

## HEALTH AND SAFETY CALENDAR

### April

◆ **April 24-30 is National Infant Immunization Week:**

For an easier way to make sure the health records of enrolled children comply with state regulations, go to [www.wellcaretracker.org](http://www.wellcaretracker.org). The software available at this site tests health records for up-to-date status, provides alerts, as well as letters for families and clinicians when vaccines or screening tests are due. See page 5 for feedback from centers who are using the Internet-based software. Some free subscriptions may still be available for first-time users.

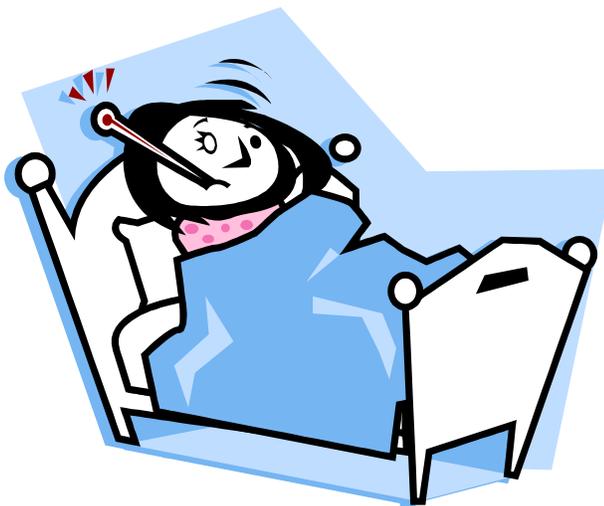
### May

◆ **May is Better Hearing and Speech month.** Consider posting reminders about avoiding excessively loud noise. Make sure children receive age-appropriate routine hearing screening. See [www.ASHA.org/public/BHSM\\_download\\_2003.html](http://www.ASHA.org/public/BHSM_download_2003.html) for a colorful banner to display. Read more on page 3.

### June

◆ **June is transition time:** Be sure children who leave the program take a copy of their health record with them to their next school.

## Managing Infectious Diseases



Infectious diseases can spread by different routes. The common cold spreads by respiratory droplets on hands and other surfaces. Influenza and mononucleosis usually spread via respiratory secretions too. Hand washing and surface sanitation help control these illnesses.

Many viruses can be transmitted by blood. Some of these have other routes of transmission as well. For example, a blood transfusion can spread influenza or the virus that causes mononucleosis.

The urine of young children often contains Cytomegalovirus (CMV). CMV is a virus that can cause mental retardation if it infects a pregnant woman who did not have the illness in her childhood and is therefore is not immune as an adult. CMV also spreads via blood contact.

Many viruses and parasites that cause diarrhea spread when people's hands touch feces or surfaces that have even microscopic amounts of feces. The germs enter their bodies when they touch mouths or food with their contaminated hands. This is known as fecal-oral spread of disease.

*(Continued on page 2)*

*(Managing Infectious Disease — continued from page 1)*

ECELS used a grant from the PA Department of Welfare to purchase and mail to centers a new book on managing infectious diseases. Look for a spiral-bound book with a purple cover, called **Managing Infectious Diseases in Child Care and Schools, A Quick Reference Guide**. If you did not receive one, consider buying a copy for yourself. It is available from the American Academy of Pediatrics for \$34.95 ([www.aap.org/bookstore](http://www.aap.org/bookstore) or 888-227-1770). The book has general information, updated fact sheets and tables. It should be a valuable resource to providers and health professionals.

Biting is theoretically a way of spreading blood-borne illness, but this type of disease spread has never been reported in child care. For biting to be a problem, a child who is infected with a blood-borne illness needs to be bitten by an uninfected child. The virus transfers only if the infected child's blood is drawn into the uninfected (biter's) mouth. Biting which draws blood is rare and unlikely to occur with groups of young children.

Early education and child care providers need to know how to handle issues related to an enrolled child who has a disease such as AIDS. AIDS is Acquired Immunodeficiency Disease Syndrome, a set of symptoms and signs of illness caused by the Human Immunodeficiency Virus, HIV. HIV is one of a group of blood-borne illnesses that can be carried by individuals who have no symptoms and do not even know they are infected. Other blood-borne viruses of concern to child care providers are hepatitis B and hepatitis C.

