

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 4, Issue 1



Summer Fun and Safety

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.



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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 Yvonne. 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 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. Celebrate World Breastfeeding Week ~ August 1st to 7th 2014

Did You Know.... We have a new Nurse Health Consultant? Say hello to Yvonne Frederick, RN. Yvonne will be covering the Choices and CCRC areas and will be located in the Clarksburg Choices office. You can reach her by email at yfrederick@rvcds.org or on her cell phone at 304-710-9065.



Child Vehicular Heat Stroke By: Yvonne Frederick, RN

Did you know that the inside of a closed car can heat up 20 degrees in 10 minutes and have a 70% increase in heat within the first 30 minutes? The intense heat of a closed up vehicle will affect a child differently than an adult because a child's body will heat up 3-5 X faster. The internal cooling system (sweating) is not as effective in kids as it is in adults because adults have more skin through which sweat can evaporate to cool the body. Every year about 40 children die from heatstroke after being left in a vehicle. These deaths are usually slow (from suffocation), torturous, and unspeakably tragic. Last year, 44 children lost their lives and so far this year 17 children have become victims to child vehicular heat stroke. The majority of these victims are under six years of age. These tragedies have occurred in almost every state in our country and have happened in almost every calendar month.

Although some of these tragic deaths are from clear-cut neglect, most are because the caregiver was distracted or sleep deprived and just plain forgot. According to statistics, 52% of children who die of heatstroke in cars are due to the forgetfulness of the caregiver, 29% was due to the children playing in an unattended car, and 18% were intentionally left in the car. The reality is that terrible things happen to good, well-meaning people every second of every day. Good news is that there are steps that can be taken to prevent this tragedy from happening to you. Just as one would vaccinate their children from terrible diseases, one can put things in place to prevent child vehicular heat stroke. The website www.kidsandcars.org has a poster that you can hang up to give parents some pointers for prevention, such as:

Place something valuable next to the child, like your cell phone, briefcase, your left shoe, etc.

Place a teddy bear in the passenger seat when the child is in the backseat and when you drop off your child at child care, place the teddy bear in the car seat.

Set a reminder on your phone that alerts you daily at the time when you drop off your child at child care.

Have a standing reminder with the childcare center that if your child is a no show that someone from the facility will call.

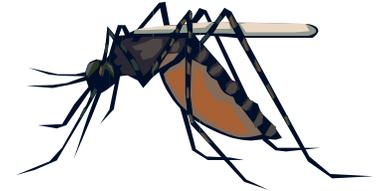
Remember, "Children are our most valuable resource" Herbert Hoover (31st president)

Standard 3.4.5.2: Insect Repellent and Protection from Vector-Borne Diseases

Repellents with 10%-30% DEET offer the broadest protection against mosquitoes, ticks, flies, chiggers, and fleas. The concentration of DEET that is used should be dependent upon how much time the child will be exposed. Products with 10% DEET are effective for approximately two hours whereas products with 24% DEET offers protection for approximately five hours. Caregivers/teachers should read the product label and confirm that the product is safe for children and contains a concentration of 30% DEET or less. Some repellents may contain up to 100% DEET and could be very dangerous if applied to a child. DEET is not approved for infants less than two months of age.

Application of this product for children older than two months is acceptable using the following guidelines:

- a. Apply insect repellent to the caregiver/teacher's hands first and then put it on the child;
- b. Use just enough repellent to cover exposed skin;
- c. Do not apply under clothing;
- d. Do not use DEET on the hands of young children;
- e. Avoid applying to areas around the eyes and mouth;
- f. Do not use over cuts or irritated skin;
- g. Do not use near food;
- h. Do not use products that combine insect repellent and sunscreen. If sunscreen is used, apply sunscreen first;
- i. Do not apply a second application to the skin;
- j. DEET concentration should not exceed 30% for use with children;
- k. After returning indoors, wash treated skin immediately with soap and water;



Healthy Recipe – Roasted Chickpeas

Have you tried roasting chickpeas before? They are a crunchy and delicious, portable snack!



Rinse and drain a can of chickpeas. Spread the beans out on a cookie sheet covered with foil. Dry the beans with a paper towel. Spritz with olive oil and sprinkle with Parmesan Cheese. Roast in an oven at 400 degrees for 25-30 minutes. Enjoy!

<http://www.superhealthykids.com/healthy-kids-recipes/roasting-beans.php>

To find other recipes and more information check us out on Facebook.



www.facebook.com/WV-NurseHealthConsultants



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

Ask the Nurse... Is There a New Automatic Epinephrine Injector?

Automatic epinephrine injectors are prefilled syringes that are spring-loaded to automatically inject the medication epinephrine in cases of severe allergic reactions (anaphylaxis). The most common one that people are familiar with is the Epi-Pen. There is now a new similar device available called Auvi-Q. The application of the Auvi-Q is very similar to the Epi-Pen. The difference is that it has a recorded voice that talks you through the procedure step-by-step. It also is required to be held in place for only 5 seconds compared to the 10 seconds for the Epi-Pen. More information can be found at <http://www.auvi-q.com/>.



