

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 1, Issue 2

Being Safe in the Sun By: Glenna Bailey, RN



The warm weather and long days of summer beckon children to enjoy the outdoors. While there are many pleasures in being in the sun, there are also precautions that need to be taken to keep children safe. Exposure to heat and sun can cause sunburns and heat-related illnesses in the short term and skin cancer and eye damage in future years.

To protect children from the damaging effects of sun exposure, follow these simple tips from the American Academy of Pediatrics:

Keep babies younger than six months out of direct sunlight. Find shade under a tree, umbrella or stroller canopy.

Use a sunscreen with an SPF of at least 15.

Sunscreens should be applied 30 minutes before going outside and reapplied often.

Kids should be dressed in cool, light-colored clothing that covers the body.

Hats with a brim should be worn so that it faces forward to protect the face.

Eyes need protection from the sun too. Children should wear sunglasses with at least 99% UV protection.

Provide areas of shade in outdoor play areas.

Outdoor play can also bring on heat-related illnesses such as heat cramps, heat exhaustion or the life-threatening heat stroke. These illnesses are

brought on by prolonged activity in the heat without proper rest and hydration. Take these measures to prevent heat-related illnesses in children.

Limit outdoor activity during the peak hours of 10 am -4 pm.

Make sure kids stay well hydrated. Have them take regular breaks to rest and drink water.

Heat stroke is a medical emergency which warrants calling 911. Observe children for changes in consciousness, irritability and confusion. Cool the body through cool compresses and fanning. If the child is unconscious or vomiting do not offer water.

Summer time is fun time. Use these safety tips to ensure summer is also a safe time.

As of May 1st, 2010 McNeil Consumer Healthcare is implementing a voluntary recall of infant and children's liquid products due to manufacturing deficiencies which may affect quality, purity or potency. The products include certain liquid infant's and children's Tylenol®, Motrin®, Zyrtec®, and Benadryl® products. For a complete list of recalled products, please visit http://www.mcneilproductrecall.com/page.jhtml?id=/include/new_recall.inc

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!

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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The Sunny Day Rule By: Joyce Malson, RN

Previous issues of this newsletter and other quarterly child care newsletters and magazines have warned of the growing issue of obesity in our nation and state, and of particular concern is the issue of childhood obesity. West Virginia Department of Health and Human Resources is currently funding a pilot program, directed by Melanie Clark, called "Be Choosy" in many child care centers throughout the state to tackle this problem with the positive approach of developing healthy nutrition and physical activity habits during early childhood.

Is this enough? No! It is the responsibility of every parent and adult who has the responsibility of caring for children and adolescents to ensure proper nutrition and adequate physical activity. Okay, so how do we get kids to tear themselves away from their X-Boxes, Play Stations, Wii's, computers, cell phones, DVD's, televisions and other



gadgets? Create a sunny day rule! Since spring is here and summer is just around the corner, simply adopt the rule that as long as the sun is shining and the temperature is below 90 degrees Fahrenheit, the kids must be outside, sans gadgets, that is. Oh, my! But what will they do? That's the best part. Allow them to

figure that out and be creative. That's the added benefit to their minds, in addition to physical activity for their bodies.

Ever heard of myelin? Myelin is a gel-like substance that grows along brain cells when learning takes place. Imagine dipping a fishing net in jelly. That's how a memory for life, or better yet, call it a mastery, appears in the neural networks of our brains. That's how something a child has learned to do, or experienced, is stored. Children's brains contain 10,000 miles of neural network for every cubic inch of cortex. That's a lot of potential real estate in which to install knowledge. Take them away from their screens and they have the opportunity to experience so much more in real life, in the form of nature, movement activities, competitive and non-competitive sports and games, building, make-believe and pretending activities, and list goes on.



When they run short of outdoor activities, here are some things you can suggest or coordinate: plant a flower or vegetable garden and tend to it



If it is a Sunny Day, it's time to go out and play!

daily; play tag, hopscotch or hula hoop; jump rope; blow bubbles and chase them to see how many the children can break; turn on the lawn sprinklers and run through them.

Want a little more creativity? Have them take turns lying down on the sidewalk and sketch each others' body

outlines with sidewalk chalk and then fill them in with funny faces and articles of clothing.

Play sardines.

What's that? The opposite of hide and seek, because only one child hides and everyone else runs around trying to find them. When each of them does find the "hider", they crawl into the hiding child's space with them and try to stay quiet so the other "seekers" do not find them, which, after a while, is when they begin to look like sardines in a can, hence the name. They will eventually begin to giggle and the game is over! This game can be played indoors or outside.

