



# Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 1, Issue 1

## BE CHOOSY PILOT

Did you know that 50 child care centers across the state are currently participating in a pilot study focusing on physical activity and nutrition in preschool classrooms? The participating centers received a kit funded by the WV Department of Health and Human Resources.

The kit was designed by retired WVU professor Dr. Linda Carson who is the founder of CHOOSY KIDS. The kit is available for purchase from Lakeshore.



CHOOSY stands for:

Choose  
Healthy  
Options  
Often and  
Start  
Young

CHOOSY encourages healthy habits such as being physically active and making good nutrition choices. The kit comes with a teachers guide to help with the use of the items that come with the kit. The children are learning about their bodies through movement, music, and activities. The centers and children participating seem to be having a great

time learning about being healthy.

WV is one of the leaders in the country in childhood and adult obesity, CHOOSY is helping providers, children, and families learn the importance of making choices to reverse this trend. Check out CHOOSY's website at [www.choosykids.com](http://www.choosykids.com).

Also look for articles in the Spring Edition of WV Early Childhood Provider Quarterly written by Dr. Carson, Joyce Malson, and Kay Dewitt regarding childhood obesity, nutrition, and healthy lifestyles. Pick up a copy at your Child Care Resource and Referral Agency or online at WVECTCR.

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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 Joyce. 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!*

## WVECTCR launches a new website!

West Virginia Early Childhood Training Connections and Resources (WVECTCR) has launched a new website!

The WVECTCR family has grown over the past couple of years, so the new website has links to all of the

programs offered.

Did you know that WVECTCR is the home of WV STARS, the Child Care Nurse Health Consultants, ACDS, TEACH WV scholarship program, Celebrating Connections, Camp Gizmo,

Behavior Consultants Coordinator, Interagency Coordination Council (ICC), and the West Virginia Early Childhood Provider Quarterly? Check out all there is to offer at WVECTCR at:

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

## April Flowers brings May Sneezes??? By: Sarah R. Hicks, RN

Melted snow. Brown grass turning to green. Buds on trees, and flowers blooming! Yes, the signs of spring are here!

But with all of these wonderful things comes the sniffles and the sneezes! Spring is also a prime time for seasonal allergies, which in some children may trigger asthma.

May is National Asthma and Allergy Awareness Month. We are all aware that asthma and allergies are two of the most common conditions that are seen in a child care setting.

Symptoms of seasonal allergies can appear as sneezing, coughing, wheezing, clear runny discharge from the

nose, itchy nose, itchy watery eyes, and sometimes itchy ears or mouth.

Seasonal allergies are caused by an irritant, such as pollen, somewhere in the respiratory tract.

Asthma can be defined as an inflammation of the respiratory tract.

The triggers for that inflammation can vary, but the irritation caused by the seasonal allergies this time of year may trigger more asthma episodes.



*May is National Asthma and Allergy Awareness Month*

Many children will have seasonal allergies without having asthma. Even adults and children who don't typically have seasonal allergies may exhibit symptoms when pollen counts are high.

So have your tissue boxes handy!

If you have any questions regarding asthma or allergies, don't hesitate to contact your Nurse Health Consultant!

## What is a Medical Home? By: Glenna Bailey, RN

The medical community including the American Academy of Pediatrics and the American Academy of Family Physicians has adopted a model of delivering primary care that is called Medical Homes.

A medical home is an approach to providing health care services in a high-quality, comprehensive, and cost-effective manner. It provides care with a primary care physician through partnerships with other allied health professionals and the family.

Medical homes provide family-centered care in the best way, appropriately utilizing

limited resources with adequate payment for practice activities.

The ideal source of a medical home is a pediatric clinician who provides primary care and works in partnership with the family to identify and access all medical and non-medical services needed to help children reach their full developmental potential.

So a medical home is not a building, house or a hospital but a concept that utilizes a primary care physician who works with families, communities and other health care professionals to provide comprehensive health care.

For more information about West Virginia's medical home activity, you can visit the following website:

<http://www.medicalhomeinfo.org/states/state/westvirginia.html>



## Poison Prevention By: Sarah Hicks, RN

Poisoning occurs when a person swallows, breathes, touches, or gets splashed in the eye with something that can cause sickness or death. Almost 1.3 million children under 5 are exposed to a poison each year. The leading causes of poisoning in children are cosmetic products (perfumes, nail polish, deodorants, soaps), cleaning products (floor cleaners, sprays, detergents), medications, poisonous plants, and insect stings.

Prevention is the key! Keep all poisonous products locked up and out of sight. Choose products in containers that are hard for children to open. Replace the lids tightly after use, but even "childproof" lids can still be opened by a child. Keep products in the original container, and leave all labels on for easy identification. When products are in use, never let young children out of sight! Children can act fast, often exploring things with their mouths. Keep

household plants out of reach. Replace lead based paints, and check recalls often to make sure toys are free of lead products. **If you suspect a poisoning, call Poison Control right away –**

**1-800-222-1222**

For more information go to:

[http://poisonhelp.hrsa.gov/pdf/PPW\\_FAQs\\_final.pdf](http://poisonhelp.hrsa.gov/pdf/PPW_FAQs_final.pdf)



# Fun in the Sun— Outdoor and Playground Safety By: Joyce Malson, RN

Well, we have certainly had a long, hard winter and I think everyone is more than ready for spring and summer and some fun in the sun. This is the perfect time to survey your outdoor play areas for safety checks and needed maintenance. Here are some tips taken from the National Health and Safety Standards:

Whether indoors or outdoors, please be mindful of any strings, ribbons, drawstrings or cords on pacifiers, clothing, toys or window coverings, as these pose a threat of strangulation.