As with the Epi-Pen be sure you have a detailed Individualized Plan of Care for the child and as always call your Nurse Health Consultant with any questions.

Prevention and Care of Bee Stings 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.

Movement Ideas To Share!

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

Hiding Games—Infants

While an infant isn't ready for a game of traditional hide and seek, a modified version encourages him to move his body as he looks for a hidden toy or person. This strengthens bones and muscles and improves motor skills. Show baby a favorite toy and then hide it under a blanket or box. Allow him to remove the item from underneath its hiding place. You can also hide yourself under a blanket and allow him to pull it off and find you. Let baby cover himself with a blanket and then seek him out.



Pop Goes The Weasel—Toddlers and up

Have the children run or move around an open space any way they like, while you sing Pop Goes the Weasel. When the song comes to Pop! the children can stop and jump.



Musical Bubble Shapes--- Preschoolers

Musical Bubbles is a fun and exciting game for young children. Children walk, jump, or dance across bubble wrap as music is played.

Materials: Bubble wrap (24-36 inches wide and 10-15 feet long), duck tape and music

Directions: Position the bubble wrap on the floor forming two to three shapes, for example a square, diamond, and a triangle. Apply duck tape to secure the wrap from moving or slipping.

Discuss the different types of shapes included in this activity with the children. Then explain to the children the rules of the activity. Demonstrate the activity by walking, jumping, hopping, or dancing across the bubble wrap while the music is playing. When the music stops, stop and tell what shape you are standing on. Repeat the activity and ask the children to join in as you play the music.



Dance Party—School-Age

This is old school and simple. How about an old fashioned summer dance party? Put on some summer tunes, add some speakers and have a dance. Easy and fun!



We'd like to thank our friends at the North Carolina Child Care Health and Safety Resource Center for coming up with these ideas about Pop Goes the Weasel.

Check out their website and other resources at: www.healthychildcarenc.org

West Virginia Child Care
Nurse Health Consultants

www.wwearlychildhood.org



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



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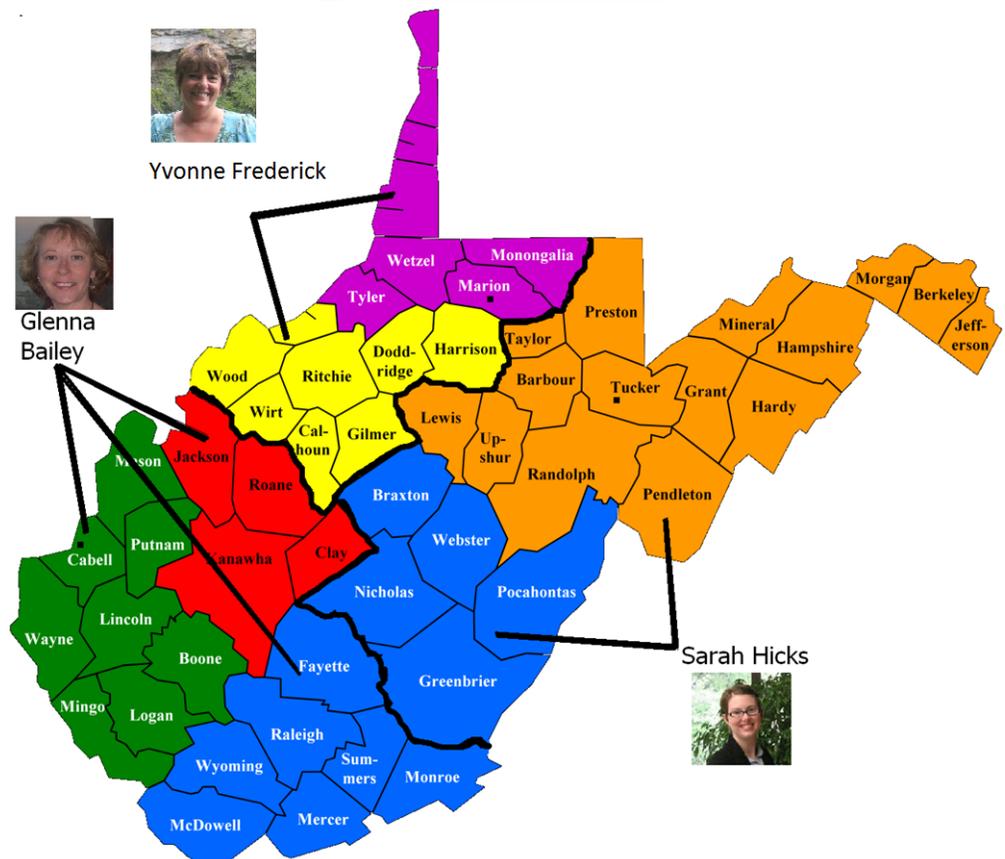
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