(continues on page 3)



Days to Celebrate this Summer!!!

June is....

Child Vision Awareness Month
Dairy Month
Great Outdoors Month
Fireworks Safety Month

Also Celebrate...

National Sun Safety Week June 1-7th
Flag Day ~ June 14th
West Virginia Day ~ June 20th
National Running Day ~ June 2nd

July is....

Blueberries Month
Disaster Ed & Awareness Month
National Ice Cream Month
Recreation and Parks Month

Also Celebrate...

Independence Day ~ July 4th
Teddy Bear Picnic Day ~ July 10th
Hug Your Kids Day ~ July 19th
Parents Day—July 25th

August is....

National Immunization Awareness Month
Get Ready for Kindergarten Month
Happiness Happens Month

Also Celebrate...

World Breastfeeding Week ~ Aug 1-7th
Friendship Day ~ Aug 1st
Watermelon Day ~ Aug 3rd
Safe at Home Week ~ August 23-27th

Are you a Breastfeeding Friendly Child Care Provider? By: Sarah Hicks, RN

Did you know that more babies are born in the month of August than any other month of the year? That means that families-to-be may be looking for child care, and something they may consider is finding a provider that is supportive of breastfeeding. Child Care providers play an important role in supporting a mother who wishes to continue the breastfeeding relationship with her infant even after she returns to work or school. Mothers that aren't supported may quit breastfeeding before they are ready, or if they don't feel supported before delivery, they may not even try at all.

The benefits of breastfeeding affect everyone. Breastfed babies tend to be healthier, and have a stronger immune system. That lowers their risk of developing ear infections, colds, illnesses, asthma, allergies, SIDS, and even dia-

betes, obesity, and cancer! Breastfeeding moms tend to be healthier as well. This can result in a healthier child care environment which is a benefit to everyone.

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first 6 months of life before the addition of solid food, and continued breastfeeding for at least first 12 months of life or until mutually desired. The World Health Organization recommends breastfeeding for the first 24 months of life.

There are many ways to help support a breastfeeding family. Advertise as a "Breastfeeding Friendly" provider. Set up a comfortable place for mothers who want to breastfeed their babies on site. When a mother isn't able to come to breastfeed, the

mother may express (pump) milk to be given a later time. You will be storing fresh or frozen milk for use. Breastfed babies often have different eating habits than formula fed babies. Breastfed babies may take smaller amounts more frequently. This does not mean they are not getting enough. Know the basics of handling, storing, and feeding breast milk.

Would you be interested in becoming an Official WV Breastfeeding Friendly Child Care Provider? If so, or if you have any questions about breastfeeding, feel free to contact me (Sarah). Not only am I a nurse, but also a certified lactation specialist, and a current breastfeeding mommy. Celebrate World Breastfeeding Week ~ August 1st to 7th 2010



The Sunny Day rule (continued)

Try blanket volley ball. Take a beach ball and two beach blankets or large towels and a volley ball net, if one is available, or tie a piece of yarn between



two poles or trees to divide the play area in half. Divide the kids into two groups or teams of even numbers. Each team member holds the edges of their team's blanket or towel. One team uses the blanket to volley (toss in the air) the beach ball to the other team, who then tries to catch the beach ball in their blanket and volley it back. Want to make it competitive? Each time a team misses catching the ball in their

blanket, the opposing team scores a point. Play the game for a pre-determined length of time or until one team reaches a pre-determined score of points.

Ice Cube Hunt: This is easy, but requires just a little advance preparation. Place food coloring in water and then freeze the colored water in ice cube trays. Go outside and hide the colored ice cubes. Give each child a plastic cup and tell them to find as many ice cubes, as possible, before they melt. The child with the most ice cubes wins!

Got older kids? This is a really "cool" game for them, literally. Soak two T-shirts in water, place in plastic bags, seal and freeze. Divide the kids into two teams and have each team choose a captain.

Place the frozen T-shirts at an equal distance in front of each team and on a signal, such as "ready, set, go!", have the teams race to their T-shirt and figure out a method of unthawing their team's

shirt so that they can get it on their captain. The first team to get the shirt on their captain wins! This game allows for development of problem solving and team building skills to figure out how to unthaw the shirts.



Okay, so what are you waiting for? Let's go outside and have some fun!

Great Beginnings Infant/Toddler Conference

September 17 – 18, 2010

Summersville Convention & Visitors Center

Topics addressing nutrition, health and active play.

Registration Opens April 1, 2010.

Contact your In-



T.E.A.C.H. Early Childhood WEST VIRGINIA provides scholarships for current or potential Pre-K teachers working in licensed child care centers. The scholarship is a partnership between T.E.A.C.H. WEST VIRGINIA, the scholarship recipient, and the sponsoring child care center.

