



Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 2, Issue 1



RSV Season Is Upon Us By: Glenna Bailey, RN

RSV stands for Respiratory Syncytial Virus and as the name indicates is a viral infection of the respiratory tract. It is the most frequent cause of respiratory infections in infants and children under 2 years of age. It can however, affect people of all ages. In most cases symptoms are mild, but in people who have compromised immune systems, it could result in more serious conditions such as pneumonia.

RSV is highly contagious and is spread by direct contact of a surface that an infected person has contaminated by touching, coughing or sneezing on it. It is also spread by droplet inhalation generated by a coughing or sneezing infected person.

Symptoms are similar to a cold and include fever, wheezing, coughing and runny nose. Persons who are infected and have difficulty breathing or symptoms that worsen should see a doctor. Premature babies and children with a weak immune system are at greatest risk for developing complications.

In most mild cases, there is no specific treatment except for relief of symptoms. Since it is a viral infection, antibiotics are not effective. Children who have severe symptoms may need to be hospitalized and receive oxygen therapy and breathing treatments.

The spread of RVS can be lessened by frequent hand washing, proper disposal of used tissues, not sharing

cups, glasses or utensils and cleaning and disinfecting surfaces on a regular basis.

Since children are infectious before symptoms begin, there is no need to exclude children unless they have a fever that prevents them from participating in daily activities. Refer parents to any exclusion policy in your parent handbook for guidelines.



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Did you Know.. April is National Autism Awareness Month? Autism is a complex developmental disability that generally surfaces during the first three years of life. It affects the child's ability to communicate and interact with others, however, the disease varies in degree and affects every individual differently. If you have any concerns regarding your child's ability to interact with others discuss them with your Pediatrician.

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



Are We Feverphobic???

By: Sarah Hicks, RN

A clinical report in the March issue of *Pediatrics* published by the American Academy of Pediatrics (AAP) discusses fevers and the possibility of overuse of fever reducers when it comes to managing fevers. The article states that fever is one of the most common symptoms managed by pediatricians and one of the most frequent causes of parent/caregiver concern. Studies have found that parents/caregivers may administer fever reducers even when there is minimal or no fever, due to their belief that the child must maintain a “normal” temperature.

The AAP feels that fevers are a normal benefiting part of the infectious process and helps to fight infection, and that alone it is not an illness. They state that fevers do not worsen the course of illness or cause long term neurologic complications. So, the AAP feels that when treating a child with a fever, the goal is to increase comfort, rather than focusing on the “number” or getting the child’s temperature back to “normal.” When deciding about treatment, it is recommended to look at the overall picture of the child, not just the number on the thermometer ~ what is the general well-being of

the child, are they able to be active and play, are they hydrated, do they have signs of serious illness?

When giving fever-reducing medications, it is important to follow instructions very carefully. For administration in a child care setting, make sure that you are following the regulations and recommendations from Medication Administration training. Acetaminophen and Ibuprofen are the most common and most effective fever reducers in children. However, both medications do carry risks if administered improperly. Studies have found that almost half of parents administer incorrect doses. Dosing should always be based on weight, and not the child’s age. Another finding in this article was that many parents/caregivers wake sleeping children to administer fever-reducing medications, however, 80% of pediatricians asked would prefer the child continues sleeping and dosed upon waking if needed.

Fever is cause for immediate concern and physician care is necessary when heat stroke is suspected, when a child less than 3 months of age has a temperature of 100 degrees F or higher, or any child

with a temperature of 104 degrees or higher. Children with temperatures below those ranges should be treated based on well-being, activity level, hydration levels, and signs of illness as recommended by the child’s health care provider.

What do you feel about the findings in this article? If you’d like to read the entire article visit ~ <http://www.pediatrics.org/cgi/content/full/127/3/580>



Days to Celebrate this Spring!!!



March is....

National Nutrition Month
Save Your Vision Month

Also Celebrate...

National Poison Prevention Week
March 21st-27th
Youth Violence Prevention Week
March 22nd-26th

April is....

National Autism Awareness Month
National Child Abuse Prevention Month
National Infant Immunization Month
National Oral Health Month

Also Celebrate...

