

Focus on Diabetes: Part 2

How can you lower your risk or the risk of your child for getting Type 2 Diabetes?

- Maintain a healthy weight.
- Stay physically active. Children participate in less active games and spend more time watching TV or playing video games than ever before. Per the CDC, "It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily."
- Offer healthy food choices
- Monitor portion control. A child-size serving is much smaller than most realize.

How does physical activity help?

- It helps the child feel good.
- It helps control weight.
- It helps build lean muscle.
- It reduces body fat.
- It strengthens bones.
- It increases flexibility and balance.
- It improves self-esteem and mood.
- It helps children sleep better.
- It helps children focus better in school.
- It encourages teamwork skills and cooperation in group or sports activities.

A child's serving is much smaller than most realize.

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 Jan Bright at (859)288-2308 or Cindy Wilson at (859)288-2326 with any comments or questions.



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Asthma Management in Childcare

September brings a change of seasons in Kentucky. Temperatures are cooler in the mornings and evenings, while we still have hot afternoons for play-time. Crops are being harvested. October brings a renewed sense of beauty with falling leaves, comfortable temperatures, more rain and shorter days.



This season can be fun and eventful for most, but for those families with children who have asthma, it can be a truly frightening time. The changing temperatures and weather patterns can trigger an attack. With the increase in rain, the mold counts may increase, further placing a child at risk. Tobacco harvesting and falling leaves may raise pollen and mold counts.

According to the American Lung Association, "Almost 1.2 million children under the age of 5 currently have asthma...and many others have 'hidden' or undiagnosed asthma."

The better you understand asthma and its treatment, the more comfortable you will be in managing a child at your center.

What is asthma? Asthma is an inflammatory condition that causes a person's airways to be over-reactive, produce more mucous and develop muscle tightness leading to narrowing of the airways.

Symptoms: The symptoms you may see could be a simple dry cough, wheezing or rapid breathing. Sometimes, you

may notice that a child is "pulling" the skin in around his ribs or at the base of his throat. A child may not be able to speak or be significantly more hoarse. Infants may be teary, agitated and hard to calm. Often, an earlier signal may be that the child appears to be quiet, tired or not as energetic as normal.

Triggers: Common triggers for asthma are exercise, infections, allergies, irritants (perfumes, household sprays, cigarette smoke, paint fumes, etc.), weather, or in rare instances, emotions.

Treatment/Prevention: Sit down with the child's parents and get an action plan together for management of their child's care. Make sure it has a description of symptoms, treatment and emergency contact numbers. In your center, take these steps to reduce the risk of triggers:

- Clean the room when children are absent using damp dust clothes and a damp mop.
- Keep the windows closed.
- Avoid dust-collecting items

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- Avoid tobacco smoke.
- Keep outdoor play areas free of leaves, weeds or flowers.
- Enforce your sick-child policy.
- Familiarize yourself with the child's individual triggers.
- Encourage staff/families to get annual flu shots.
- Stay calm! The child will breathe more easily if they receive calm reassurance from you.

Germs and Children

Germs and children go together like peanut butter and jelly. Young children, especially those in childcare, are particularly vulnerable to infectious diseases for several reasons: exposure to germs in group care, immature immune systems, behaviors that spread germs (thumb sucking, putting objects in their mouths), and lack of control of bodily fluids. The CDC estimates that each year, more than 164 million school days are lost because of illness. This number could be significantly reduced by simply exercising good hand washing!



Preschoolers are more vulnerable to illness.

Preschoolers learn by using their senses. Germs cannot be seen, touched, heard, tasted or smelled by the child. Parents and teachers need to make hand washing a ritual so that they can learn by repetition, just like they learn the ABC's. Remind the kids to wash their hands:

- Before eating
- Before taking medication
- When entering the classroom
- After using the restroom
- After sneezing or coughing
- After petting any animal

Remind them they need to lather the soap so that they see bubbles. They should wash their palms, back of their hands, between their fingers and under the nails. Often, kids play in the water without lathering. They

also forget to wash anything beyond the center of their palms.

There are many websites that have curriculums about teaching hand washing to preschoolers. Here are just a few to help speed you on the way to reducing illness in your classroom:

Henry the Hand, www.henrythehand.com

The Scrub Club, www.scrubclub.org

Teaching Children About Food Safety: A Guide for Child Care Providers, www.extension.iastate.edu/Publications/PM1464.pdf

Why, How, and When to Wash Hands, www.health.state.mn.us/divs/fh/mch/CAREweb/handwashing.pdf

Curriculum Ideas for Exploring Handwashing, www.units4teachers.com/PDF/handwashing.pdf

Healthy Hands/Healthy Kids, www.healthyhands.com/educator/grades_pre_2.htm

The Partnership for Food Safety Education, www.fightbac.org/main.cfm

Germ Squirm Kids and Safe Food Handling, www.ext.vt.edu/pubs/preschoolnutr/348-653/348-653.html

ABCs of Handwashing, www.fns.usda.gov/tn/Resources/Nibbles/abc.pdf

Child Health Online, www.childhealthonline.org

“Hand washing can greatly reduce the risk of illness in the group setting if done well and at the correct times.”



