

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 5, Issue 1



Keeping Children Safe and Healthy in the Winter! By: Glenna Bailey, RN

Winter and cold weather is upon us and with it comes unique challenges in keeping kids safe and healthy. The American Academy of Pediatrics has some tips for caregivers and parents in how to navigate the winter months. Outside play is encouraged even in the winter. The key is proper clothing and an eye on the weather. Infants and children should be dressed warmly for outdoor activities. Use several thin layers and don't forget boots, hats, and gloves or mittens. A rule of thumb for babies over one year old and older children is to dress them in one more layer of clothing than an adult would wear in the same conditions. Also don't forget the sunscreen in the winter. UV rays can cause sunburn in cold weather especially if they are reflected off of snow.

Local weather reports should be checked on a daily basis and children should be kept indoors when there are weather advisories. In winter this means keeping an eye on the wind chill factor rather than the actual temperature. Local television reports and newspapers are a good source of this information.

The idea that cold weather causes colds and flu is not true. However, the viruses that cause colds and flus are more common in the winter and therefore we see more of these illnesses in the winter. Reduce the spread of germs with good hand washing and teaching children the proper way to cough and sneeze into their elbow. Children six months and older should get the influenza vaccine to reduce the risk of catching the flu. If you care for children less than six months of age, it is important that you get the flu vaccine to protect these infants too young to receive the vaccine.

Nosebleeds are more common in children in the winter due to dry heat indoors. First aid for nosebleeds include: Remain calm. A nosebleed can be frightening, but is rarely serious. Keep the child in a sitting or standing position. Tilt his head slightly forward. Have him gently blow his nose if he is old enough. Pinch the lower half of the child's nose (the soft part) between your thumb and finger and hold it firmly for a full ten minutes. If the child is old enough, he can do this himself. Don't release the nose during this time to see if it is still bleeding. Release the pressure after ten minutes and wait, keeping the child quiet. If the bleeding hasn't stopped, repeat this step. If after ten more minutes of pressure the bleeding hasn't stopped, call the child's parents for pickup. Don't Panic. Don't have him lie down or tilt back his head, as this can cause blood to drain into the back of the throat. Don't stuff tissues, gauze, or any other material into your child's nose to stop the bleeding.

Winter can be a magical time for children with snow and holidays. So have fun and follow these simple steps to stay healthy and safe through the cold months.



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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 Heidi. 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

Medication Administration Recertification and Update By: Sarah Hicks, RN

You may have noticed in the Resource & Referral Agency Newsletters that the Nurse Health Consultants are now offering a 2 hour Medication Administration Recertification Course in addition to the Original 4 hours Medication Administration Training Course. The 2 hour training is a refresher course that covers some of the same material as the original course in addition to new updates and changes. The 2 hour training course is NOT YET required by state licensing. It is currently being offered as a BEST PRACTICE recommendation to maintain skills and safety. The requirement for attending the 2 hour Recertification course is to have previously attended the original 4 hour Medication Administration training.



The Nurse Health Consultants have also updated the Original 4 hour Medication Administration Course. The training is now presented in Case Study format to help facilitate discuss between students during the course. The Recertification Course is also presented in this manner. We have gotten great reviews from participants about the new changes. We hope to see you in class soon!!



Did You Know.... The wet spray from a sneeze can travel as far as five feet at an amazing speed of one hundred (100) miles per hour!!!! Even more reason to cover your nose when you sneeze! ACHOO!

“Like” the Nurse Health Consultants on Facebook! By: Sarah Hicks, RN



The WV Child Care Nurse Health Consultants now have a Facebook page. Please find our page and “Like” us. We try to post a variety of health, safety, and nutrition topics frequently. You might find posts about news articles on the latest research in children’s health, healthy recipes, product recalls and more!

<https://www.facebook.com/WVNurseHealthConsultants>

Celebrating Connections! By: Sarah Hicks, RN

Celebrating Connections Early Childhood Conference will be held at the Charleston Civic Center Feb 18-21st, 2014. Keynote speakers include:

Dr. Mike ~

<http://www.drmike.info/>

Ellen Booth Church ~

<http://www.ellenboothchurch.com/>



Registration is now open! http://wvearlychildhood.org/Celebrating_Connections.html

The Nurses will be presenting two sessions this year. We hope to see you there!

