



# NEWS & VIEWS

Volume 5, Issue 1 • A Publication of the Lexington-Fayette County Health Department • January/February 2006

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## February is Dental Health Month

Did you know...

- Tooth decay affects more than 20% of the US children between ages 2-4, and 50% of children ages 6-8?
- One-third of low income children have untreated tooth decay?
- 25% of adults over 60 years old have lost all of their teeth?
- 95% of adults have tooth decay?
- Kentucky and West Virginia rank highest in toothlessness (in adults)?

Poor dental health can affect children and adults mentally and physically. Ignored cavities can cause discomfort, poor attendance at school, and malnutrition. For adults, tooth loss can contribute to poor appearance. It can also drastically change a diet since foods that were once consumed can no longer be chewed.

Brushing twice a day with fluoride tooth-

paste is important. However, fluoride intake in children under 6 years of age should be monitored. Too much fluoride ingested at an early age can cause white spots (enamel fluorosis) to occur on the teeth. Only a pea-sized amount of toothpaste is necessary to clean teeth. For children under age 2, parents should consult with their pediatrician or dentist first.

Remember that brushing isn't the only thing we need to do to keep our teeth healthy. Flossing, eating healthy foods, and visiting the dentist twice a year are also very important.

Source: [www.cdc.gov](http://www.cdc.gov)



Brushing your teeth without flossing is like washing only 70% of your body. Source: [www.crest.com](http://www.crest.com)

## Vaccine Update

The American Academy of Pediatrics has made a few changes to the 2006 Immunization Schedule. One of the changes is that the Hepatitis A vaccine is recommended for all infants ages 12-23 months, with a second dose six months later. To view the other changes and entire immunization schedule, visit: <http://www.aap.org/advocacy/releases/jan06immsch.htm>

## First Aid Kits

Is your First Aid kit up to par? According to KY licensing and regs, your first aid kit should include current:

- Liquid soap
- Adhesive bandages
- Sterile gauze
- Medical tape
- Scissors
- A thermometer
- Flashlight
- Cold Pack
- First aid book
- Disposable gloves
- A cardiopulmonary resuscitation mouthpiece protector

Source:[http://nrc.uchsc.edu/STATES/KY/ky\\_120.htm#pgfId-867164](http://nrc.uchsc.edu/STATES/KY/ky_120.htm#pgfId-867164)

**"If you always do what you've always done, you'll always get what you've always got." ~Anonymous**

## Support Breastfeeding Mothers

Child care providers play an important role in a mother's choice and ability to continue breastfeeding her baby after returning to work or school. Research shows that breastfed infants have fewer illnesses, lower risk of allergies, reduced risk of sudden infant death syndrome, reduced rate for developing breast cancer, decreased risk for developing obesity, increased percentage of higher scores on cognitive and motor development tests, and a higher visual acuity.

Ways you can support breastfeeding:

- Let mothers know you support breastfeeding in your child care center/home. Make a comfortable place for mothers to feed their infants at drop-off time, lunch time and pick-up time.

- Learn how to store breast milk. Breast milk should be labeled with a permanent marker with child's name and date the milk was expressed.

Breast milk can be kept in the refrigerator for 3 days. Do not leave breast milk at room temperature for over four hours.

Discard any breast milk not consumed at the feeding. Use bottles instead of bags to store breast milk. Contamination is higher with

breast milk bags (even brand new breast milk bags).

- Learn how to handle breast milk. Always wash your hands prior to feedings. Breast milk does not have to be warmed prior to feeding. If mom prefers breast milk to be warmed, the milk may be warmed by heating the bottle of breast milk in warm water. Set the bottle of breast milk in a warm bowl of water, or place the bottle under a faucet of running warm water for five minutes. NEVER heat breast milk in a microwave or bottle warmer.



Swirl milk to mix, never shake it.

- Make sure you give the correct bottle to the correct child. Have a policy in place in case a child is fed another child's bottle.

- Breastmilk will naturally separate into layers when left in the fridge, with the "cream" on top. Sometimes people assume this means the milk is spoiled, but it isn't. Breastmilk may also be different colors—more bluish or yellowish—at different times. Breastfed baby's bowel movements are supposed to be yellow in color and very loose.

Source: Family and Consumer Sciences (FCS)/ Texas Cooperative Extension and The Lactation Counselor Certificate Training Program Manual and Course

# Rubella (German Measles)

Rubella is caused by the Rubella virus. The symptoms of Rubella are a low-grade fever, swollen glands in the area behind the ears and behind the neck, and a rash. The rash usually lasts 3 days. Many people have no symptoms. Adults may have aching joints. Rubella is spread when a person with rubella coughs or sneezes tiny droplets with rubella virus into the air and another person breathes them in. People can also get infected by touching these secretions and then touching their mouth, eyes or nose.