The Pennsylvania Child Care Association (PACCA) asked ECELS to address two questions about privacy and infectious disease. Here are the responses from ECELS:

- 1) Question: Is there a legal requirement or a privacy constraint for posting when some children have pink eye, measles or other contagious diseases?

*Answer: DPW regulations (§3270.136) require that an "operator shall inform parents of enrolled children when there is a suspected outbreak of a communicable disease ..." Contact the Health Department to find out if your situation constitutes an outbreak of a communicable disease.*

*When HIV/AIDS is involved, confidentiality is legally required. Disclosure can occur only with consent from the child's legal guardian. Even if the legal guardian makes the disclosure, there is no need to share the information further. Informing everyone about the general precautions for blood-borne disease is necessary whether or not someone is known to have such a disease.*

- 2) Question: Who on staff must know which child has HIV?

*Answer: No one needs to know anything except the specific guidelines for care of the child provided by the child's physician with parental consent. Other types of immune-deficiency or special needs exist which might require similar precautions.*

Use the ECELS self-learning modules, *Keeping Safe While Touching Blood or Other Body Fluids*, and *Illness in Child Care* or ask ECELS to arrange a workshop on *Managing Illness in Child Care*. Use the request forms at [www.ecels-healthychildcare.org](http://www.ecels-healthychildcare.org), email ECELS at [ecels@paaap.org](mailto:ecels@paaap.org), or call 800-243-2357, 484-446-3003 for more help.

### Finding a Place to Get Regular Dental Check-Ups



All children and adults need regular dental check-ups at least once a year. The Pennsylvania Dental Association has a directory of Dental Clinics across the state. The directory lists two types of clinics. Free & Reduced Dental Clinics have some eligibility requirements. Community Health Centers do not have eligibility requirements. ECELS has a copy of this directory.

Did you know...?

- Children have 20 baby teeth that will be replaced by 32 permanent teeth by adolescence.
- Most babies get their first tooth at age 6 months. It is normal to get a first tooth before 6 months, or as late as 18 months old, if the child is otherwise healthy.
- Oral health contributes to good nutrition, speech, and self-image.
- Approximately 8% of 2 year olds already have a cavity.
- Children should have their first oral health check-up by a health professional as soon as their first teeth erupt, and a visit to the dentist by 3 years of age.
- By age 2 years, children should brush their teeth at least once a day. With a little effort and planning, staff can make tooth brushing a part of the daily curriculum. For help with how to do this, order the Oral Health Self-Learning Module from ECELS

For directory information or to order the self-learning module, use [ecels@paaap.org](mailto:ecels@paaap.org), [www.ecels-healthychildcare.org](http://www.ecels-healthychildcare.org), 800-243-2357, 484-446-3003.

## ECELS Q & A

**Q:** Are chemical cold packs safe to use with young children — especially for injuries to the face when the child might bite open the pack while it is being used?



**A:** Cold packs are frequently used as a first aid measure to help relieve the swelling and discomfort of injuries. Most cold packs include substances that are safe if a minimal ingestion occurs. Irritation may occur in the mouth, skin, or eyes in the event of an accidental exposure. This is a minor effect and usually resolves quickly with removal of the substance from the affected area. These packs are quite safe to use when these important guidelines are followed:

- An adult must always supervise a

child who is using a cold pack.

- Place a clean towel or cloth over the injured site, then place the cold pack on this barrier. This will prevent a cold burn of the area.
- A good way to use a cold pack is for 10 minutes “on” then 10 minutes “off” the injured area.
- In the event that a child bites into the pack, quickly rinse and wipe out the mouth with plain, lukewarm water.
- If some of the contents get onto the skin, rinse using lukewarm water, then gently wash the area with a gentle soap.
- If some of the cold pack substance gets into the eyes, rinse for a few minutes with plain lukewarm water. Do not use any compresses or eye products to treat this problem.
- Promptly call the Poison Con-

trol Center at 800-222-1222 for further information on any exposure that may occur.

(By Peg Stancavage, RN, CSPI, Poison Control Center at The Children’s Hospital of Philadelphia)

**Q:** Are babies having their hearing tested?



**A:** Between 1 and 3 of every 1,000 infants are born with impaired hearing. This is the most common of all birth defects. If impaired hearing is detected early, a child with this disability has the best chance to build successful communication skills.

