



Vol. 30#1 Spring 2018 *For those of us who interact in the health of preschoolers*

Springtime Challenge

Spare 20 minutes each day to improve your mental and physical health!

Walking every day and decreasing sedentary time is our challenge to you as we head into spring. This is the perfect time to consider how to squeeze a bit of walking time into your day. Alberta Health Services website lists health risks you can prevent with a simple change in your daily routine.

Physical Activity

Increasing physical activity is an important way to reduce chances of obtaining chronic disease. Being active for at least 150 minutes per week can help reduce the risk of:

- premature death
- high blood pressure
- certain types of cancer
- overweight and obesity
- heart disease
- stroke
- osteoporosis
- type 2 diabetes

Being active for at least 150 minutes per week can lead to improved mental and physical health.

Sedentary Behaviour

It is important to reduce the amount of sitting that you do in addition to increasing your activity. Sedentary behaviour includes “screen time”, the amount of time you spend looking at a computer, phone or TV screen—and other behaviours too—it includes sitting in meetings and at school, or driving, for example.

Finding ways to break up times when you are sitting, and not moving around, is important to improve your health. For example, if you work in an office setting for eight hours per day, it’s important to stand 1-2 times per hour for those who can.



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The next newsletter will come out in Summer 2018.

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> Contact is a publication of Edmonton Zone Public Health, Alberta Health Services. Information in Contact can be freely reproduced for educational non-profit purposes by child care centres in the Edmonton area. Information provided in Contact is not to be used for consultation during an emergency, to make or confirm a diagnosis, or to treat people, or as a substitute for obtaining medical advice, or for seeking treatment from a qualified doctor.

www.albertahealthservices.ca

Letter to the Public Health Nurse

Dear Public Health Nurse

What resources are available for child care staff and parents related to hand washing?

Perry

Dear Perry,

I encourage you to visit the “Do Bugs Need Drugs” website often if you are interested in information and resources on hand washing. Below is a summary of some resources that may be of special interest to child care staff and parents. Click on the link below to visit the website today!

<http://www.dobugsneeddrugs.org/>

Your Public Health Nurse

Do Bugs Need Drugs provides education, print materials, and web-based resources for healthcare providers, children, parents, schools, daycares, seniors groups, workplaces, and the public.

The main messages of the program are:

1. Handwashing is the best way to stop infections from spreading.
2. Bacteria and viruses are different. Both can cause respiratory infections, but antibiotics don't work against viruses like colds and influenza.
3. Antibiotic resistance is a problem. Use antibiotics wisely to prevent bacteria from becoming resistant to antibiotics.

Resources:

- workshops for healthcare professionals and students
- employee group education sessions
- teaching kit for child care children and staff
- posters
- handwashing signs and stickers
- pamphlet
- Parent Guide to Wise Use of Antibiotics (20-page guide for respiratory infections)
- Healthy Hands at Work: Employer Handbook (20 pages) and Worker Handbook (12 pages) about preventing infections in the workplace and hand hygiene and cleaning/disinfecting products.



From: Alberta Health Services website

Storing, Preparing and Serving Food Safely

There are many things to consider when providing food for children but on the top of the list is safe food handling. It is very important to ensure that foods are stored, prepared and served safely to prevent foodborne illness.

Food Storage

- Make sure your refrigerator is set to 4°C (40°F) and there is a thermometer kept inside so that you can check the temperature.
- Do not overfill your refrigerator. An overstuffed fridge has to work harder and does not allow the cold air to flow.
- Always store raw meat below ready-to-eat foods in the refrigerator; in case of leaks.
- Ensure foods are well sealed during storage to prevent contamination and spills. If possible use a container with a tight fitting lid.
- Check canned foods for dents, bulges and rust spots.

