

Smart Start Child Care Nursing Program

New Hanover County Health Department

910-798-6543

National Poison Prevention Week is March 15-21, 2009

National Poison Prevention Week was designated to highlight the dangers of poisonings and how to prevent them. More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country.

"The theme of the National Poison Prevention Week is **"Children Act Fast...So Do Poisons!"** The American Academy of Pediatrics and the other members of the Poison Prevention Week Council urge parents to store harmful products out of their children's reach at all times, and to be aware of young children's growing capacities to explore and experiment. Such natural curiosity can lead to poisonings when chemicals or medications are within reach, and parents are not paying close attention".

Ninety percent of poisonings in children younger than 6 years of age occur in the home. It is up to all of us to ensure that homes and communities receive the information they need to keep our young children and adults safe.

Some common toxic substances include:

- Cleaning products and detergents;
- Health and beauty aids
- Pesticides; lawn care chemicals
- Medications
- Poisonous plants
- Arts and crafts materials
- Insect Repellants
- Radon



Plants are the #1 ingestion poison for children under one year old. Child care centers should become familiar with all of the plants in their play area, and be especially alert for mushrooms.

Medication: All medicine must be placed in a locked cabinet or locked box in the refrigerator. Unlabeled bottles must not be accepted and always request written, signed instructions for medication to be given when the child is in your care. See Chapter 11 Medical Care Administering Medication

Proper use of Products

- read the instruction on labels for proper disposal methods
- store household products out of the reach of children.
- install childproof safety latches on cabinets
- lock up products that are not used every day.
- make sure other products that are used every day are never left unattended
- if you are interrupted while using a household cleaning product, make sure you place it out of the reach of children.
- never transfer products from their original packaging, especially into containers that children might associate with food or drink
- keep household products in their original containers as most labels include first aid and medical treatment information.
- store medicines and household products separately.
- buy products that are clearly labeled for proper use and packaged in childproof containers, when appropriate.
- reclose childproof packaging correctly
- do not mix any cleaning products, this can produce toxic gases, (Clorox and ammonia are an example)
- utilize art products that are labeled "nontoxic"

Purses, personal bags: Keep all purses and bags belonging to staff, parents, and/or visitors out of the reach of children. These will also need to be locked up if they contain any medications or hazardous products.

<http://www.aap.org/family/poisonwk.htm>

The phone number for the poison center in North Carolina is 1-800-222-1222

Child Care Everywhere

National Nutrition Month® March 2009

Anemia and a Child's Level of Iron

We know that we all need oxygen to allow our organs to function properly. Well, we carry oxygen in little molecules called hemoglobin that is in our blood. Children who have anemia do not have enough hemoglobin to carry all of the oxygen that they need. This is why they will often get tired easily and lack the energy to run and play. So how does iron come into play with this disorder? We need iron to produce hemoglobin in our blood. Young children are at a great risk of low levels of iron in their blood because they grow quickly and often have poor eating habits. If their low intake of iron continues, anemia may result. It is important to note that there are other forms of anemia- not just this one related to an iron deficiency. However, we focus on this one as we promote optimal health and nutrition in childcare.

Poverty, abuse, and living in poor household conditions also place children at risk for iron deficiency anemia.

Iron deficiency anemia is seen most commonly in children six months to three years of age. Those at highest risk are low birth weight infants after two months of age, breastfed infants who receive no iron-fortified foods or supplemental iron after four months of age, and formula fed infants who are not consuming iron-fortified formula. Iron deficiency anemia significantly impairs mental and psychomotor development in infants and children. Although iron deficiency can be reversed with treatment, we are unsure if the mental and psychomotor impairment is reversible. Thus, prevention is what we need to emphasize. In addition, having a low level of iron in the blood places a child at risk for lead poisoning. Lead replaces iron in the body when iron is unavailable.

William H. Dietz, MD, PhD, is the Director of the Division of Nutrition, Physical Activity, and Obesity at the CDC. <http://www.cdc.gov>



Here is a list of various iron-rich foods:

Red meats (beef, pork, lamb, veal)
Chicken
Fish
Soy nuts
Wheat bran

Spinach
Red beans
Rice
Grains
Enriched cereals



(source: American Dietetic Association—www.eatright.org)

Medical Action Plans

If a child in your facility has been identified as having a medical condition that requires special medication, monitoring, and/or specialized care and procedures to be performed in the child care setting; it is **vital** that the child has a **Medical Action Plan**. A **Medical Action Plan** is developed in collaboration with the parents, provider, physician, and childcare nurse to ensure that the child is receiving the appropriate care in the classroom. It outlines general symptoms and behaviors specific to your child, and signs and symptoms of a medical emergency. It identifies the precise instructions for treatment, monitoring, and medication so the provider will know exactly what to do. Please contact the Smart Start Child Care Nursing Program at 798-6543 if you have a child in your care that may need a **Medical Action Plan**.



National Dental Month February 2009

These important facts are recycled from some of our previous newsletters. Please share them with the children and parents at your child care center.