In 2001, the Pennsylvania legislature approved a bill requiring that all infants born in Pennsylvania receive a hearing screening test in the newborn period. The Universal Newborn Hearing and Screening Program began statewide on July 1, 2002.

Infants born in a hospital should have a hearing screen before they go home. If a baby is born at home, the baby should have a hearing screening before one month of age. The test is simple and painless. For more information, go to [www.psha.org](http://www.psha.org) or contact Art Florio, the Program Administrator at 717-783-8143.

## Spanking

Spanking is commonly used to control child behavior, or vent adult anger at children. Many reports about spanking of children show that the effects depend on the culture, context and way this disciplinary approach is used.

Most experts agree that spanking doesn’t work as well as other forms of discipline to teach children how to behave. In the May 2004 issue of *Pediatrics*, a study reported that spanking frequently before age 2 is associated with child behavior problems at school age for white, non-Hispanic children. The authors point out that infants and young toddlers don’t understand the intent of punishment and, for the most part, don’t plan their behaviors. Also, very young children are developing life skills based on trusting relationships. Without security and trusting interactions, young children may have persistent adjustment and behavior problems. The authors relate the frequency of spanking to these ill effects. Spanking is not permitted under the PA DPW licensing regulations.

(Reference—Slade E, Wissow L. Spanking in Early Childhood and Later Behavior Problems. *Pediatrics*;113:1321-1330, 2004)



## Caring for a Diabetic Child

Caring for a child with diabetes is a big job for the parent and child care provider. Children with diabetes have a problem with insulin. Insulin is a hormone that our bodies' produce to help us use sugar we take from our food for growth and energy. So, the body of someone with diabetes is unable to properly produce or use its main food source.

There are two types of diabetes, Type 1 and Type 2. Type 1 diabetes occurs when the body's immune system attacks the cells in the pancreas that make insulin. This type is the most common type in childhood. The symptoms usually appear over a few days or weeks and include being very thirsty, needing to urinate very frequently, having constant hunger, weight loss, fatigue, and blurred vision. Type 2 diabetes is more common in adults, but is being seen more often in children now. Symptoms develop over a longer period of time, and are usually controlled by diet or oral medication. Being overweight and having a family member with diabetes are risk factors for developing diabetes.

Many young children with diabetes do not recognize the symptoms of low or high blood sugar. Parents and child care providers must watch for symptoms or signs of distress. The child's diet, amount of insulin given, and frequency of blood tests need to be adjusted to match the child's status and activity level. Even though they need special care, children with diabetes should be able to eat a healthy diet, exercise, and have fun!

Children with Type 1 diabetes take insulin throughout the day. Most use multiple injections from a syringe or an insulin pen. Some children with diabetes receive their insulin from a pump that is connected to a needle that stays in place under the child's skin.



A child care provider should get specific information and training from

the parent and from the child's pediatrician to care for a diabetic child. The child should have a medical administration sheet on file as well as written procedures and any supplies necessary to measure the child's blood sugar or give the child insulin.

For more information visit [www.diabetes.org](http://www.diabetes.org) You will find some useful fact sheets and forms at [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org). You may also call ECELS at 800-243-2357, or 484-446-3003. Check standards related to caring for children with special health care needs in *Caring for Our Children: National Health and Safety Performance Standard, Guidelines for Out Of Home Child Care Programs*, second edition. You can also obtain a helpful guide, *Helping the Student With Diabetes Succeed* from the National Diabetes Education Program at 800-438-5383 or from their website at [www.ndep.nih.gov](http://www.ndep.nih.gov).

## Check It Out — Print It Out!

The Food and Nutrition Information Center of USDA's National Agricultural Library (NAL) has a Food and Nutrition Resource List for Child Care and Preschool Staff. The website has new materials, ordering information, and a suggested target audience. Topics include Curricula and Learning Activities for Teaching Children, Food Sets, Models and Posters. Some additional topics under Resources for Staff Training are:



- Teaching Nutrition and Physical Activity to Children
- Health
- Cultural Considerations
- Child and Adult Care Food Program
- Education for Parents
- Food Safety
- Food Service
- Quality Child Care Environments CACFP Training Resource Checklist.