National Playground Safety week
April 18th-24th

May is....

Family Wellness Month
Clean Air Month
Better Sleep Month
National Asthma and Allergy Awareness Month

Also Celebrate...

Child Nutrition Employee Appreciation Week May 3rd-7th
Food Allergy Awareness Week May 9-15th

How WIC can Help Your Family By: Meagan Hoover, WIC Community Outreach Specialist

WIC Nutrition is a valuable program for families across the nation providing needed assistance with healthy living and lifestyle choices. Financial support with healthy foods is only part of the worthwhile services offered at WIC. WIC also has lactation consultants on staff to give advice on breastfeeding difficulties, medical staff to check iron levels and growth development for both pregnant mothers and children, nutritionists to offer guidance with a variety of subjects-especially healthy eating and exercise, and nutrition

education classes to keep clients well informed on healthy nutrition practices.

There are a multitude of ways to qualify. The most common way to become a WIC client is to fit the guideline requirements. These will be available at your local WIC office. A family of four can make up to \$40,793 a year and still qualify! What the general public may not be aware of are the less obvious qualifying factors. Families that have children with a medical card or that already receive food stamps or are TANF eligible qualify, and foster children qualify. We do not have only a certain number of

clients we are able to work with, the more the merrier!

Children who eat healthy and lead active lifestyles reap many benefits. They are at lower risk for childhood obesity and diabetes. They are statistically proven to have better cognitive development. Women who eat healthy while pregnant give birth to healthy babies. Women who retain healthy eating habits after giving birth return to pre-baby weight quicker and suffer less from post partum depression. WIC wants to help you help your family.

Healthy Spring Snack Recipes ~ By: Christy Freed, RN

Grapefruit Gals

Ingredients

- Grapefruit
- Grapes (for hair and eyes)
- Maraschino cherry (for nose)
- Raisins or banana (for mouth)



Instructions

Arrange red or green grape clusters around the top for hair. Add red grape eyes, a maraschino cherry nose and a big grin made of raisins or bananas.

Egg Heads

Ingredients

- Hard-boiled eggs
- Round crackers
- Vegetable and herb garnishes



Instructions

Stack a hard-boiled egg slice on a round cracker and add whatever garnishes you have on hand. Our favorites include chives, alfalfa sprouts, sunflower seeds, and dill.

These Recipes and Pictures were obtained from Family Fun Magazine ~ For more ideas/recipes go to www.familyfun.com



The Apprenticeship for Child Development Specialist Program is a training opportunity for those working in early care and education. Through the ACDS program, you will receive classroom and on-the-job training to help develop your skills and gain knowledge that you will use to open new doors for future opportunities. For more information, please contact Sherrie Barrett at 304-523-0433 or sbarrett@rvcds.org.

The Be Choosy WV Project is still accepting applications !!

In order to combat the high rates of childhood obesity in WV, the Be Choosy WV Project hopes to implement the Choosy Kids program in child care centers across the state. More information on Be Choosy can be obtained at www.choosykids.com. Contact your Nurse Health Consultant to submit an application for your center.



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

How can I tell if my child's cough is just a cold or allergies or something more serious such as Pertussis (Whooping Cough)?

Pertussis, commonly called Whooping Cough, is a disease that can affect people of all ages. Children receive a series of vaccinations against the disease in infancy, but it is possible to contract the disease as an infant prior to vaccination or after the age of 11 when the vaccination wears off. Pertussis causes a severe cough that can last for months. The cough can be so severe that it can cause rib injuries, ruptured blood vessels in and around the eyes, and even syncope (fainting). Pertussis is caused by bacteria and is treated with antibiotics. Most people recover without any long term problems, though pneumonia can develop.



Pertussis begins with cold like symptoms such as runny nose, sneezing, and watery eyes. However, unlike a cold, after 3-5 days when these symptoms improve the cough will become more severe. In between coughing spells the individual will have no symptoms. The individual may also make the characteristic "whooping" sound when they breathe in. If your child has a mild cough that is accompanied by cold or allergy symptoms such as sneezing and watery eyes it is most likely not Whooping cough. However, any cough that is persistent and severe should be evaluated by your child's Pediatrician.

