Helps and Hints
Family Child Care Newsletter

Childhood Services

Arkansas State University

November 2009

Helps and Hints Family Child Care Newsletter is funded by the Department of Health & Human Services, Division of Child Care and Early Childhood Education, Little Rock, Arkansas

Inside this issue:

Art & Creativity

Sing, Song, Sway

Math & Manipulatives

Sensory

Special Section

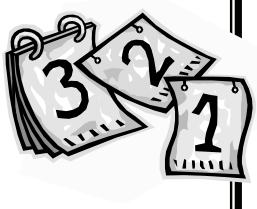
And much more!

Keeping Children Healthy, Safe, and Happy

It's cold and flu season so be sure to wash your hands and the children's hands often. In addition to the flu vaccine, simple hygiene practices will help protect you and others from contagious flu viruses. These are things such as hand washing, covering your mouth when coughing, and staying at home when sick. Also, to eliminate the spread of germs and diseases in the home sanitize and disinfect all surfaces daily or as needed throughout the day.

Good nutrition and plenty of physical activity are key to a young child's health, growth, development and happiness. Serve colorful fresh fruits and vegetables one or more times each day to assure children are receiving the nutrients that they need for good health.

Creating a healthy environment requires leadership and commitment to quality and well being of children and staff.



12th Annual
Family Child Care Conference
April 16-17, 2010
Holiday Inn, Jonesboro, Arkansas
Registration Information Coming Soon!

What Does EPSDT or well Child Care Mean?

E "E" stands for "**Early**."

When your baby is born, your baby should see the doctor. If the doctor finds health problems "early", they can be treated faster

P "P" stands for "**Periodic**."

Take your child to the doctor at "periodic," or regular, times. That way, new health problems can be found and treated.

S "S" stands for "**Screening**."

"Screening is a simple checkup from your child's doctor.

D "D" stands for "**Diagnosis.**"

"Diagnosis" is when the doctor finds out if your child has a health problem.

T "T" stands for "**Treatment.**"

"Treatment" is the care your child gets from the doctor. The doctor uses treatments like medicine to prevent, help, or cure a health problem.

"EPSDT" is often called "well child care" because it means that you and your child's doctor are working to keep your child healthy and well.

For more information
or if you have questions, call your county
Department of Health and Human Services.
(DHHS) office
or 1-800-482-5431.

Circle (Group) Time

Progressive Stories (for Groups)

Start each story with a phrase from list below. Each child in turns adds an idea to the story:

1. One sunny day, I went to the market and bought some broccoli……
2. One winter morning, I drank orange juice for breakfast…..
3. One spring day, I planted apple seeds in my yard……
4. One rainy day, I ate a tomato for lunch…..
5. One summer afternoon, I took some bananas to the zoo……

Variation: Each child repeats the phrase above, but adds another fruit or vegetable to the list.

Plan group physical activities for children.

- Discuss things people do to get exercise and the importance of physical activity such as swimming, skating, and bike riding.
- Let children pretend to swim or bike ride
- Set up plastic soda bottles and use a soft nerf ball of some sort to use for bowling or use a soft bat for baseball practice.
- Collect pictures of exercise equipment or games and activates that promote physical activity and allow children to discuss the different activities.

Art & Creativity

Paper Plate Puppets

- Draw face on plate; add stick or cardboard roll to hold up
- Fold a plate to make a big mouth
- Can add 1/2 of a second plate, taped or stapled to top of back of 1st plate as a pocket for your hand

Paper Bag Puppets

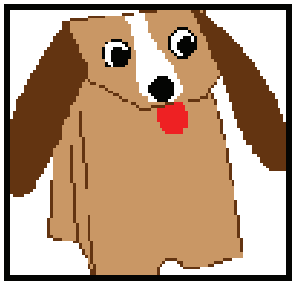
- Draw a face; color; cut; glue on bottom of large paper bag
- Or draw directly on bottom of bag; fold over

Glove or Mitten Puppets

- Gloves make good "creepy crawly" things (like spiders)
- Add a face on front of mitten

Jack-in-the-Box Puppets

- Find a small box
- Cut an opening in bottom of box; turn box upside down
- Finger puppet or hand puppet pops up



Finger Puppets

- Draw faces on fingers
- Draw faces on paper; add tabs to wrap around finger
- Cover finger with fabric; secure with rubber band
- Draw faces on broken peanut shells or thimbles

