

contact



Vol. 29#2 Summer 2017 For those of us who interact in the health of preschoolers

My Health Alberta is a valuable resource for Albertans. A link to this website is included on the last page of every issue of Contact Newsletter. This is a “go to” resource for everyone, as you have access to information you can trust about almost any topic you can think of.

Below are some examples of topics of interest for caregivers as we head into the summer months.

We wish you a safe and happy summer.

Learn about first aid

Have you ever wondered if you did the right thing when faced with an injury for yourself or someone else? You can find helpful advice about dealing with common injuries, including proper treatments that can help you to prevent infection and further injuries.



✓ Click on the link below to learn more.

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=center1015>

Anxiety Self Check

We all feel anxious at one time or another. Mild or moderate anxiety can help you to focus and deal with situations that benefit from your attention, energy and motivation. Anxiety can interfere with daily life if it becomes more severe.

✓ Click on this link to learn more about anxiety. There is a “self check” at the bottom of the page.

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=anxty&#hw257184>

✓ There are many videos on this topic, including “Anxiety: Pay attention to how you are doing” which you can watch by clicking on the link below.

<https://myhealth.alberta.ca/health/Pages/HealthVideoPlayer.aspx?xCat=HCmentalHealth#>

What is a crying plan?

Have you ever felt overwhelmed while caring for an infant who is crying?

✓ Click on the link below for some tips that can help you develop a crying plan. There is a PDF handout that you can print. Please share this information with other caregivers.

<https://myhealth.alberta.ca/Alberta/Pages/crying-plan.aspx>

The next newsletter will come out in Fall 2017.

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Call 780-735-3013 to join the Contact email distribution list. Previous issues of Contact are posted on the AHS Website:

<http://www.albertahealthservices.ca/services/page7664.aspx>

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www.albertahealthservices.ca

Letter to the Public Health Nurse

Dear Public Health Nurse

What are some tips to ensure children's clothing and accessories are as safe as possible?

Gordy

Dear Gordy,

Below are some tips found on My Health Alberta to help prevent clothing-related injuries.

Clothing keeps us warm and protects us from the weather. It may seem surprising, but clothing can also be dangerous for children. Did you know children can:

- be strangled if a hood or drawstring gets caught on playground equipment, fences, or in car or bus doors
- choke on buttons that come loose on their clothes
- be burned very badly if their clothes catch fire

To protect children from getting hurt by clothing, they need to:

- be supervised by an adult
- have a safe area to play and move around in
- be taught what could hurt them
- do activities that are right for their age

How can I dress children to protect them from choking?

- Take all the drawstrings and cords out of children's clothes.
- Don't let children wear a scarf or helmet when they play on playground equipment.
- Check that belts, ties, and sashes are firmly attached to clothing and are not long enough to wrap around a child's neck.
- Take the hoods off children's clothes or make sure the hood will come off if it catches on something. Hoods attached with Velcro® are best.
- Check that buttons and other small parts are firmly attached to clothing and won't come loose.
- Make sure that blankets and sleepers don't have any loose threads. Threads can wrap around fingers and can cut off blood supply.

How can I dress children to protect them from falling?

- Choose shoes with Velcro® straps until a child is able to tie shoelaces.
- Make sure shoelaces are tight and tied properly so they don't come loose.
- Make sure children wear properly fitted shoes.

You can read the full article by clicking here:

<https://myhealth.alberta.ca/Alberta/Pages/clothing-safety-for-children.aspx>

Your Public Health Nurse



MyHealthAlberta.ca

Sun Safety

Summer is here and with that comes reminders on the importance of sun safety. The harmful effects of sun rays becomes more evident as we spend more and more time doing outdoor activities.

It is best to venture out before 11 am or after 4 pm as the sun is at its strongest in the early afternoon. But as we know, kids have a lot of energy to burn during those peak hours and that's where sun safety precautions need to be a priority.

Seek shade or bring along a shade option:

Seek out shady spots like treed areas, play structure overhangs, or bring an umbrella or a shade tent with you to take a break from the sunshine during play time.

Cover up:

Cover skin with long sleeved shirts, certified UV protecting garments, wide brimmed hats and sunglasses. Remember that wet clothing and baseball caps provide less protection!

Sunscreen:

UV rays from the sun can damage the skin in as little as 10-15 min. It is best to use a screen of SPF 30 or more and one that blocks both UV-B and UV-A rays. UV protecting chap sticks are also great. Don't forget the ears, neck, lips, tip of nose, and tops of feet. Remember to re-apply often as per directions!