According to the Centers for Disease Control and Prevention (CDC), rubella has been eliminated from the U.S. Only 40 years ago, rubella affected thousands of children every year. Rubella may be prevented through vaccination. Cases of rubella have declined steadily since 1969 when the vaccine was introduced.

Rubella is a real threat in other countries, which means that anyone traveling outside the U.S. who is not immunized can bring it home. It is important that children continue to receive the Measles, Mumps, and Rubella (MMR) vaccine to prevent rubella.

The disease is dangerous for pregnant women since it can cause major birth defects and other complications. Pregnant women exposed

to rubella should call their health care providers immediately.

Rubella is a reportable disease. Reporting is required within 24 hours by telephone or fax to the Health Department.

Most rubella infections today appear in young, unimmunized adults rather than children. It is estimated that 10% of young adults are currently susceptible to rubella, which could pose a danger to any children they might have someday.

Infants who are infected with rubella before birth develop what is called congenital rubella syndrome. These infants can shed the virus in urine and fluid from the nose and throat for a year or more and may pass the virus to people who have not been immunized.

The rubella vaccine is usually given to children at 12 to 15 months of age as part of the scheduled measles-mumps-rubella (MMR) immunization. A second dose of MMR is usually given at 4 to 6 years of age. Parents may check with their health care provider's immunization schedule.

Sources: *Parents Magazine; Infectious Diseases in Childcare Settings and Schools Book by the Hennepin County Health Department*

## Class Registration

Please remember that you can only register for a class a month ahead of time. This means you can sign up February 1st for both March classes and sign up March 1st for both April

classes, etc. We apologize for any inconvenience this may cause.

## Recalls

1. Fisher-Price recalls the Infant Laugh and Learn Musical Learning Chair. The chair poses a strangulation hazard. A child can become lodged between the seatback and side table of the chair, possibly leading to an entrapment of the neck. This chair was sold from May 2005 through January 2006. You may contact Fisher-Price to receive a free repair kit that contains a plastic piece that connects in between the seatback and side table, preventing the possibility of entrapment. Contact Fisher-Price at (866) 552-3914 or visit the firm's website at [www.service.fisher-price.com](http://www.service.fisher-price.com)

2. The U.S. Consumer Product Safety Commission (CPSC) and Advantage Publishers Group of San Diego, California is recalling Children's Books. If the clear plastic container is removed from the book's back cover or breaks, young children can access the beads in it. This poses a choking hazard to young children. Please visit [www.cpsc.gov](http://www.cpsc.gov) for more information.

3. The CPSC and Simplicity Inc are recalling Graco Branded Aspen cribs. The cribs pose a suffocation risk. The screws on the wooden mattress support can come loose allowing a portion of the mattress to fall. Please visit [www.cpsc.gov](http://www.cpsc.gov) for more information.

Reference: <http://www.cpsc.gov>

Visit [www.cpsc.gov](http://www.cpsc.gov)  
to view more recalls.

# Provider Class Schedule Update

February 14: Bloodborne Pathogens  
February 28: Breastfeeding and the  
Childcare Provider  
March 14: Challenging Behaviors  
March 28: Stress Management  
April 11: Shaken Baby Syndrome  
April 25: Playground Safety  
May 9: Grief in Children  
May 23: Food Safety

**Location:** Lexington-Fayette County  
Health Department, 650 Newtown  
Pike, 3rd floor  
**Time:** 6:30-8:30pm

You may register a month in advance  
for classes. Please call 859-288-2308  
to register. Schedule is subject to  
change.

Just a reminder that we are only of-  
fering provider classes at individual

childcare centers during the day. All  
evening provider classes are being  
held at the Lexington-Fayette County  
Health Department.

## We're on the Web

Past and current newsletters, as well  
as the current class and TB schedules,  
can be found online at: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org). Click  
on "Youth Services." Then Click on  
"Healthy Start in Child Care."

## TB Testing Reminder

**Cost:** \$10  
**Call for an appointment:**  
231-9791, ext. 237

## Update on Infectious Disease

At the end of December, we  
mailed out an "Update on In-  
fectious Disease" to every li-  
censed childcare center and  
certified home. This update  
was written by pediatrician,  
Dr. Revelette, and his col-  
leagues and recommended  
that you revise some of your  
current policies according to  
the recommendations set by  
the American Academy of Pe-  
diatrics. If you need another  
copy of this document or have  
questions, please call 859-288-  
2308.

Child Care News and Views is a publication of the Healthy Start in Child Care Program at the Lexington-Fayette County Health Department. For more information, please contact Karen Jones or Catherine Lowe at (859) 288-2308 with any comments or questions.



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**KIDS  
NOW**  
Kentucky Invests in Developing Success

**Invite Max T. Mustang or Ol-  
lie Z. Mutt to come to your  
classroom and talk about  
keeping teeth healthy. Our  
two fun puppets are a hit  
with children! Plus, the chil-  
dren will receive floss and  
toothbrushes when we come  
to teach the class. Call 288-  
2308 to schedule a class.**