Painted Hand Puppets

- Hold hand sideways
- Paint large mouth on inside of index finger (for top) and inside of thumb (for bottom)

Cardboard Tube Puppets

- Decorate cardboard tubes
- Add head, face, clothing

Eat 5 A Day

Fruit and Vegetables are healthy foods

• for you • for your own children • for the children you work with

The National Cancer Institute and the Produce for Better Health recommends eating at least **'5 A Day for Better Health!'** Here are some suggestions to help children and families eat at least **5 servings of Fruits and Vegetables every day:**

- Take the children grocery shopping; let them pick out some fruits & vegetables they've never tried before.
- Teach children how to prepare fruits & vegetables; they will enjoy foods they help to process.
- Set a good example by showing the children that you enjoy fruit & vegetables.
- Serve fruits & vegetables in different ways. Keep a bowl of cut-up vegetables in the refrigerator for snacks; pack up a bag of fresh or dried fruit to take along in the car.
- Keep some fresh fruit and vegetables at your work site to snack on. Offer them to adults in place of coffee; offer them to children as rewards or snacks in place of candy.
- Serve fruits & vegetables raw; children might prefer them crispy and crunchy.
- Serve fruit & vegetables with tasty dips. Try low-fat vanilla yogurt with fresh fruit, low-fat cottage cheese or ricotta cheese with fresh or cooked vegetables; place or melt low-fat cheese over vegetables (like broccoli); try cheese or peanut butter on fruit slices (like apples).
- Make it a habit to always include fruit or fruit juice with breakfast.
- Encourage children to try unfamiliar fruits or vegetables when eating out, or at a friend or relative's house, or in school; then offer these foods again at home.
- Tell the children that eating fruits & vegetables will help make their bodies strong, and will give them more energy to learn well and play well.

Both adults & children need at least **5 servings of Fruit and Vegetables every day.**

So choose 1 or 2 different Fruits &/Or Vegetables with each meal and snack.

EAT '5 A DAY FOR BETTER HEALTH!'

Health Tips

Head Lice

What is head lice?
Head lice are wingless, grayish-white, blood-sucking insects that do not live on any other animal or plant.

Where are head lice found?
Head lice and nits (eggs) are most commonly found at the nape of the neck and behind the ears-although all areas of the head should be examined. Dandruff and hair spray clumps are mistaken for nits. Nits are firmly cemented to the hair and do not slide up and down or fall off the hair.

What is the first sign of head lice?
Usually, itching is the first sign of infestation. Also, small red bumps may be noticed in the areas where the adult lice has feed. Lice is not a sign of being dirty.

How is head lice spread?
Individuals spread head lice by letting others use their combs or brushes or personal clothing. Also, they spread when infested carpet, bed, or furniture is shared. Direct examination with strong hand magnifying lens and a good light source is necessary for proper identification.

What is the treatment for head lice?
The most commonly used types of medicated shampoos available for treatment are:

- Over the counter products such as Rid and Nix shampoo
- A prescription product
- LiceMeister comb enables parents to screen for, detect, and remove lice.

Each type will kill about 100% of the adult lice with one treatment, but a second treatment must be applied in 7 to 10 days.

At the same time the patient is treated, the following should be done:
Washable clothes and bed linen used should be washed in hot water to kill nits. Drying for 20 minutes on high heat will distroy nits. Items that cannot be washed may be disinfected by being placed in a plastic bag for 10 days. Lice die in 48 hours without blood meal and nits kept at room temperature for 10 days do not hatch. Rugs and upholstery can be cleaned by thorough vacuuming. Combs and brushes should be soaked in 2% lysol solution for 1 hour or put in a pan of 125 degree water for 5-10 minutes.

Health Tips

Stop and Spend Time On Prevention

"Frequent hand washing is one of the best ways to prevent the spread of infectious diseases."- National Center for Infectious Diseases

The most important thing you can do to prevent yourself and the children in your care from getting sick is to practice and teach proper hand washing. Frequent hand washing prevents not only the common cold, but more serious illnesses such as meningitis, influenza, hepatitis A and most types of infectious diarrhea.