Investigate the weather forecast:

Environment Canada has developed the UV index to inform Canadians on the strength of the sun's UV rays for the day; it is updated frequently, three times a day. Remember, even if it looks cloudy out, don't be deceived! Clouds don't block UV!

Keep hydrated:

All that fun in the sun is dehydrating. Bringing something to quench the thirst and replenish the body is a must.

Some fun tips:

1. Freeze juice boxes beforehand (this can also act as a cold pack for picnic snacks)
2. Place pieces of frozen fruit in your water bottle
3. Fill a water bottle half way then freeze solid (creating a solid block of ice), as you're ready to venture out fill the remainder of the frozen bottle with cold water and VOILA! Nice cool water.

References:

<https://ec.gc.ca/uv/>

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Submitted By: Environmental Public Health – Edmonton Zone



Mealtimes Can Be Happy Times at Your Child Care

Eating food gives children the energy and nutrition needed to grow, learn, and play. Children learn about food and eating by watching others when they eat. The way that mealtimes are managed can impact how a child feels about themselves and the world around them. Be a great role model by teaching preschoolers that mealtimes can be positive times.

The Feeding Relationship

The way a caregiver and child relate to each other around feeding and eating is called the *feeding relationship*. Both the caregiver and the child play a part in the development of the feeding relationship - each one has different roles and responsibilities when it comes to feeding and eating. These roles help children learn to be healthy eaters.

A positive feeding relationship can be created when the caregiver and child respect their roles during mealtimes. A positive feeding relationship can create happier, more relaxed mealtimes for everyone.

What is your Role in the Feeding Relationship?

Caregivers Decide:

- What food and drinks are offered. Offer a variety of foods from all 4 food groups in Canada's Food Guide at meals and snacks.
- When food and drinks are offered. Offer meals and snacks each day at regular times, 2 to 3 hours apart. When children eat at regular times they are more likely to be ready to eat.
- Where food and drinks are offered. Children eat best when they sit comfortably, and with no distractions around them (e.g. television, toys, books, etc.). Eat together if possible.

Children Decide:

- How much to eat from the choices you offer. Listen to children when they say "I'm full". This teaches children to listen to their bodies.
- If they will eat from the choices offered. Children will sometimes eat more at meals or snacks and other times they'll eat less.

Pleasant mealtimes can create positive experiences around eating for you and the children in your child care. This helps preschoolers to build healthy eating habits that will last a lifetime!

Submitted By: Population and Public Health Registered Dietitian, Nutrition Services



Are the Stains on My Child's Teeth Cavities?

Different things can cause stains on your child's teeth. Yes, they can be cavities. **Have a dental checkup to make sure that the stains are not cavities.**¹

Some stains are on the outer layer of the tooth (external) and are more common. Certain foods, drinks, and germs usually cause these stains.³ Most often, the teeth are not brushed well enough and there is a layer of germs on the teeth. Most of these stains can be removed with a professional cleaning.¹

A common stain seen on children's teeth is "black" stain. Many things can cause this; spit, germs and foods. Children who have this kind of stain usually have clean teeth and little or no decay. There is no real explanation why this stain happens.² Even with regular tooth brushing, this stain is difficult to remove. When the child is old enough, a professional cleaning at a dental office can usually remove this stain.



black stain

Another possible cause of black stain is if the child is taking a chewable or liquid iron supplement.^{1,3}

This stain can be polished off, but it usually returns.¹ Other stains that can show on the child's teeth are "green", "orange", "brown", "yellow", "grey" and even "white".

Green and orange stains are the most common and usually seen on the front teeth along the gum line. These stains usually mean that poor tooth brushing is leaving germs behind. A better job of tooth brushing is suggested to help remove the stain.¹ The stains may also have early signs of tooth decay under them.^{2,3} It could also mean that the child is a mouth breather.¹

Brown and yellow stains may be caused by medicine, usually antibiotics. Even one dose may cause a yellow or brown film to form on some children's teeth. The stain may disappear partially or altogether once the medicine is finished.¹

Other stains, can actually be within the tooth itself (intrinsic) and **cannot** be polished or brushed off. These kinds of stain are less common and usually occur while the tooth is forming.^{1,3} Medicines, high fever, or trauma (an accident to the mouth or teeth) can cause these types of stain.³

If there was trauma to the nerve of the tooth, it can look dark grey, pink, and yellow or even have white spots. An x-ray can help show if there is any damage to the tooth or nerve.¹

"Chalky, white" spots could also be early stages of decay, especially if it is along the gum line. The enamel is weak from the germs. **Good** tooth brushing and **fluoride** will help harden these areas, but the white spots may remain.¹