Homemade Cereal Bars ~ www.superhealthykids.com

Ingredients for the Crust:

2 cups whole wheat pastry flour

1 cup of oats

1/2 c coconut oil

1/2 c agave

1 tsp vanilla

1 egg

1/2 tsp salt

1 tsp baking powder

Filling Ingredient:

Strawberries, pureed.

Instructions:

Preheat oven to 350 degrees. Combine ingredients for the crust and roll out. Cut into 3x3 inch squares. Fill one side of each square with the strawberry puree. Fold over to seal. Bake for 15 minutes.



This recipe comes from Super Healthy Kids. Check out their Facebook page and website for more healthy ideas for kids!



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... What is an Auvi-Q? By: Sarah Hicks, RN

Question: We have a child that used to get an EpiPen for anaphylaxis. He was recently prescribed Auvi-Q by his doctor instead of an EpiPen to use for his life-threatening allergic reactions to peanuts. What is Auvi-Q? Does it really replace an EpiPen?

Answer: Yes. Auvi-Q can replace an EpiPen as the Auvi-Q auto-injector contains exactly the same medication as the EpiPen. That medication is Epinephrine. The Auvi-Q injector is a compact auto-injector that has step by step voice instructions for use. Ask the child's parents to show you how to use the Auvi-Q with the training device that comes with the child's prescription and make sure you have a health care plan in place.



When it comes to caring for children, always “Watch Your Back!” By: Heidi Zbosnik, RN

Caring for children can be hard work: both mentally and physically! Providing optimal care to a child requires a certain amount of physical demand. Child care providers can spend a good portion of their day sitting on the floor with children or sitting in child-size chairs. When they are not sitting, they may be moving or carrying heavy objects, lifting young children, kneeling down to a child's level, or reaching above shoulder height to obtain stored objects. Over time, many of these every day motions can cause stress or damage to our back and shoulders. Whether it is dull and achy or sharp and stabbing; pain can make it hard to concentrate on your job.

According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year. Many of these injuries involve the lower back and are caused by lifting incorrectly. Ergonomic professionals claim, it's not how much you lift or carry, but the technique in which you do it. For child care providers, proper lifting techniques can prevent back and shoulder strain and serious injury when it comes to lifting children from the floor, in and out of high chairs, cribs, etc., and on and off of changing tables. Even sitting incorrectly can cause stress and strain to our musculoskeletal system.

To keep yourself safe, use the following suggestions adapted from the Occupational Safety and Health Administration to make your job easier:

Use back support and stretch – avoid sitting on the floor (or small chairs) too long without good back support. Use the wall, larger furniture or a large pillow to provide good support and proper posture guidance. Stretch muscles often.

Lift smart – don't lift children or other objects with your back. Even small objects like toys can contribute to back damage if the lifting procedure is wrong. Always lift with your legs. Bend your knees and keep the child or object close to your body.

Do not twist – avoid twisting and jerking motions when lifting. You should always point your feet in the direction of the lift.

Avoid heavy loads – never carry heavy loads by yourself. If possible divide the load into smaller, lighter loads, or use a cart or co-worker to assist you.



Remember you only have one back and it is up to you to watch it! Strive to incorporate these tips into your everyday routine to protect your back and keep yourself healthy.

Movement Ideas To Share!

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

Winter Wonderland Walk—All Ages

Take a winter walk through the “wilderness” – as you walk take deep breaths



Body Shapes—Toddlers and up

Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil, or small like a marble, round like a circle?



Snowflake Path—Toddlers and Preschoolers

Cut out paper snowflakes and make a trail through your classroom, center or home. Practice different motions such as walking, skipping, hopping, etc., as you follow the trail.



Flashlight Dance—Toddlers and up

Shut off the lights and have a fun with flashlight dance. When the flashlight is shined onto a particular body part, move that part in different ways; wiggle, reach, bend and stretch. The more you move the more fun you have!



A special thanks to Head Start Body Start for the Activity Ideas. For more ideas, visit their website at <http://www.aahperd.org/headstartbodystart/activityresources/activityCalendar/>

West Virginia Child Care Nurse Health Consultants

Heidi will be on Maternity Leave starting in February. If you have any questions, please don't hesitate to give Sarah or Glenna a call or email. We will be helping to cover Heidi's territory while she is off with her new baby!

Congratulations Heidi!

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Meet Your Child Care Nurse Health Consultants!



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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