Preventing Spread of the Flu

- The flu shot
- Washing Your Hands or using Alcohol Based Cleansers
- Avoid Close Contact with People who are Coughing or Appear Sick
- Avoid Touching Your Eyes, Nose, and Mouth
- Cover Your Mouth and Nose With Tissue When Coughing and Sneezing
- Keep a Supply of Flu-Fighting Items on Hand Such as Tissues, Over-the-Counter Medications, and Digital Thermometers.
- Wipe Down any Surfaces That May Have Been Contaminated by Saliva or Other Respiratory Secretions.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.
- Talk to your schools administrators about their pandemic or emergency plan.

Sing, Song, Sway

Two Little Apples

Way up high on the Apple tree
(Point to the top of a "tree.)
Two little apples smiled at me
(Hold up 2 fingers and smile.)
I shook the tree as hard as I could
(Pretend to shake tree.)
Down came the apples,
Yummy, yummy!!
(Rub tummy and smile.)

Take Me Out To The Garden
(*"Take Me Out To The Ball Game")*

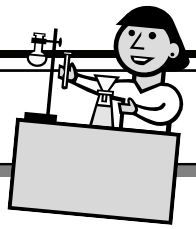
Take me out to the gar-den,
In the yard way out back,
Show me some carrots and lettuce and peas.
I don't care if we never come back.

For it's hoe the weeds in the garden,
We take good care of our plants,
And we eat good veggies and fruits
From our own gar-den.

Fruit & Veggie Cheer/Song
(*"Cheer, Cheer for Old Notre Dame")*

Cheer, Cheer for crunchy green peppers,
Red, ripe tomatoes, yellow bananas,
Crunchy carrots and juicy peaches,
And don't forget those red strawberries.

Fruits & Veggies, they are so yummy.
They are the foods that fill up your tummy.
Fruits & Veggies taste so good,
And they are so good for you!!



Science

Make Your Own Soap Bars

What you need:

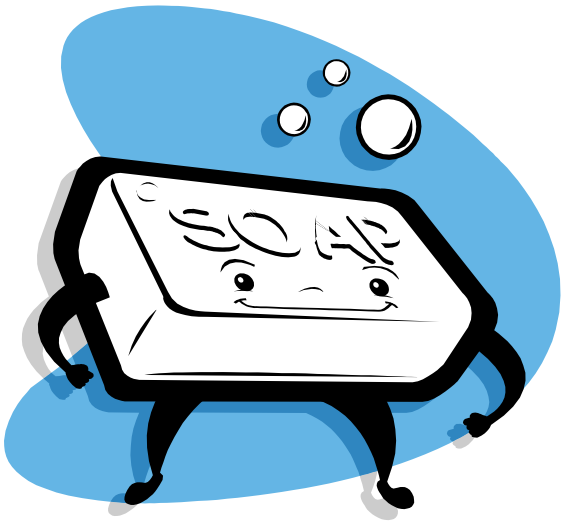
- Some clear, pure glycerin soap bars (like Neutrogena)
- Shape molds for soap, Playdough, or candy
- Potholders, microwave

What to do:

1. Cut the glycerin soap into small pieces (1 or 2 inch chunks) or grate them with a food processor.
2. Put the soap bits into a microwave safe bowl.
3. Microwave on high for 10-15 seconds. The soap should soften into a liquid.
4. Using potholders, remove the hot liquid soap from the microwave.
5. Pour the soap into the shape molds.
6. Allow the soap to cool for a few minutes, then carefully remove it from the mold.

Tips:
If you have trouble getting the soap out of the molds you can try either oiling the molds or placing the soap-filled mold into the freezer for a few minutes.

For some real fun try putting a small rubber toy into your soap!



Hand Washing Steps

Step One:
Moisten hands with warm running water and apply liquid soap

Step Two: Wash with Soap for 20 seconds

Step Three:
Rinse hands

Step Four:
Dry Hands

Step Five: Turn off faucet with paper

When to wash:

1. Upon arrival to home, re-entry from outdoors or when moving from one child care group to another.
2. Before and after eating, handling food, feeding a child, giving medication, and playing in water used by more than one person.
3. After diapering, using the toilet or helping a child use a toilet; after dealing with bodily fluids from mouths, noses or blood; after handling pets and other animals; after touching contaminated or messy objects or garbage.
4. Whenever hands look, feel, or smell

Say do you remember how we wash our hands. Let's go through the 5 steps. Repeat the hand washing chant:

Water, water, water. Get my hands all wet.
Now for the bubbles. That I can't forget.
Then rub, rub, rub. Scrub those germs away.
Rinse until the soap's all gone. No more germs today. Now dry my hands, dry my hands. Use a paper towel. And toss it out into the trash.

