



Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 3, Issue 2

Morning Health Checks By: Glenna Bailey, RN

Recognizing signs of illness and identifying children that may not feel well is an important part of a child care provider's day. Get started right every day by performing a daily health check on each child as they arrive. A morning health check is not a medical examination but a casual observation of the child to assess their well-being. It should be performed as you greet the arriving child and before the parent leaves. This quick evaluation can help you spot illnesses in the child but it is also used to help you know the child better so that you are more aware of what is normal and what to be concerned about. It also helps the child to feel comfortable arriving at the center and helps in the transition of leaving the parent.



When conducting a morning health check, you should watch for the following:

- General mood and changes in behavior (happy, sad, cranky, sluggish, sleepy, unusual behavior)
- Fever or elevated body temperature (if there is a change in child's behavior or appearance)
- Skin rashes, itchy skin, or itchy scalp, unusual spots, swelling or bruises
- Complaints of pain and not feeling well
- Other signs and symptoms of disease (such as severe coughing, sneezing, breathing difficulties, discharge from nose, ears or eyes, diarrhea, vomiting and so on)
- Reported illness in child or family members since last date of attendance

Use all of your senses when checking the child:

Listen to what the child and parents tell you about how the child is feeling. Is the child's voice hoarse, is he having trouble breathing, or is he coughing?

Look at the child from her level. Observe for signs of crankiness, pain, discomfort or being tired. Does the child look pale, have a rash or sores, a runny nose or eyes?

Feel the child's cheek and neck for warmth, clamminess or bumps as a casual way of greeting.

Smell the child for unusual odor in their breath, diaper or stool.

If you have concerns about how a particular child looks or feels, discuss them with the parent right then. Perhaps the parent needs to take the child home. If you decide that the child will remain, be sure to discuss how you will care for the child and at what point you will call the parent. It is your decision, not the parent's, whether the program will accept responsibility for the ill child. If the child stays all day, make sure you inform the parent about changes in the child's health status.

Information sourced from California Childcare Health Program.

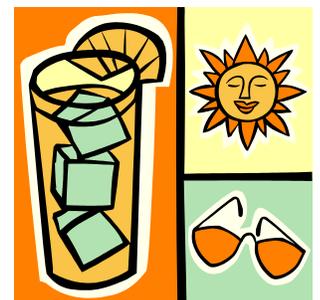


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Any topics you would like to see or ideas you would like to share in the Healthy Kids West Virginia newsletter? Let us know by emailing or calling Sarah or Glenna. Our contact information can be found on the back page. Any topics that you feel would 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.wyearlychildhood.org



Ask the Nurse ~ Who can write prescriptions? Sarah Hicks, RN

In Medication Administration class, it states we can accept medical and treatment orders from licensed health care providers that have prescriptive authority. Who does this include?

In West Virginia, licensed health care providers that have prescriptive authority include Physicians (M.D. or D.O. behind their name), Optometrist (O.D.), Dentists (DDS or DMD), Physician's Assistants (PA-C), and Advance Practice Nurses such as Nurse Practitioners like Family Nurse Practitioners (FNP), Women's Health Nurse Practitioners (WHNP), and Pediatric Nurse Practitioners (PNP), or Certified Nurse-Midwives (CNM) and Certified Registered Nurse Anesthetists (CRNA). These licensed health care providers have advanced degrees and agreements with their respective Boards that give them the authority to prescribe medications and treatments.



Did You Know.... Update on Mandated Reporting

The 2012 West Virginia Legislature passed a law expanding the list of professions and individuals required to report other forms of suspected child abuse and neglect to include youth camp administrators and camp counselors, employees, coaches and volunteers of any entity providing organized activities for children including youth sports programs and other youth serving organizations and commercial photograph print processors.

In addition, the bill clarifies that mandated reporters must report instances of suspected child abuse and neglect to protective services, not just report the incident to their supervisor. Supervisors may supplement the report or cause an additional report to be made, but this action does not nullify the reporter's mandate to report the suspected abuse or neglect.