Did you know.. May 24th to 30th is Buckle Up America! Week. Child restraints can increase a child's chance of survival in a car accident by 54 to 80%. Children under the age of 8 and under 4 ft 9 inches tall are required by WV law to use a booster seat and all children should be safely secured with a seat belt.

First Anniversary of Michelle Obama's Let's Move! Campaign By: Christy Freed, RN

First Lady Michelle Obama is celebrating the 1 year anniversary of her Let's Move! campaign to combat childhood obesity. Let's Move! is a comprehensive initiative that focuses on teaching parents, children, schools, and health care professionals how to initiate good nutrition and exercise habits at a young age to promote health throughout the life span. Each category is given 5 simple steps to promote healthy habits. Parents are encouraged to

keep fruit in children's reach for snacks, take a walk with their families after dinner, plan a weekly menu, turn off the television during meal times, and talk to their child's school about organizing a health team. Schools are encouraged to create a school health advisory council, join the Healthier US Schools Challenge, make the school a healthy workplace, include nutrition and physical education in the school day, and plant a garden. Children are encouraged to move every

day, try new fruits and vegetables, drink lots of water, do jumping jacks to break up television time, and help make dinner. Health care professionals are encouraged to join Let's Move!, make BMI measurement part of routine visits, talk to patients about breast feeding and introducing solids, prescribe activity and health habits, and be leaders in their communities. For more information and ideas to help make your children healthier visit www.letsmove.gov.

Movement Ideas To Share!

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

Infants



Tickle Time

Gather items with a variety of interesting textures, like cotton balls, feathers, tissues, a comb, or any piece of fabric. Then place your baby on a blanket on the floor — or in her crib — and gently brush the objects across her tender tummy, leg, or cheek. Your running commentary makes this game even more interesting, so talk it up!

Toddlers

Buzzing Bees:

Have children buzz around with elbows flapping searching for flowers and nectar. When they've gathered all their nectar have them fly back to the hive to feed the queen bee which can be the adult.



Preschoolers



Musical Chairs (with name recognition)

A Variation on musical Chairs: No child likes getting out. This game eliminates this problem as well as encouraging name recognition. Set up the chairs as in a normal game of musical chairs, but fix each child's name card on a chair so they can see it. Start the music with the children moving around the chairs. When it stops they must find the chair with their name on it. Move the names each turn (you may need the help of your aide to do this speedily). For beginners add an individual sticker on the name card to aid recognition.

School-Age

Move the Ball

Place four cones of different colors in the four corners of the room or yard/



playground, leaving ample space around the cones. The children gather in the middle of the area with a very large vinyl ball. The teacher calls out a color cone. The children must decide how they will get the ball from the middle of the room to the cone. They must choose a way that involves the cooperation of everyone. When they have reached the first cone, the teacher calls out another color cone and they repeat the process, but cannot use the same movement twice. (i.e. - We already carried the ball together, now we must think of something new.)

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

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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



Get to know your CCHC



Glenna Bailey

1. Favorite Spring Flower? Daffodils have such a variety of blooms and colors, that they really light up spring meadows and gardens.
2. Favorite thing about Spring? The renewal of the mountains with dogwoods and redbuds blooming en masse .
3. Favorite Health Website? : California Childcare Health Program.
www.ucsfchildcarehealth.org/



Sarah Hicks

1. Favorite Spring Flower? Magnolias, I fell in love with them when I went to WV Wesleyan. They were in full bloom at then end of Spring semester and smelled wonderful.
2. Favorite thing about Spring? No more snow!
3. Favorite Health Website?
www.kidshealth.org or
www.askdrsears.com, as well as the California Child Care Health Program.



Christy Freed

1. Favorite Spring Flower? Roses, my grandparents always grew them when I was a child and my sister and I would get to pick one each time we visited their house.
2. Favorite thing about Spring? Finally being able to take my daughter outside to play again after being inside all winter.
3. Favorite Health Website? WebMD