Hand Washing Poems

We wash our hands to keep them clean.
The cleanest hands you've ever seen!
Use soap and water-that's the way

Solutions for a Healthy Day Care Home

Taken from Clorox Company

Sanitizing solutions for hard, nonporous surfaces:

1 tablespoon liquid bleach
1 gal. water

1. Wash surface with hot, sudsy water, rinse
2. Apply sanitizing solution, keep wet for 2 minutes
3. Air– dry no rinsing

Disinfecting solutions for all surfaces:

3/4 cup of liquid bleach
1 gal. water

1. Remove visible dirt
2. Wipe surfaces with disinfecting solution, keep wet for 2 minutes
3. Rinse, wipe or air dry

Diapering Area

After Each Use:

1. Wash baby's hands thoroughly before returning to crib or play area
2. Dispose of paper towels, gloves, wipes, diapers and table liner in a lined, tightly-covered trash can
3. Use disposable paper towels or wipes to remove visible soil from changing table
4. Apply disinfecting solution to the entire changing surface; leave wet for 2 minutes to ensure that germs are eliminated
5. Rinse with water using a clean wet sponge, cloth or paper towel, then wipe or air dry

Cubbie Areas and All Low Shelves

1. Clean to remove visible soil
2. Apply disinfecting solution
3. Leave wet for 2 minutes
4. Rinse, wipe or air dry

Rugs

1. Vacuum on a regular basis
2. Clean and wash if heavily soiled

Solutions for a Healthy Day Care Home

Taken from Clorox Company

Cribs and High-Chair Care

- Separate cribs should be provided for each infant, clearly marked with the child's name
- Cribs should be arranged head to toe, with at least 3 feet between them for adequate air circulation and easy access by child-care providers
- **A crib should have no more than 2-3/8' between slats,** a snug fitting mattress, crib sides that lock at maximum height, no rough edges or exposed bolts and a latching device that cannot be released easily. It should have no cutouts, decorative knobs or end posts
- Older or used equipment should be checked to ensure the paint contains no lead
- High chairs should have a wide, stable base, without sharp or rough edges or points
- They should have sturdy restraining straps attached securely to their chair, and a tray that locks separately, and be easy to clean
- Place high chairs out of the path of opening doors, make sure the child's hands are out of the way when attaching or detaching the tray
- Be sure the child is strapped in securely. Never allow a child to stand up in a high-chair. Put the high-chair out of the way when not in use.

Toys

1. Wash toys with soap and water to remove dirt
2. Rinse thoroughly with clean water
3. Soak toys for 2 minutes in disinfecting solution (Using a net dunking bag can make cleaning toys easier. Just place the toys in the net and dunk them in the disinfecting solution)
4. Rinse thoroughly with clean water

Toilet

1. Flush toilet
2. Add 1 cup liquid bleach to bowl
3. Brush entire bowl
4. Let stand for 10 minutes
5. Flush again

Cooking and Children Mix Well

Fruit Punch

Mix large can orange-pineapple juice, 1 bottle 7-up, add sliced bananas.

Fruit Pizza

Bake sugar cookie dough in round pizza pan, spread cream cheese or ricotta cheese in thin layer completely over crust, cover with sliced fruits, making concentric circles or designs.

Frozen Fruits

Freeze bananas, grapes, peaches, cherries; cut and serve

Pineapple Faces

Place pineapple rings on plates; children make faces with raisins, marshmallows, shredded carrots & cheese, banana, apple wedges, grapes, chow mein noodles, etc.; also can make faces on rice cakes or bread slices; spread with peanut butter or whipped cream cheese.