Failure to report within 48 hours is a misdemeanor offense subject to up to 30 days in jail and up to \$1,000 fine.

Healthy Recipe & Activity~ Yogurt Edition! ~ Sarah Hicks, RN



Frozen Yogurt Drops

All you need for this recipe is a container of yogurt. Pick your favorite flavor, or do a couple different flavors. Spoon the yogurt into a Ziploc bag, snick the end and squeeze drops of yogurt onto a cookie sheet. Place in freezer until the drops are frozen. Yummo!

Peach Frozen Yogurt

Ingredients - 16 oz frozen peaches, 1/2 cup sugar, superfine, 1/2 cup nonfat plain yogurt, and 1 TBS lemon juice

Combine peaches and sugar in a food processor; pulse until coarsely chopped. Combine yogurt and lemon juice in a measuring cup and then add to the peach/sugar mixture. Process until smooth and creamy, scraping down the sides once or twice. Serve immediately. From Eatingwell.com



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

Movement Ideas To Share!

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

Infants

Old MacDonald

This game uses the familiar song “Old MacDonald Had a Farm” – with a twist. Instead of “Old MacDonald” insert the baby’s name, and instead of “had a farm” insert “has a body.” For example: Baby Maria has a body, E-I-E-I-O. And on her body she has a foot, E-I-E-I-O. With a stomp-stomp here, and a stomp-stomp there. Here a stomp, there a stomp, everywhere a stomp-stomp. Baby Maria has a body, E-I-E-I-O. When you sing “foot” and “stomp,” hold the baby’s foot and gently make a stomping motion with it. Continue the song by adding more body parts and motions. Get creative with bending legs, stretching arms and clapping hands.



Toddlers

“I See and You Move”

To play this game, one person says, “I see a _____” and the other person has to run to that object, touch it, and run back. Take turns. For example, I see a mailbox, I see a shoe, etc.



Preschoolers

Run Your Name!

- Children will run in the pathway of each letter of their name. Have them make the letters big and small. You can use yarn to make the paths if they aren’t able to make the paths on their own. You can do this with other words they are learning too!



School-Age

Luck of the Draw

Each child picks a movement, writes it on a slip of paper, and puts it in the hat. The teacher draws out paper, the children do that movement 10 times, and the teacher draws out the next movement, repeating the process until all the movements have been completed. For example, 10 jumps, 10 skips, 10 crazy moves, 10 _____ twists, etc.



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!

West Virginia Child Care Nurse Health Consultants

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Covers Link, Connect, MountainHeart South counties of McDowell, Mercer, Monroe, Summers, Raleigh, Fayette and Wyoming, Choices counties of Wood, Wirt, Calhoun, and Gilmer, and CCRC counties of Hancock, Brooke, Ohio, and Marshall.

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Covers MountainHeart North and MountainHeart South Counties of Braxton, Nicholas, Webster, Pocahontas, and Greenbrier, CCRC counties of Tyler, Wetzel, Marion, and Monongalia, and Choices



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

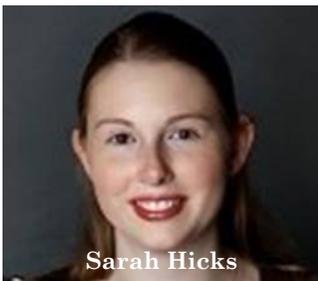
- Help providers develop strategies for caring for children with special health needs
- Develop or update health and safety policies for child care providers
- Provide health education and wellness programs
- Provide up-to-date information on the latest guidelines, policies and information regarding 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 ~ Nurse Health Consultant Coverage



Glenna Bailey



Sarah Hicks

We are in the process of hiring a third nurse, but in the mean time Glenna and Sarah are splitting the territory that will be covered by the new Nurse Health Consultant. Please see the map to know who to call with your questions. Sarah is covering the pink area, and Glenna is covering the orange area. See our contact information above.