For more information on this great opportunity, contact Brooke Hunter at (304)529-7603 or 1-888-WVECTCR

www.wvearlychildhood.org

Caring for Children with Food Allergies By: Sarah Hicks, RN

Unfortunately, food allergies among children are occurring more often than in years past. That increases the likelihood of having a child with an allergy in your care. So, when caring for a child with food allergies there are a few things to know.

First, Educate yourself on food allergies. Many people get this confused with food intolerance. A food allergy is an overreaction of the immune system that can have effects on any system of the body, including the respiratory, circulatory, gastrointestinal, and skin systems. Some reactions can be mild, while others can be life-threatening (anaphylaxis). A food intolerance is a response from the digestive system and not an immune response. The food irritates the digestive system which is not able to fully digest it.

Next, prepare a plan of action! WV Child Care Licensing Regulations state that an Individualized Health Care Plan must be in place for a child who requires an EpiPen (or other emergency treatment for allergies such as Twinject or Adrenaclick). The IHCP will define the child's allergy, what symptoms to look for, what the treatment is, and emergency information. This is completed by the child's health care provider.

Avoid the allergen by reading labels when purchasing or serving foods. Handwashing and cleaning well when preparing foods can help to prevent cross contamination.



Learn to recognize the symptoms of a reaction, and how to treat it. A mild allergy may require little to no treatment, while an anaphylactic reaction will require treatment with emergency medication. Know

how to use the EpiPen (or similar medication). Also remember that if you suspect an anaphylactic reaction that you **MUST** call 911!

Just like you have practice fire drills, have a practice Allergy drill with other staff members. Good communication with the child's parents is also key .

If you have any questions about caring for a child with a food allergy, don't hesitate to call your Nurse Health Consultant

Did you know????

If you drink one 12 oz can of regular soda every day for a year, you will have consumed 54,750 extra calories! That is A LOT of calories! So that one can of soda will likely add a few pounds to your physique during that year, as well as increase your risk for diabetes, heart disease, and dental problems.

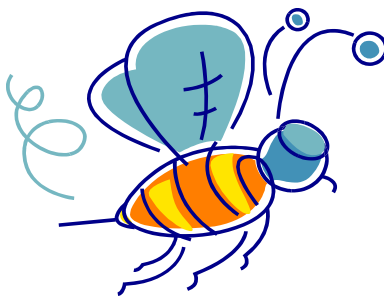
Buzzing Stinging Bees By: Glenna Bailey, RN

Summer is a time when insects are active and the chance for bee stings increase. For most children bee stings mean mild pain and discomfort for a few hours, but for some it could be a matter of life or death.

Simple precautions can be taken to decrease the chances of a child being stung.

- Sweet scented products such as perfumes or lotion may attract bees and should be avoided.
- Bees may be attracted to heat given off by dark clothing, so light colored clothing is best.
- Inspect the outdoor play area regularly for bees' nests.

- Do not allow children to walk around outdoors with bare feet.



When a bee stings, a stinger may be left in the skin. This should be removed quickly by scraping it with a fingernail or the edge of a credit card. Avoid squeezing the stinger as this could inject more venom into the skin. Wasps do not leave their stingers behind. Wash the affected area and apply a cold compress to decrease pain and swelling.

Symptoms that accompany most bee stings include redness, swelling, pain and itching at the site of the sting. For some children who are allergic to bees, the result may be a life-threatening anaphylaxis reaction. In this reaction children may suffer hives all over the body, difficulty breathing, throat tightness, wheezing, dizziness, stomach cramps or vomiting. Anaphylaxis is a medical emergency and 911 should be called right away. If the child has an Epi-Pen ordered, it should be administered according to the Individualized Health Care Plan.

Make sure Epi-Pens ordered for children are kept readily available and check frequently for expiration dates. Any expired Epi-Pen should be returned to the parent so that a replacement can be made.

Gifts that Last a Lifetime!

Habits developed early in life often last a lifetime. Create a home environment that supports healthy choices. What could be a better gift? Proper nutrition, plenty of physical activity and sleep, and a safe environment lay the foundation for a lifetime of well-being. Children and adults are better able to enjoy the good times and cope with stressful times when they are healthy and fit.

Provide healthful foods.



- The World Health Organization recommends breastfeeding infants exclusively until they are 6 months of age. Then introduce solid foods, while continuing to breastfeed or formula feed infants until they are at least 12 months of age.