Trail Mix

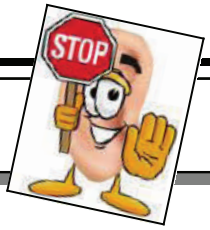
Make with Chex cereal, raisins, nuts, cut-up dates, dried fruit

Raw Vegetable Snacks

Cut up assortment of raw veggies; serve with a variety of dips; also good dunked in thick pineapple or orange juice

Sweet Potato-Apple Crunch

Thinly slice up apples and cooked sweet potatoes; mix with brown sugar & margarine; bake 30 minutes; top with pecan/brown sugar/margarine/flour toppings; place in broiler for 1 to 2 minutes



Understand Food Allergies

Understanding Food Allergies

You tried out a new shrimp recipe at dinner, and your daughter suddenly became sick without warning. After realizing she may not have tried shellfish before, you wonder if she could have a food allergy.

According to the Centers for Disease Control and Prevention, approximately 3 million American children and teenagers under the age of 18 are reported to have food or digestive allergies, which commonly include sensitivity to peanuts, milk, eggs, soy, tree nuts, wheat, shellfish, and fish. With food allergies on the rise, it's normal to worry when your child reacts negatively to a particular food. However, needlessly avoiding certain foods without first gaining a professional opinion can do more harm than good to your child.

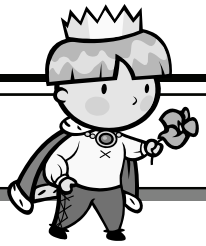
Always ask a Professional

"Self diagnosis and removal of certain foods from a child's diet without being evaluated by an allergist can result in malnutrition in extreme cases," says Leonard Bacharier, MD, clinical director of pediatric allergy, immunology and pulmonary medicine at St. Louis Children's Hospital. "Because children are growing and need all the nutrition they can get, it's important to verify allergies before you eliminate food groups," days Tara Todd, registered dietitian at S. Louis Children's Hospital. "The same goes for infants. Fussiness and spitting up at mealtimes don't necessarily indicate a milk allergy. Making that diagnosis yourself or switching formula brands too quickly could potentially be harmful for your baby."

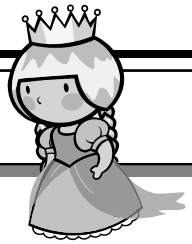
What You Need To Know

When questioning if your child is having an allergic response to food or just an upset tummy, look for a singular, immediate reaction or a combination of symptoms such as:

- Difficulty Swallowing
- Hives
- Itching
- Rash
- Redness around the mouth
- Respiratory symptoms such as sneezing, wheezing and shortness of breath
- swelling



Dramatic Play



1. Write a story with a fruit and vegetable theme. Then make the story into a drama, play, skit, melodrama or puppet show.

2. Make costumes using attached patterns (apple and orange).

3. Make masks:
   - use paper plates
   - add ears and/or hair, cut out holes for eyes
   - add sting or rubber band to wear

4. Make hats
   - build an elaborate hat on top of a small hat or visor
   -use fabric, objects, cardboard, or real fruits and vegetables

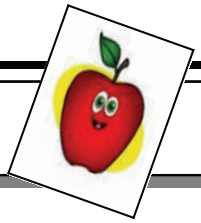
5. Make simple props from household items. For example, provide pots and pans and allow children to pretend cooking their favorite meals or snacks.

6. Make up short skits that take place:
   - at a restaurant -on a farm
   - in a bakery - in a market
   *provide a variety of props for each theme

7. Have children suggest their own plots or roles they want to play; then they can write or improvise their own lines.

8. Adapt or satirize a well-known:
   -fairy tale -cartoon or comic strip
   -play or musical - book or song

Taken from Join the Fruit & Vegetable Party by Laurie Manahan, MS, M.ED, Nutritionist Summiting



Positive Attributes & Benefits of 10 different Fruits and Vegetables

Broccoli: "Broccoli, Broccoli, Looks like a Tree, Eat a Tree for Victory"

- Bright green color; Crunchy texture
- High in Vitamin C and A; high in fiber
- Fights against cancer and heart disease
- High in Fiber, potassium, calcium, magnesium, iron
- You get 2 vegetables in 1; tops and stalks
- Versatile: good raw as snacks, in salads; good cooked as side dish, in casseroles
- Pretty color and shape-comes from flower of plant (other flowers include cauliflower)
- Veggies in the cruciferous family (also cabbage) have special cancer-fighting substances

Tomato: "Tomato, Tomato, You're So Red, You're Good for My Body, and My Head!"

