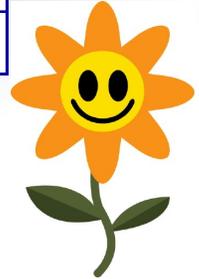




Spring 2021

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Child Care Health Educators
Newsletter



Achoo! Dealing with Seasonal Allergies

Submitted by Candy Morgan, RN

Seasonal allergies, also known as allergic rhinitis or hay fever, occur when someone’s immune system overreacts to an allergen. Springtime brings warmer weather and more opportunity for children to play outdoors. Though outdoor play is fun, it can result in bothersome symptoms, such as itchy, watery eyes, runny/stuffy nose, sneezing, nasal congestion, fatigue, or coughing, for those who suffer with seasonal allergies. Although you cannot completely avoid seasonal allergy triggers, you can take steps to minimize exposure.

- 1. Close the windows.** After a long winter it is tempting to open them, but do not – because that lovely fresh air brings pollen in with it. If you have an air conditioner, run it.
- 2. Wash up and change when you get home.** Speaking of bringing pollen in, you also do a good job of that when you come inside. The allergy sufferer should definitely change clothes and wash his hands and face when he comes in, but it’s not a bad idea for everyone to do the same, as you all could be pollen-carriers.
- 3. Be thoughtful about outside time.** Monitor pollen counts and plan indoor activities at times when levels are high. Many weather sites and apps have the local pollen counts.
- 4. Treat with medication as ordered.** We cannot keep children in a bubble so they may experience allergy symptoms. If allergy symptoms become too bothersome, **Know the child’s allergy plan.** Have a medical plan of care on hand for any child known to have allergies/asthma. The Medical Plan of Care should be available at all times.

If you need more information about seasonal or food allergies, reach out to your local WV Child Care Nurse Health Consultant. We are available to discuss this or other health related topics. We can work with you to understand the Medical Plan of Care and provide professional development.

Inside This Issue:

<i>Seasonal Allergies</i>	1
<i>Disaster Planning</i>	2
<i>Online Training Calendar</i>	3
<i>Spring Recipes</i>	4
<i>Spring Activity Ideas</i>	5
<i>Child Care Nurse Health Consultant Contact Information</i>	6
<i>Child Care Health Educators Contact Information</i>	6

IF A DISASTER STRIKES: How prepared are you to meet children's health needs?

Submitted by Karen Gilbert, RN

How prepared is your childcare program to meet children's healthcare needs if a disaster or emergency occurs? Though children's healthcare needs are only a small part of an emergency preparedness plan they are definitely a very important aspect. Being prepared to meet children's healthcare needs whether it be providing first aid for disaster related injuries, calling appropriate emergency services, giving routine medications, having emergency medications available, giving routine treatments, or having access to healthcare plans takes planning and preparation.

Planning for healthcare challenges during a disaster must begin with knowledge of WV State Childcare Licensing Regulations. When disasters occur one of the biggest challenges is providing adequate care to children who have been injured or have already existing chronic health conditions. Policies and procedures provide an essential framework for administration and staff to follow during a disaster.

Did you know that childcare centers must develop and maintain an emergency file with information for each enrolled child, and that it must be accessible to all staff members, including at off-site activities? (WV State Childcare Licensing 19.5.) Do you know where to access the emergency files in your childcare program?

Regulations (19.6.-19.6. a.) state "A center shall develop, implement and maintain an emergency and disaster plan which addresses medical and non-medical emergencies. These plans should be reviewed with new staff during orientation and with all staff at least annually." Are you familiar with your disaster plan - specifically the procedures to follow for medical concerns?

During a disaster, young children are especially vulnerable to injury or worsening chronic health issues. In regulations (19.9.a. - 19.9.a.3.) instructions are given to ensure staff follow emergency procedures that lead to an appropriate response, whether it be offering first aid or knowing when additional emergency medical help is needed. Policies should be in place that require first aid and age-appropriate CPR training. These provide instruction in procedures that are intended to keep a child's medical condition from becoming worse and must be obtained by staff within 3 months of employment. How prepared do you feel to deal with a child's injury or worsening health condition during a disaster?

WV State Childcare Regulations can provide a framework to assure that as a staff member of a childcare program, you are prepared to care for the health needs of children during a disaster. Need assistance, contact your Child Care Nurse Health Consultant.