Outdoor play areas should be no more than 1/8 of a mile from your facility and shall comprise a minimum of 75 sq. feet for each child using the playground at any one time.

The total outdoor play area shall accommodate at least 33% of the licensed capacity.

The outdoor play area shall be arranged so that all areas are visible to the staff at all times.

The playground site shall be free of hazards and more than 30 feet from electrical transformers, high-voltage power lines, electrical substations, air-conditioner units, railroad tracks and sources of toxic fumes or gases.

Playgrounds should be laid out to ensure clearance of equipment according to the American Society for Testing and Materials (ASTM).

Swings shall have a clearance area of 6 feet.

All fixed play equipment shall have a minimum of 6 feet clearance space from walkways, buildings and other structures.

Metal equipment shall be placed in the shade.

All equipment shall be arranged so that children playing on one piece of equipment will not interfere with children playing on or running to another piece of equipment.

Moving play equipment, such as swings and merry-go-rounds, shall be located toward the edge or corner of the play area.

Outside play areas shall be free of bodies of water (pools, ditches, ponds, etc.)

Sunlit areas and shaded areas shall be provided in the outdoor play space.

The outdoor play area shall be enclosed with a fence or natural barrier.

The soil in play areas shall not contain hazardous levels of any toxic chemicals or substances. Do soil samples if there is reason to believe a problem may exist.

Sandboxes shall be constructed to permit drainage; covered with a lid; regularly cleaned and located away from prevailing winds

Play equipment shall be of safe design and in good repair. Inspect at regular intervals for

Visible cracks, bending or warping, rusting or breakage

Deformation of open hooks, shackles, rings, links, etc.

Worn swing hangers and chains

Missing, damaged or loose swing seats



Broken supports or anchors

Cement support footings that are exposed

Accessible sharp edges or points

Exposed ends of tubing

Protruding bolt ends

Loose bolts and nuts

Splintered, cracked or deteriorated wood

Lack of lubrication of moving parts

Worn bearings or mechanical parts or missing rails, steps, rungs, or seats

Worn or scattered surfacing material

Hard surfaces where resilient material has shifted

Chipped or peeling paint

Pinch or crush points

All pieces of play equipment shall be designed to guard against entrapment or situations that may cause strangulation by being too large for a child's head to get stuck or too small for a child's head to fit into

All walking surfaces shall be of a non-slip surface, well-drained and be free of holes and abrupt irregularities

Remove all hazards from the play area.



*Great Beginnings Infant/Toddler Conference*

*September 17 – 18, 2010*

*Summersville Convention & Visitors Center Summersville, WV*

*Model Room featuring Gross Motor Activities & Equipment*

*Professional Development Opportunities For Administrators and Caregivers of Infants/Toddlers*

*Topics addressing nutrition, health and active play.*

*Registration Opens April 1, 2010.*

*Contact your Infant/Toddler Specialist*



## West Virginia Child Care Nurse Health Consultants

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### How Can Child Care Nurse Health Consultants 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

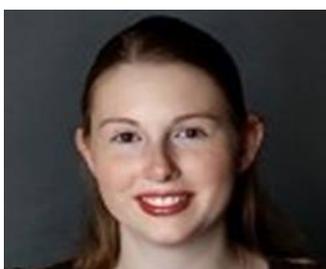


## Get to know your Child Care Nurse Health Consultant



**Glenna Bailey**

Hometown? Huntington, WV (Cabell Co.)  
Grew up in? Pageton, WV (McDowell Co.)  
Favorite thing about WV? How the mountains look with each season change.  
Last book you read? The Girl Who Played With Fire  
Last book you listened to in the car? The Poe Shadow  
Favorite Spring time hobby? Walking and looking at colorful spring flowers.



**Sarah Hicks**

Hometown? Parsons, WV (Tucker Co.)  
Favorite thing about WV? The beautiful mountains, small town life, and WVU Sports  
Last book you read? The Lovely Bones  
Favorite song on the radio right now? Notion by Kings of Leon, but I listen to about anything.  
Favorite Spring time hobby? Being active outside with my 4 little girls.  
Favorite children's book? For Spring, Golden Egg Book and Runaway Bunny



**Joyce Malson**

Hometown? Morristown, OH about 20 minutes West of Wheeling, grew up in rural Mt. Pleasant, OH.  
Favorite thing about WV? The mountains, the diversity of the terrain and scenery, the friendly people, and the WVU football and basketball teams.  
Last book you read? Less of a Stranger, love anything by Nora Roberts or Nicholas Sparks  
Favorite spring time activity? Anything that is outdoors, like walking, fishing, camping, cooking out, planting.