Child Passenger Safety



Children 7 and under should be secured in a booster seat.

According to the National Highway Traffic Safety Administration, a properly installed, belt-positioning booster seat lowers the risk of injury to children by nearly 60 percent, compared with seat belts alone.

Senate Bill 120 requires that children

younger than 7 years of age and between 40-50 inches tall be secured in booster seats. This

If interested in obtaining booster seats at a discounted price, please call Sherri Hannan, Fayette County Safe Kids office at (859)323-1153

change went into effect early in July 2008. The bill requires law enforcement officers to issue “courtesy warnings” for violations until 2009, after which there will be a \$30 fine with no court costs. Violators will have the option to purchase a booster seat instead of paying the fine.

Information about child seats and other safety issues can also be found online at www.highwaysafety.ky.gov.

For Interpretive Guidelines regarding child passenger safety, check on-line @ <http://www.lrc.ky.gov/kar/922/002/120.htm> for KRS Chapter 186

and 603 KAR 5:072 pertaining to transportation of children in the childcare setting.

Fruits and Vegetables Count!

“Eat your fruits and vegetables!” That’s what mom always said, and boy did she know what she was talking about! Fruits and vegetables are packed with nutrients that help keep our bodies healthy! We need to focus on eating a variety of fruits and vegetables. They each contain different nutrients. For example, carrots and spinach are great sources of vitamin A, whereas kiwi and strawberries are great sources of vitamin C. Vitamin A helps keep eyes healthy, and vitamin C helps heal wounds and cuts. So, both nutrients are necessary!



Small servings of colorful fruits and vegetables can easily be added to any meal.

Not eating your daily fruits and veggies? People don’t eat fruits and vegetables for many reasons. Check out the reasons and solutions below!

• **TASTE:** Fruit usually isn’t an issue because of the sweet taste. Veggies can be prepared a variety of ways. Instead of just boiling them in water, try steaming or cook them in the same baking dish as a roast to add flavor. Experiment with different seasonings to add flavor. If you’re not a fan of cooked carrots, try them raw with a little bit of low-fat dip! Children are also fans of veggies and dip. (Make sure they are developmentally ready for raw vegetables, though.) The same goes for cooked broccoli. Try it raw with dip or sprinkle some cheese on top of the cooked broccoli. If you don’t like canned peas, try frozen! Frozen peas usually have a fresher flavor and more nutrients since they didn’t go through the canning process.

• **BUDGET:** Check the weekly ads. Often, you can find fresh, frozen, and/or canned produce on sale. Stock up when these items are on sale. Focus on purchasing fruits and vegetables for snacks instead of the “empty calorie” (high-calorie, low nutrient) snack foods. High-calorie, low nutrient snack foods are unhealthy and can be more

expensive. Also, purchasing prepared fruits and vegetables (i.e. peeled, cut, sliced, etc.) is convenient, but it is a really expensive way to buy produce. Schedule time in your week after your trip to the grocery to prepare your own fruits and veggies, so they are easily accessible when you open the refrigerator.

• **JUST DON’T LIKE THEM or DIDN’T GROW UP**

THAT WAY: It’s never too late to change! Try introducing yourself to fruits and vegetables you’ve never tried or haven’t had in a while. Tastes change over the years. Plus, it’s important to be a role model for children. They are watching! What you do has more impact than what you say.

• **HEALTH ISSUES:** Sometimes food allergies and food intolerances can get in the way of someone eating fruits and veggies. If you suspect food allergies, see an allergist to be tested for allergies. Avoid foods you are allergic to but talk to a registered dietitian (RD) about foods that could replace the foods you are unable to eat. If you only have a food intolerance, this is not life threatening; however, you may also want to talk to an RD, so you aren’t missing nutrients in your diet by avoiding foods.

Kentucky Fall Produce Suggestions

Lots of local produce is available in KY during the fall season! Here are some fruits and veggies you might find at your Farmer’s Market:

Apples
Beans
Broccoli
Cabbage
Cauliflower
Corn (sweet)
Cucumbers
Eggplant
Grapes

Lettuce
Okra
Onions
Pears
Peppers
Plums
Potatoes
Pumpkins
Raspberries
Squash (summer and winter)
Tomatoes
Turnips
Watermelons



Source: Kentucky Farm Bureau, <http://www.kyfb.com>