<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies.html>

<https://www.cdc.gov/childrenindisasters/why-cdc-makes-it-a-priority.html>

Online Training Calendar Spring 2021



April 20th	Creepy, Crawly Creatures	6-7 PM
April 27th	Morning Health Checks	12-1 PM
May 3rd	Neonatal Abstinence Syndrome	6-8 PM
May 4th	Indoor and Outdoor Safety	6-8 PM
May 12th	Medication Administration	5-8 PM
May 18th	Summertime Safety	6-8 PM
May 22nd	Medication Administration	8-11 AM
May 25th	Medical Action Plans	6-7:30 PM
June 15th	Picky Eaters	6-8 PM
June 19th	Medication Administration	8-11 AM
June 24th	Medication Administration	5-8 PM

Healthy Easter Nest Bagels Submitted by Renee Y. Stonebraker, RS



Ingredients:

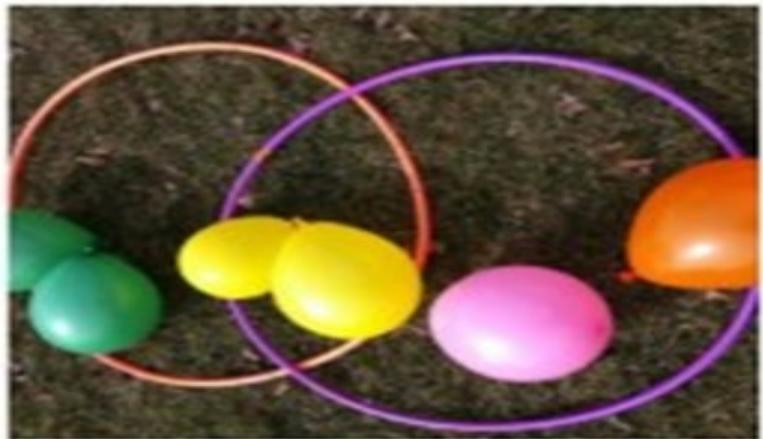
2 bagels
4 Tbs cream cheese or hummus
1 cup shredded carrots
¼ cucumber

1. Split each of the bagels in half. Toast the bagel halves until golden brown.
2. Spread your choice of hummus or cream cheese over the cut side of each bagel half.
3. Arrange the shredded carrots on top of each bagel half to form nest shapes.
4. Cut egg shapes from the cucumber slices and place on top of carrots.

Source: <https://www.eatsamazing.co.uk/easter/healthy-easter-recipes/fun-healthy-easter-nest-bagels>

Basket of Eggs Gross Motor Activity
Submitted by Renee Y. Stonebraker, RS

Basket of Eggs



GROSS MOTOR
ACTIVITY
FOR KIDS

www.theinspiredtreehouse.com



To play, simply print the Fall Gross Motor Movement Game cards and cut them out. Place one card into each of the six pockets on a differentiated instruction cube. Then have your children take turns rolling the cube and performing the indicated action.

**West Virginia Child Care
Nurse Health Consultants**

Glenna Bailey, RN

611 7th Ave Suite 322
Huntington, WV 25701

304-972-6300

gbailey@rvcds.org

Covers Link

Candy Morgan, RN

1 Players Club Drive
Charleston, WV 25311

304-840-2967

cmorgan@rvcds.org

Covers Connect

Karen Gilbert, RN

Points, WV 25437

304-840-1933

kgilbert@rvcds.org

Covers MountainHeart North

Open Position

Please contact your nearest
Nurse Health Consultant for
assistance.

Covers Choices

Open Position

Please contact your nearest
Nurse Health Consultant for
assistance.

Covers Child Care Resource
Center

Open Position

Please contact your nearest
Nurse Health Consultant for
assistance.

Covers MountainHeart South

**West Virginia Child Care
Health Educators**

Renee Y. Stonebraker, RS

15599 North Preston Highway
Bruceton Mills, WV 26525
304-710-9695

rstonebraker@rvcds.org

Covers MountainHeart North,
Choices, and Child Care
Resource Center

Open Position

Please contact Renee
Stonebraker for assistance.

Covers Link, Connect and
MountainHeart South



"This program is being presented with financial assistance as a grant from the WV Department of Health and Human Resources and is administered by WV Early Childhood Training Connections and Resources, a program of River Valley Child Development Services."



WEST VIRGINIA EARLY CHILDHOOD
Training
CONNECTIONS
AND RESOURCES



Like us on Facebook:

WV Child Care Health Educators

**WV Child Care Nurse Health
Consultants**

