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Fall Festival and Halloween Safety Tips

Many childcare providers host annual fall festivals and Halloween parties. Below is a list of safety tips to help prepare children for a safe and enjoyable time.

1. Wear light-colored or reflective-type clothing to be more visible or put reflective tape on costume accessories.

2. Keep away from open fires and candles. Costumes can be extremely flammable. When purchasing costumes and accessories, look for "Flame Resistant" on the label. Avoid costumes made with flimsy materials and outfits with big, baggy sleeves or flowing materials.

3. Costumes should be short enough so they don't cause children to fall.

4. Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.

5. Don't obscure the child's vision with floppy hats, untied scarfs, or sheets for ghost.

6. Swords, knives, and accessories should be made of soft, flexible material.



7. Wear face paint instead of a mask. A mask might cover one's eyes.

8. Exercise extreme caution when driving a vehicle. Be on the alert of excited children that may walk out into traffic.

9. Many accidents occur when drivers are backing vehicles out of driveways. Make absolutely certain there are no small children behind your car.

10. Candlelit jack-o'-lanterns should be kept clear of walkways. (Consider using flashlights to light jack-o'-lanterns).

11. Small, hard pieces of candy pose a choking hazard to young children.

Sources: American Red Cross; www.halloweenishere.com



Recalls

1. Adventure Playsets is recalling some of its wooden swing sets. Defective bolts could cause the set's frame to detach from the fort structure, posing a fall hazard. You may call 800-856-4445 to receive repair instructions and free replacement bolts.

2. Regal Lager is recalling some of its Phil & Ted's E3 Twin Buggys. The plastic hinge on the handlebar can crack, causing it to detach while in use. Call 800-593-5522 for a free replacement hinge as well as repair instructions.

3. Simon & Schuster is recalling Curious Buddies Children's Books. These are cloth books titled "Hello, Curious Buddies!" The felt ears and limbs on the pop-up characters can detach or come apart when pulled, which may pose a choking hazard to young children. Call 800-732-9531 for information on how to receive a free replacement book.

4. Simplicity Inc. is recalling Aspen 3 in 1 Cribs with Graco logos. The screws on the wooden mattress supports can come loose, allowing a portion of the mattress to fall. This poses a suffocation hazard to young children who can slide down and become entrapped between the unsupported mattress and end of the crib. Call (800) 784-1982, or visit the Web site at www.simplicityforchildren.com for a free repair kit.

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National Clean Hands Week-September 17-23

National Clean Hands Week is September 17-23, 2006! A great way to celebrate is to have your Healthy Start Consultant come out to your center and use Glo-Germ to teach the children about hand-washing. It is extremely important for children and staff to know the proper way to wash hands. Glo-Germ is a fun way to do that! Our schedules fill up quickly, so please call 288-2308 as soon as possible if you are interested in a handwashing class.



Handwashing is the single most important thing we can do to prevent from getting sick or spreading illness. Handwashing with soap is a proven intervention to reduce diarrheal disease incidence. Please wash your hands, so you don't share germs!

Handwashing with soap and water can reduce the number of pneumonia-related infections in children under the age of five by more than 50%. Pneu-

monia is the leading killer of children under age five worldwide. Don't forget to wash infant's hands also.

Hand-hygiene promotion has been challenging for over 150 years. Handwashing with soap and water has been considered a measure of personal hygiene for generations. In the 1840s, handwashing gradually became accepted as one of the most important measures for preventing transmission of germs.

Easy access to a sink and soap is essential for optimal adherence to hand-hygiene recommendations. Lack of knowledge of guidelines for hand-hygiene is a barrier to good handwashing practices. Improvement has been seen with hand-hygiene due to in-service education, information leaflets, workshops, lectures, automated dispensers and motivation.

Chipped nail polish may support the growth of larger numbers of germs on fingernails. Staff who wear artificial nails are more likely to harbor germs on their fingertips than those who have natural nails, both before and after handwashing. Personnel wearing artificial nails have been linked to several outbreaks of infection.

Source: www.cdc.gov

Call 288-2308 to schedule a handwashing class using Glo-Germ for a fun way to teach proper handwashing!

Vision Screening for Children

Young children with vision problems often do not know that the way they see the world is not the way everyone sees it. Vision problems affect one in 20 preschoolers. Without early detection and treatment, children's vision problems can lead to permanent vision loss and learning difficulties. Eye screenings help find children who need a full eye exam.