Newly grown in baby teeth may have yellow film on them that will wear off in a few days.¹

New adult teeth may look more yellow than the pearly-white baby teeth that are next to them. This is the normal color of the adult teeth.¹

Submitted By: Registered Dental Hygienist, Public Health – Edmonton Zone

References:

1. http://www.pediatricdentistsf.com/faqs_firstvisit_stains.php
2. www.iapdworld.org
3. Dental Hygiene, Theory and Practice 2nd Edition, Darby Walsh



VEGETABLE CHILI

Makes 50 servings of "3/4 cup" each (175 mL)

Ingredients:	Imperial	Metric
Vegetable oil (Canola)	1/4 cup	60 mL
Onions, chopped	3 1/2 cups	875 mL
Green bell pepper, chopped	2 cups	500 mL
Chili powder	3/4 cup	175 mL
Cumin	1/4 cup	60 mL
Garlic powder	1 Tbsp and 1 tsp	20 mL
Onion powder	2 tsp	10 mL
Red hot sauce (optional)	1/4 cup	60 mL
Brown sugar, packed	1/2 cup	125 mL
Crushed tomatoes, canned	12 cups	3 L
Diced tomatoes, canned, drained	2 cups	500 mL
Kidney beans, canned, rinsed	13 1/2 cups	3.4 L
Bulgur wheat	3 3/4 cups	925 mL
Water	4 cups	1 L
Plain yogurt, low fat 2% M.F.	4 cups	1 L

Directions:

1. Heat oil in a heavy pot.
2. Add the chopped onions and sauté 3 minutes, until onions are clear.
3. Add chopped green peppers and sauté 2 minutes, until tender.
4. Add chili powder, cumin, garlic powder, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
6. Add yogurt and stir to blend.
7. Portion 3/4 cup (175 mL) into 50 serving bowls.

Recipe Tip:

- ✓ This recipe can also be used as filling in tacos, taco salad or burritos.

This recipe is from the website "AHS Healthy Eating Starts Here" – Child Care Recipes:
<http://www.albertahealthservices.ca/nutrition/Page8943.aspx>





Resources Page



MyHealthAlberta

MyHealth.Alberta.ca is your resource for non-emergency health information. This site was built by the Alberta Government and Alberta Health Services to give Albertans one place to go for **health information they can trust**. Healthcare experts across the province make sure the information is correct, up to date, and written for people who live in Alberta. MyHealth.Alberta.ca is home to valuable, easy-to-understand health information and tools made for Albertans, including information about:

- health conditions
- healthy living
- medications
- tests and treatments

There are also educational videos, symptom checkers, emergency phone numbers and a healthcare locator (e.g. a family doctor near you).

MyHealth.Alberta.ca is always growing. Find out [what's new](#) on the website.

Have questions? The [frequently asked questions](#) page can help.

Your comments and ideas can help make this site even better. Please email your feedback to feedback@myhealth.alberta.ca.

MyHealth.Alberta.ca can't answer questions about symptoms by email. For health advice and information, call [Health Link](#) 24 hours a day, 7 days a week.

If you're having a medical emergency, call 911 right away.

IMPORTANT CONTACTS FOR CHILD CARE PROVIDERS



<p>Do you want information about community services? Call 211</p>	<p>Government of Alberta Child Care Orientation Course http://childcare.basecorp.com/home</p>
<p>HealthLink – Available 24 hours a day to answer your questions. Call 811</p>	<p>AHS Environmental Public Health has some excellent resources for Child Care Agencies:</p>
<p>Healthy Parents Healthy Children online http://www.healthyparentshealthychildren.ca/</p>	<p>* Environmental Public Health Education Courses http://www.albertahealthservices.ca/3151.asp</p>
<p>To look up health information online https://myhealth.alberta.ca/</p>	<p>* Health & Safety Guidelines for Child Care Facilities http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-health-safety-guidlines-child-care-facilities.pdf</p>
<p>Government of Alberta Family Day Home Standards Manual for Alberta http://humanservices.alberta.ca/documents/family-day-home-standards-manual.pdf</p>	<p>Call one number to report an outbreak or to ask questions about a possible outbreak. Outbreak pager (780-445-7226) Outbreak Prevention, Control and Management Toolkit http://www.albertahealthservices.ca/medstaff/Page13790.aspx</p>
<p>For ideas on creating a healthy eating environment, visit "AHS Child Care Healthy Eating Starts Here" website: http://www.albertahealthservices.ca/nutrition/Page8941.aspx</p>	