The Websites are [www.nal.usda.gov/childcare](http://www.nal.usda.gov/childcare) and [www.nal.usda.gov/fnic/pubs\\_and\\_db.html](http://www.nal.usda.gov/fnic/pubs_and_db.html)

## ***CHILDREN WITH SPECIAL NEEDS***

### **Children Who make Involuntary Gestures and Sounds**

Some children have involuntary gestures and sounds called tics. Watching someone with these tics can be very uncomfortable. Often, adults want to get treatment to "fix" such children because of this discomfort.

Tics are caused by a neurological disorder. Although the intelligence of children with tics is not affected by the tics, these children may be affected by the negative reactions of others to their tics. Tics may show up in children when they are quite young. When the condition is very severe, medication may be prescribed to reduce the tic activity. However, the medications have side effects that must be considered.



When someone has both motor and vocal tics, the condition is called Tourette Syndrome. The National Tourette Syndrome Association and the Greater Washington chapter used funding from the National Institute of Mental Health to create a video and guidebook about tics. The purpose of the video is to help children who are age 7-11 years of age understand the experience of their peers who have tics. The video program is called *You've Got A Friend*. It is available for borrowing from the ECELS-Healthy Child Care PA A-V library or may be purchased for \$99.95 from [www.danya.com](http://www.danya.com), or from Human Relations Media (the distributor) at [www.hrmvideo.com](http://www.hrmvideo.com). For further information contact Amanda Ziegert at [aziegert@danya.com](mailto:aziegert@danya.com).

For more information about Tourette Syndrome, call the Pennsylvania Tourette Syndrome Association at 1-800-990-3300.



### **Easing the Burden of Managing Child Health Records: feedback is positive from WellCareTracker™ users**

Nearly 300 centers are now using WellCareTracker™ - the Internet-based application that tests health record dates to see when children are missing or are coming due for routine preventive health services. Most providers say it easy to use the on-line training. After an hour or so, most are able to use the system, needing only about 3 minutes per child health record to enter the information into their password-protected, private files.



Holly Kerins, from Calvary Baptist Children's Learning Center in Norristown, PA says:

"We're not a high tech center – I used WellCareTracker™ with my lap top. It made our work with health records so easy. It was easy to keep track of the children who are due for health services. For those who are up-to-date at enrollment, we can give their parents a heads up when they become due for their next visit to the doctor. The reports highlight children who are missing health forms, and give us notices to send home. The printout made completing the PA DOH report a breeze too. The first time we entered the children was tedious, but it is tedious to keep track of health records anyway. We did it as we received the forms from the families, and now, adding data (from subsequent forms) isn't hard at all. We do it at naptime. We're starting to use desk-top computers from Cyberstart, so I'm going to train another staff person to enter the data. It's so easy to learn and use WellCareTracker™."



Deb Clarke from First Presbyterian Church Child Care Center in Levittown, PA says:

"WellCareTracker™ just makes our job so much easier to keep up with everything. I use it to highlight on the health assessment form what the children need, and it tells us when the next health assessment is due. It does everything for you."

Earn 2 hours of PA Pathways training credit by entering at least 50% of the records of enrolled children into WellCareTracker™. ECELS has one-time state grants to fund some trial subscriptions for PA early education and child care centers and group home facilities. Go to [www.wellcaretracker.org](http://www.wellcaretracker.org) for details.

## Spring is Here!

With the warm weather, kids will be outside riding bikes and scooters again! These are two great ways for kids to get exercise and have fun. Make sure that the riders stay safe as they travel about our neighborhoods. Here are a few safety tips for biking and scooting:

- Children should always wear a bicycle helmet, even if the bike still has training wheels.
- Elbow pads and knee pads provide added protection.
- Scooters and bicycles should be ridden on paved, off-road surfaces. Stay away from gravel, sand, and of course, streets!
- Children should wear shoes when they scoot or ride.
- Children should dismount from bicycles or scooters when crossing a street.



## Early Intervention Services

All children grow and change at their own rate. Some children experience delays in their development. Sometimes, this can be cause for concern.

Early Intervention in Pennsylvania includes services and supports to help families with children from birth to age five with general developmental delays or specific disabilities defined in federal and state legislation. Early Intervention promotes collaboration among parents, service providers, and others significantly involved with the child.

Early Intervention staff provide specially designed instruction and related services. They also provide information on child development and early childhood education. Programs and services are provided in a variety of settings based on the needs of the child and family.