- Eat 4-13 servings of fruits and vegetables per day.
- Choose dairy products that are low in fat.
- Eat a diet high in calcium, fiber, and whole grains.
- If eating meat, choose lean cuts, or fish, chicken or turkey. Substitute meat occasionally with legumes such as pinto beans.
- Serve appropriate portion sizes.
- Read food labels to help make healthy choices.
- Limit fast food and eat out only occasionally.
- Avoid processed foods and those with added sugar or added salt.
- Avoid sugar sweetened beverages, sugary snacks, and candy.

Enjoy mealtimes.



- Eat a nutritious breakfast together.
- Introduce a variety of foods. It may take ten tries before a child can enjoy the new taste and texture.
- Never force a child to eat more.

- Prepare foods together. Talk about how good foods help keep bodies healthy.
- Make eating together a priority.
- Eat only in the kitchen or dining room, not in front of the TV or computer.

Get moving.



- Provide children opportunities for plenty of physical activity each day – at least one hour per day is recommended.
- Limit children's TV, video or computer game time to less than 2 hours a day – no

"screen time" for children younger than two years of age.

- Be active and join in physical play with children. Take the President's Challenge as a family. Track individual physical

activities together and earn awards for active lifestyles at www.presidentschallenge.org.

- Have activity parties such as backyard Olympics.
- Give active games and toys as gifts.
- Spend time with children outdoors. Instill an appreciation of nature and fresh air.

Sleep safe and sleep well.



- Follow a sleep routine. Allow adequate time for sleep. When well rested, a child is better able to learn and has fewer behavior problems.

- Provide a comforting, quiet environment. Help children learn to calm themselves and fall asleep.
- Provide a crib or bed that meets all current safety requirements for the child's age group and has a firm sleep surface.
- Make sure there are no cords hanging near the crib or bed.
- Reduce the risk of Sudden Infant Death Syndrome (SIDS).
 - Place infants on their backs to sleep.
 - Keep room temperature moderate and do not overheat infants by over bundling them.
 - Tuck blankets in on three sides of the mattress.
 - Keep the crib free of soft toys, objects, or loose blankets.
 - NEVER smoke near infants.

Reduce the risk of injury.



- Provide indoor and outdoor environments that encourage safe exploration. Find Household Safety Checklists at http://kidshealth.org/parent/firstaid_safe/home/household_checklist.html.
- Supervise children's play.
- Repeat safety messages often. "Chairs are for sitting, not standing." Provide encouragement for following a rule. "You remembered to look both ways."

- Help children learn to trust their feelings about what is safe and what is not safe. Children develop skills and judgment at their own pace. They need guidance from trusted adults.

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We would like to thank our friends at the North Carolina Child Care Health and Safety Resource Center for allowing us to share this page!

West Virginia Child Care Nurse Health Consultants

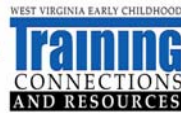
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How Can a Child Care Nurse Health Consultant (CCHC) Help Me?

- 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 ~ What is your favorite healthy summer snack?



Glenna Bailey

Grilled Bananas

Cut a banana crosswise into 1/2 wide slices, and place in the center of an 18-inch-long piece of aluminum foil. Sprinkle the bananas with 2 tsp of brown sugar, 1/2 tsp lemon juice, and a dash of cinnamon. Dot the banana with 1/2 tbsp of butter cut into pieces. Fold the foil into a packet, and place on the grill. Let it cook for 15 to 30 minutes. Remove the packet from the heat and place on a plate. Carefully open the foil, and then let cool. You can top with vanilla ice cream for a want, but it is great alone too.



Sarah Hicks

Roasted Chickpea Snackers

Ingredients:

2 can of chickpeas (Garbanzo beans)

1 tsp each of Cajun seasons, garlic powder, and onion powder

*Preheat oven to 350 degrees. Rinse and drain beans. Line a baking sheet with foil and spray lightly with cooking spray. Place the beans in a single layer on the sheet, and lightly coat with cooking spray. Sprinkle seasons over beans. Bake for 45 minutes to 1 hours, to desired crispiness, stirring every 15 minutes.



Joyce Malson

Fancy Fruit Parfait

Ingredients for 1 serving:

1 Carton of lowfat vanilla yogurt

2 tbsp of cereal or granola

2 tbsp of fruit of your choice (eg: berries, pineapple)

1 tsp of chopped nuts (optional)

*Put about 2 tbsp of yogurt in 8oz clear cup. Add 2 tbsp of cereal or granola, then add 2 more tbsp of the yogurt. Add 2 tbsp of fruit, then 2 more tbsp of yogurt. Can top with chopped nuts.