- Bright red (there are also yellow & purple tomatoes)
- Many different kinds, shapes, sizes, round, large, cherry, egg shaped
- High in vitamins C & A
- High in fiber
- High in minerals: iron & potassium
- Contains lycopene, a substancve that protects you against cancer
- Low in calories
- Good raw or cooked, fro soup, juice, salads, cooked into dishes, sauces, ketchup
- Hydroponic tomatoes are grown in water, without soil

Corn: "Corn, Corn, Corn, You Make My Tummy Warm!"

- Bright yellow (but corn can also be white, blue, mixed colors)
- High in vitamins A, B, C
- High in minerals: potassium, magnesium
- High in fiber
- Good on cob, canned, frozen, in salads, soups; popcorn is a nutritious, low-calorie snack
- Can also be used as a "grain"-grounded into cornmeal for use in muffins, pancakes, cereal; ground into corn meal (flour) for bread, cereal, grits
- Corn is also a very important as feed for livestock animals

(Here is a tidbit of info: 1 ear of corn has about 1,000 kernels, always in even number

Books Worth Reading

Benchmark: 4.5 A. Shows enjoyment of books and stories

Books	Author
Germs Make Me Sick!	Melvin Berger and Marylin Hafiner
Germs On Their Fingers	Bendy Wakefield Ferrin
Those Mean Nasty Dirty Downright Disgusting by Invisible Germs	Judith Rice
Germs, Germs, Germs	Boddi Katz
Itchy, Itchy Chicken Pox	Grace Maccarone
Achoo: The Most Interesting Book You'll Ever Read About Germs	Trudee Romanek and Rose Cowles
Wash Your Hands	Tony Ross
Soap Science: A Science Book Bubbling with 36 Experiments	J.L. Bell and William Kimber
The Science of Soap Films and Soap Bubbles	Cyril Isenberg
The Unbelievable Bubble Book	John Cassidy and David Stein
Good Enough To Eat: A Kid's Guide to Food and Nutrition	Lizzy Rockwell
The Healthy Start Kids' Cookbook: Fun and Healthful Recipes That Kids Can Make Themselves	Sandra K. Nissenberg
Cookie	Lisa Woomer
The Fruit Group (Healthy Eating My Pyramid)	Schuh, Mari, and Gail Saunders-Smith
The Monsters Health Book: A Guide To Eating Healthy, Being Active & Feeling Great for Monsters & Kids	Edward Miller
Healthy Eating (Now We Know About It)	Deborah Chancellor
Grover's Guide to Good Eating (Happy Healthy Monsters)	Naomi Kleinberg, Tom Liegh and Josie Yee