The first step to obtaining Early Intervention services is screening. Screening is a brief check to see if the child might have some delays that suggest a need for further evaluation. If the child does have some areas that might represent a delay, then Early Intervention staff work with families to arrange for the child to have a full evaluation. In this more comprehensive assessment, skilled professionals look at the child's overall development. Then the Early Intervention team members work with the family to develop a written plan that details the services the child will receive and identifies a service coordinator. For children under three years of age, this plan is called an Individual Family Service Plan (IFSP). For children age three years to five years of age, the plan is called an Individualized Education Plan (IEP).



More information is available at [www.PaTTAN.k12.pa.us](http://www.PaTTAN.k12.pa.us). Choose the link to Early Intervention. If you have specific concerns about infants and toddlers, call Connect Information Service at 1-800-692-7288. For questions about children three to five years of age, call the Special Education Consultline at 1-800-879-2301.

Article prepared with assistance from Esther Beck, Early Intervention



### <http://www.KIDS.GOV> — ANSWERS KIDS' QUESTIONS

What's an election? Do I have to wear a bike helmet? Who invented electric lights? May I get a dog? Kids ask a lot of questions. Sometimes you need help getting them the right information. For kids who can use a computer the website [www.Kids.gov](http://www.Kids.gov) is an easy and fun way to find things out for themselves.

The [www.Kids.gov](http://www.Kids.gov) website links to over 400 websites from government agencies, schools and organizations, all geared to the learning level and interest of kids. They can follow the bouncing stars to 20 different topics, find graphics to get help with their homework, learn about different careers, explore outer space, create an art project, play fun and educational games, learn how government works and more.

For the child who wants to be president one day, try clicking on "Government" and then on "Take Your Kids to Vote." You'll find activities for future voters of all ages. For all kids, use [www.Kids.gov](http://www.Kids.gov) to help teach traffic rules. They'll get a quick overview from the "Traffic Safety Kids" page on [www.Kids.gov](http://www.Kids.gov). They will learn about obeying traffic signals, staying seated on the bus and wearing a scooter or bike helmet. These are just a few of the subjects covered by fun games, interactive quizzes and more. When "I want a puppy" becomes a daily request, check out "All About Animals" on the Food and Drug Administration Kids' Page. There's a quiz to help young animal lovers find out if they're ready to become owners.

Kids want fun things to do. Keep the TV turned off and limit screen time to no more than two hours a day. In that two hours, browse [www.Kids.gov](http://www.Kids.gov) for games, stories, puzzles, and even animated short movies in the sections on arts, music or fun. Make <http://www.Kids.gov> the homepage on the computers the children use, so no matter what question they ask, the answer is always easy and fun to find.

(Contributed by Suzanne Bradley, JD, RN,C)

## REQUESTING PRINTED MATERIAL AND ADVICE ON HEALTH AND SAFETY

### ECELS ORDER FORM

(Pennsylvania Child Care Providers & Pennsylvania Health Consultants Only)

**Health & Safety Training Opportunities:** See enclosed training brochure or request training on line using the new ECELS-Healthy Child Care PA website: [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org)

**New opportunity for directors and health consultants:** See the ECELS-Healthy Child Care PA website for a description of a self-learning module using a 2-disk DVD set that includes 5 videos with a self-assessment, and electronic copies of key documents, e.g. *Caring for Our Children* and *Model Child Care Health Policies*. Request this self-learning module by email from [ecels@paaap.org](mailto:ecels@paaap.org). Receive and keep the DVD set at no cost, and use it to earn 3 contact hours (3 CME/ 0.3 CEU credits) from the University of Pittsburgh.

**Handouts:** One copy per organization To receive the handout listed below, check the box and **return the form with a self-addressed, stamped business envelope**. Return the order form to PA AAP, ECELS-HCCPA, Rose Tree Corporate Center, Bldg. 2, Suite 3007. 1400 North Providence Road, Media, PA 19063.

- A Guide to Children's Dental Health—a brochure from the American Academy of Pediatrics**
- Children with Diabetes, information for teachers and child care providers — a brochure from the American Diabetes Association**

Many useful materials with order forms are located on the ECELS-Healthy Child Care PA website, [ecels-healthychildcarepa.org](http://ecels-healthychildcarepa.org). You can also make requests by email: [ecels@paaap.org](mailto:ecels@paaap.org) or by Fax: 484-446-3255