Children with problems seeing things at a distance may have trouble seeing the blackboard at school or performing well at sports. Trained eye screeners test children to see whether their eyes are straight and how well their eyes work together. Children whose eyes do not work well together are at risk for lazy eye (amblyopia). Lazy eye can cause life-long vision loss in the affected eye. If lazy eye is found early enough it can be treated. The earlier lazy eye

is found, the greater the chance of preventing permanent vision loss.

Photoscreening is a tool for screening the eyes of pre-verbal or challenged children. The screener uses a special camera to take pictures of the child's eyes during a photoscreening. Once the instant photo is developed, a screener uses the photo to look for signs of vision problems.

All children should have their eyes checked at regular intervals. Children who experience vision problems or show symptoms of eye trouble should receive a comprehensive eye exam by an optometrist or ophthalmologist. Optometrists and ophthalmologists may be contacted to help with questions and problems regarding eyesight.

Source: <http://www.preventblindness.org/eye>

Fire Safety

Did you know that 4,000 Americans die each year in fires and 20,000 are injured? Did you know in less than 30 seconds a small flame can become a huge fire? Below are some tips to help keep you and the children in your care safe from fires:

- Every center needs a fire escape plan. Make sure there are two ways out of every room and practice fire drills frequently.
- If there is a fire, leave immediately. Do not go back in a burning and/or smoke-filled building.
- If you are trying to escape from a fire and you come across a closed door, put the back of your hand up to the door. If it's warm, do NOT open the door. Find another way out!
- Call 911 once you are outside of the building.

- There should be a designated meeting place, so every child and staff member can be accounted for.
- Smoke alarm batteries need to be tested every month and changed with new ones at least once a year.

Source: www.usfa.fema.gov



Recalls Continued

5. Royal Seating Ltd., of Cameron, Texas is recalling Royal Seating Prima Chairs. The seat portion of the chair can detach from the leg base possibly causing a child to fall to the floor. Call 800-460-4916 to receive information about having chairs tested and replaced if needed.

6. Rainbow Play Systems Inc., of Brookings, S. D. is recalling Sling Swing Seats. These swing seats can unexpectedly break in half, causing the users to fall to the ground. Call (800) 724-6269, or visit the Web site at www.rainbowplay.com for a free replacement swing.

References: Americanbaby.com, July 2006; <http://www.cpsc.gov>

Halloween Treat

Try this ghoulish recipe!

- 1 loaf of wheat bread
- Cat and ghost cookie cutters
- 8 ounces peanut butter
- 2 cups crushed granola
- 1 (12-ounce) package raisins
- Confectioner's sugar

Cut cat and ghost shapes from bread with cookie cutters.

Spread bread shapes with peanut butter. Sprinkle granola on cat shapes. Lightly dust the ghost shapes with confectioner's sugar. Arrange raisins for eyes, nose and mouth. Yields 48 servings.

A New School Year Has Begun!

Don't Forget!

Give us a call at 288-2308 to set up classes for the children at your center. The classes are free and include topics such as proper handwashing, healthy teeth, stranger safety, nutrition, and more!

Fall Class Schedule

September 12: Asthma in Children
September 26: Food Allergies
October 10: Special Needs
October 24: Breastfeeding at the Child-care Center
November 7: Stress Management
November 14: 1, 2, 3 Magic
December 12: Early Brain Development

Please remember you can only register for classes a month ahead of time. For example, you can start calling September 1st for classes in October and start calling October 1st for classes in November.

Call 288-2308 to register. All classes are held at the Lexington-Fayette County Health Department, 650 Newtown Pike, from 6:30-8:30 pm. Please be courteous and call to cancel allowing others the opportunity to attend.

UPDATE: TB Testing for Providers

TB testing for childcare providers will now be given at the Environmental Health building at 333 Waller Ave., 4th floor. To schedule an appointment for a TB Test, please call 231-9791, ext. 237.

Super Veggie Wrap Recipe

Give this tasty recipe a whirl to increase vegetable intake!

1 cucumber, peeled and thinly sliced
2 small zucchinis, thinly sliced
2 carrots, peeled and thinly sliced
4 large white mushrooms, chopped
4 green onions, chopped
1 clove garlic, chopped (optional)
4 (10-inch) fat-free flour tortillas
½ cup fat-free cream cheese

In a small bowl, combine all vegetables. Thinly spread 1 tablespoon cream cheese on each tortilla. Place some of the chopped vegetable mixture evenly across center of tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch wide sections to serve. Variation: Add 2 tablespoons of salsa to each wrap. Yields 32 slices.

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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Directors, please share this newsletter with your staff.