Teething As their teeth erupt, some babies may become fussy, sleepless and irritable, lose their appetite or drool more than usual. Diarrhea, rashes and a fever are not normal for a teething baby.

As a tooth erupts an eruption cyst may develop. The tooth will eventually rupture this watery sac as it pushes through the gums. Eruption cysts are usually harmless and should be left alone.

Importance of Baby Teeth Baby (primary) teeth are just as important as adult (permanent) teeth. The first primary tooth will appear at about six months of age. By the time that a child is three, all twenty primary teeth should be visible.

Primary teeth help babies eat well, speak clearly, and have a pretty smile. Primary teeth also help hold spaces for the permanent teeth. If the primary teeth are lost too soon, the permanent teeth beneath them may come in out of place.

Proper care and regular dental visits are important for good dental health. Cleaning gums daily to remove plaque and acids will help prevent tooth decay once the teething process begins.

Establishing Good Dental Habits With the proper coaching children are able to learn good dental habits as part of their daily routine. By the age 2, a child's teeth should be brushed at least once a day, preferably at bedtime. Toddlers may become enthusiastic participants, but will still need supervision and help to see that the brush removes all the plaque. (The soft, sticky, bacteria-containing deposits that accumulate on the teeth causing tooth decay.

Be sure to use a soft, multitufted nylon-bristle brush. Use only a small amount of non fluoride toothpaste; it's difficult to keep her from swallowing some of the toothpaste, and too much fluoride could cause permanent tooth stains. If the child doesn't like the taste of one type of paste, try another or just use plain water for a while. The brushing and rinsing are more important than the toothpaste.

You'll hear all kinds of advice on whether the best brushing motion is up and down, back and forth or around in circles. The truth is that the direction really doesn't matter. What's important is to clean each tooth thoroughly, top and bottom, inside and out. This is where you'll encounter resistance from your child, who probably will concentrate on only the front teeth she can see. It may help to turn it into a game of "find the hidden teeth."

Baby Bottle Tooth Decay Baby Bottle Tooth Decay (BBTD) is caused by prolonged contact with almost any liquid other than water. This can happen from putting her to bed with a bottle of formula, milk, juice, soft drinks, sugar water, sugared drinks, etc. Allowing her to suck on a bottle or breastfeed for longer than a mealtime, either when awake or asleep, can also cause BBTD. When liquid from a baby bottle builds up in the mouth, the natural or added sugars found in the liquid are changed to acid by germs in the mouth. This acid then starts to dissolve the teeth (mainly the upper front teeth), causing them to decay. Baby Bottle Tooth Decay can lead to severe damage to your child's baby teeth and can also cause dental problems that affect her permanent teeth. But there are steps you can take to prevent Baby Bottle Tooth Decay. Keep these pointers in mind as you care for your child's teeth:

- **Never put your child to bed with a bottle.** By 7 or 8 months of age, most children no longer need feedings during the night. Children who drink bottles while lying down also may be more prone to getting ear infections.
- **Only give your baby a bottle during meals.** Do not use the bottle as a pacifier; do not allow your child to walk around with it or to drink it for extended periods. These practices not only may lead to BBTD, but children can suffer tooth injuries if they fall while sucking on a bottle.
- **Teach your child to drink from a cup** as soon as possible, usually by 1 year of age. Drinking from a cup does not cause the liquid to collect around the teeth, and a cup cannot be taken to bed. If you are concerned that a cup may be messier than a bottle, especially when you are away from home, use one that has a snap-on lid with a straw or a special valve to prevent spilling.
- **Keep your baby's mouth clean.** This is an important part of preventing tooth decay. After feedings, gently brush your baby's gums and any baby teeth with a soft infant toothbrush.
- **Use water and a soft child-sized toothbrush for daily cleaning** once your child has 7 to 8 teeth.

By the time your toddler is 2 years of age, you should be brushing his teeth once or twice a day, preferably after breakfast and before bedtime. Once you are sure your child will spit, and not swallow, toothpaste, you should begin using a fluoride toothpaste. Use a pea-sized amount of toothpaste to limit the amount he can accidentally swallow. <http://www.aap.org>

REMEMBER IT IS STILL FLU SEASON

The New Hanover County Health Department is offering **free flu** shots to anyone that does not have health insurance. No appointment is necessary and the clinic hours are from 8:00am to 4:30 pm Monday through Friday.

Smart Start Child Care Nursing Program Trainings
6:30 - 8:30 PM



March 25..... ITS SIDS
April 22..... Medication Administration
May 13..... TBA
June 24..... ITS SIDS

New Hanover County Health Department
Smart Start Child Care Nursing Program
2029 South 17th Street
Wilmington, NC 28401
(910) 798-6543



Our Childcare Everywhere Newsletter can be seen
online at the New Hanover County website.

[http://www.nhcgov.com/AgnAndDpt/HLTH/PHS/Pages/
CS-ChildCareNursing.aspx](http://www.nhcgov.com/AgnAndDpt/HLTH/PHS/Pages/CS-ChildCareNursing.aspx)

● NEW HANOVER COUNTY ●