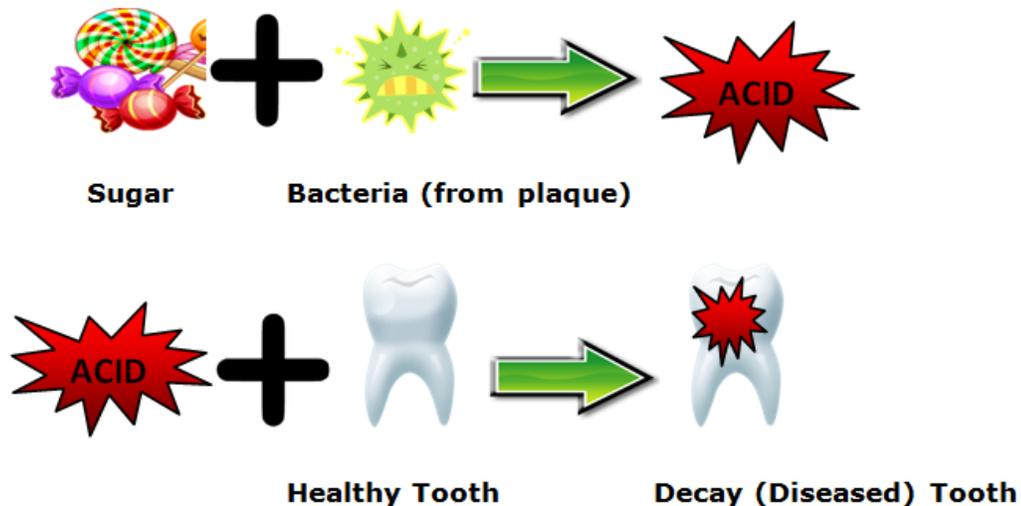
For most babies, the lower middle incisors are the first teeth to erupt. They come in around 6-10 months. Most likely, all twenty of your child's baby teeth will have come in by age 3. As your child continues to grow their bodies change and so do their teeth. Check out the chart below for eruption and exfoliation patterns.



Cavities (Tooth Decay)

Cavities can occur as soon as the first tooth appears in the baby's mouth. Many parents often wonder, what causes decay? The answer is when sugar from food and beverages combines with the bacteria in plaque (the sticky, colorless film that constantly forms on teeth), an acid is produced. The acid then attacks the teeth for up to 20 minutes. Repeated acid attacks can break down enamel and may eventually cause cavities. For example, if a child drinks a cup of fruit juice during a meal, acid produced from the combination of sugar and bacteria attack the teeth for 20 minutes. Unfortunately, often times a child is given a sippy cup full of juice in which they drink from throughout the day. This leads to long-term acid exposure on the teeth which consequently can result in a mouth full of cavities. If a child is going to have a sugary snack or treat, it's best to give the snack right after meal time or brush the teeth afterwards.

Decay Equation



Brushing and Flossing

Children cannot do a thorough job brushing until around age 7 so it's important for parents/and or caregivers to help your child brush his or her teeth every day. Here are a few simple tips to assist in establishing good brushing and flossing habits.

- Use a soft, child-size toothbrush- A small pea-sized dab of fluoride toothpaste is plenty
- Hold the toothbrush with the bristles pointed towards the gum line
- Use short back and forth strokes
- Brush the inside, outside, back and front of each tooth
- Don't forget to brush the tongue

You should start flossing your children's teeth even when they have only their baby (primary) teeth. Once a child's teeth start to fit closely together, usually between the ages of two and six, parents should start to get their children in the habit of flossing daily. As they develop dexterity, you can help them learn to floss. Children usually develop the ability to floss on their own around the age of 10. To stress the importance of flossing, do it for them regularly until they're able to do it themselves. This will help them develop a good habit of flossing while they still have their baby teeth so that when their permanent teeth come in, they already have flossing worked into their daily oral routine. Use floss that is soft and flexible so that it doesn't hurt their teeth and is comfortable on their gums.

Remember, set a good example-Your child will learn from YOU!

Sources: WVDHHR Oral Health Program, ADA, Oral B

Did you know????

Like fingerprints, every person has a different tongue print!

You will spend 38.5 days of your life brushing your teeth!

A snails mouth is no larger than a pin, but can have up to 25,000 teeth!



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

Movement Ideas To Share!

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

Scavenger Hunt—All Ages

Fall is a great time to be outdoors. Take a walk around the playground or neighborhood and see how many different leaves, acorns, pine cones etc. the kids can find. Use the findings later for craft projects.



Have a Parade—Toddlers and up

Kids love to march around. Think of an idea for a parade (could be something as simple as It's Monday parade), put on some music and get to marching. Use props such as musical instruments to add to the fun.



Shape Shifters—Preschoolers and up

Place different colored shapes around the floor and put on some music. Stop the music and have the children move to the nearest shape and call out the shape and the color. Make sure there are enough shapes for each child. You could also add letters to the shapes.



As If—School-Age

Call out a different As If and let the kids act it out.
Jog in place as if a big scary bear is chasing you.
Reach up as if grabbing balloons out of the air
Move your feet on the floor as if you are ice skating
Make up your own fun moves.



A special thanks to Head Start Body Start for the Activity Ideas. For more ideas, visit their website at <http://www.aahperd.org/headstartbodystart/activityresources/activityCalendar/>