Orange Attachment taken from Yummy Designs

"Orlando Orange"™

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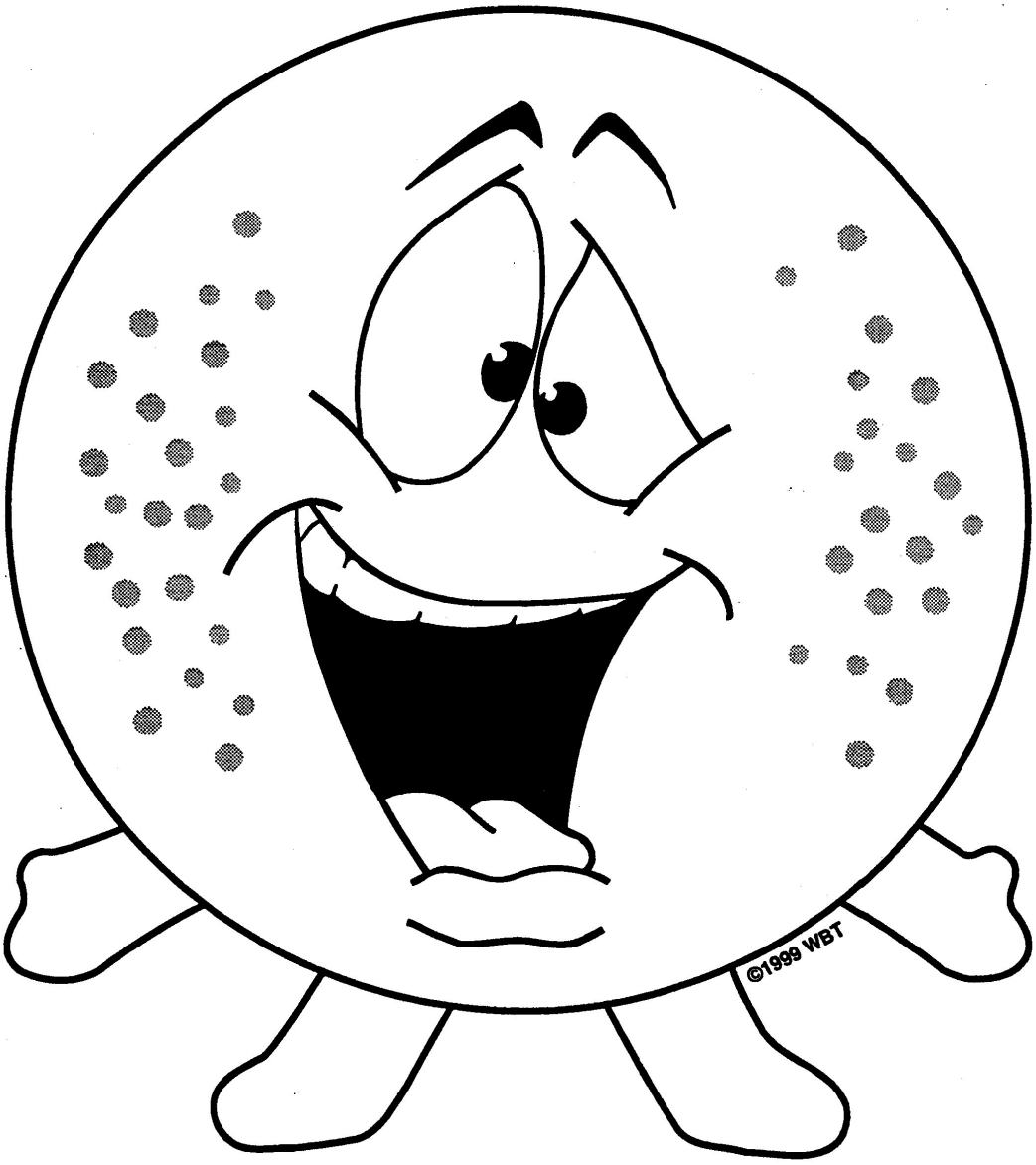

Apple Attachment taken from Yummy Designs

"Astoria Apple"™
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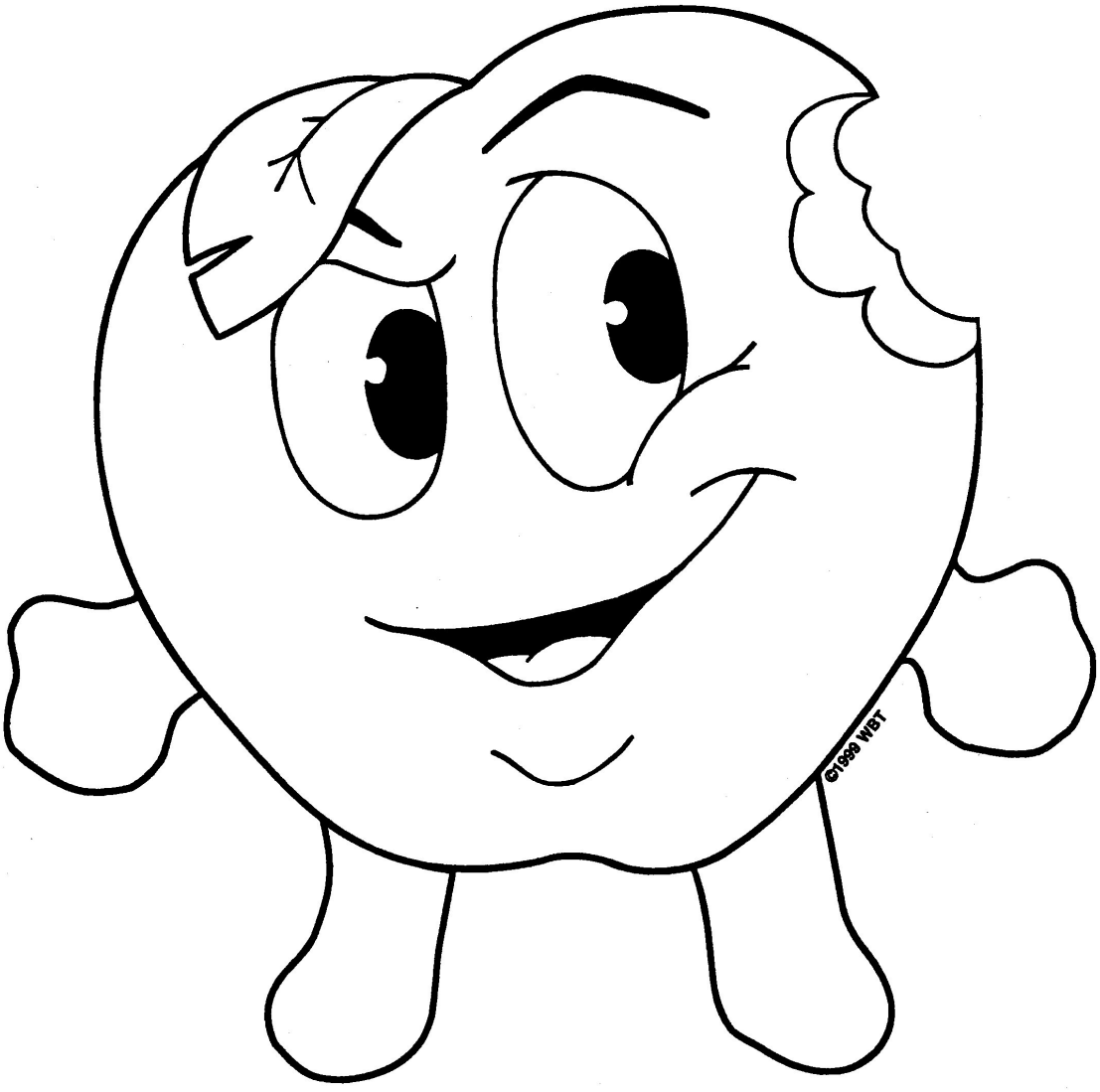


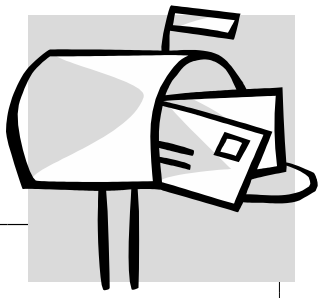
Special Section

Difference between Cold and Swine Flu Symptoms

Symptom	Cold	Swine Flu
Fever	Fever is **rare** with a cold.	**Fever is usually present** with the flu. Temperature of 100 or more for 3 /4 days is associated with the flu.
Coughing	A hacking, **productive** cough is often present	A **non-productive** cough is usually present with the flu. (dry cough)
Aches	**Slight** body aches and pains may occur with a cold	Severe aches and pains are **common** with the flu.
Stuffy Nose	Stuffy nose is commonly **present** with a cold and typically resolves within a week.	Stuffy nose is **not normally present** with the flu.
Chills	Chills are **uncommon** with a cold.	Sixty percent of people who have the flu experience **chills**.
Tiredness	Tiredness is fairly **mild** with a cold.	Tiredness is **moderate/severe** with the flu.
Sneezing	Sneezing is commonly **present**.	Sneezing is **not** common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over **a few days**	Flu has a **rapid onset** within 3-6 hours. Flu hits hard and suddenly.
Headaches	Headaches are fairly **uncommon** with a cold.	A headache is **very common** with the flu. Present in 80% of cases.

Teachers and Parents as Role Models

- Serve meals family style and allow children to participate in dipping, scooping, and pouring.
- Serve water instead of soda at meetings.
- Serve fruit juice instead of punch at birthday parties.
- Encourage children to drink water.
- Teachers drink milk and water in presence of children.
- Serve children colorful fun foods.
- Let children help prepare food and serve foods from other cultures.
- Allow children to help out during mealtime. Children can set up the table and help clean up afterwards.
- Encourage parents to visit the center and have lunch or snack with children.
- Allow children and staff to sit down and enjoy lunch together.
- Practice healthy habits when children are observing teachers or parents.
- Share with children your favorite type of exercise. Explain what you do: walking, swimming, aerobics, yoga, bike rides, skate, dance, bowling, tennis, baseball, basketball, golf, or soccer.
- Encourage parents to bring fruits and vegetables for snacks and birthday parties.



Suggestions? Ideas? Questions?

Feel free to send us your feedback!

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