Food Preparation

- Use an approved food surface sanitizer to disinfect kitchen surfaces on a regular basis.
- Always wash raw fruits and vegetables under running water before using them.
- In order to prevent cross contamination keep raw meats, eggs and seafood separate and use designated cutting boards and utensils.
- Never rinse raw meat before cooking it, as it can lead to the spread of bacteria over kitchen surfaces and other foods.
- Frozen foods should never be thawed at room temperature. Instead thaw foods in the refrigerator, in the microwave or under cold running water.
- A probe thermometer is an important tool in the kitchen to ensure that foods are cooked to a safe internal temperature.
- When heating foods in the microwave make sure to stir the food so that it is hot all throughout.

Serving Food

- It is important that hot foods remain hot (60°C or higher) and cold foods stay cold (4°C or less).
- Foods should never be held at room temperature for more than 30 minutes before serving a meal.
- If you don't know for sure how long food has been left at room temperature, throw it out. Reheating the food or putting it back in the refrigerator will not make it safe again.

Adapted from the following articles on the MyHealth.Alberta.Ca website:

Food Safety: Cooking

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=te5036>

Food Safety: Preparing

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=te5017>

Food Safety: Serving

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=te5069>

Food Safety: Storing

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=te5049>

Submitted by:

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Alberta Health Services



Sharing Meals at Your Child Care Centre

Sharing Meals at Your Child Care – Enjoy Eating Together!

Children and adults tend to eat healthier when they share a meal with others. The way children experience mealtimes can impact how they feel about themselves and the world around them. Your child care centre can be a great place to help create positive mealtime experiences for young ones.

The Benefits of Eating Together

Mealtimes are a great time for learning and interacting with others.

Eating together allows children to connect, share traditions, communicate and listen.

- Children learn about food and eating by watching others. Eat with the children to role model good table manners and healthy attitudes towards food.
- Children may be more willing to try new foods when they see others eating them.

Try Family Style Dining

Help create a positive mealtime experience with family style dining – it allows the children to choose their food and portions for themselves. Place all foods for that one meal on the table, in serving dishes. Encourage the children to serve themselves, with the help of an adult at the table if needed.

Try these mealtime tips

Remember these tips for an enjoyable mealtime:

- Children eat best when they sit comfortably and away from distractions (e.g. television, toys, books, etc.)
- Offer healthy, child-friendly meals that everyone can enjoy.
- Start a conversation. Give everyone at the table a chance to speak.
- Eating together can happen at breakfast, lunch, dinner or snacks. Choose the meal that gives you the most time to talk and connect.
- Avoid using mealtime for discipline or difficult conversations.

March is Nutrition Month! This month, take some time to explore how you can **Unlock the Potential of Food**. Learn more about the benefits of eating together – check out this Fact Sheet for parents and caregivers: [Unlock the Potential of Food: The Potential to Bring Us Together](#)

For more information go to www.NutritionMonth2018.com



Toilet Teaching

Most children are at least 2½ or even 3 years old before they're ready to learn how to use the toilet. You can't rush toilet teaching. Wait until she wants to learn and is physically ready (when the muscles that control her bowel and bladder are strong enough). By not rushing, toilet teaching will take less time. It will also be easier and less frustrating for you and your child.

Your toddler may be ready to use a toilet when she:

- stays dry for several hours or through the night
- has bowel movements at fairly predictable times and is getting better at controlling them
- knows she is urinating or having a bowel movement. She may even tell you when she needs a clean diaper.
- doesn't like to be in wet or dirty diapers. If you use disposable diapers, your toddler may not feel wet. She may learn to use the toilet faster if you switch to cloth diapers.
- can pull down loose-fitting pants and follow simple directions
- shows interest in using the potty chair or in other people using the toilet
- can tell you she needs to use the toilet

Helping your child learn to use a toilet

There are many things that you can do to help your child learn to use the toilet.

- Begin by helping your toddler recognize when she is urinating or having a bowel movement. Use words that are familiar to your family.
- Tell your toddler that you also use the toilet.
- Let her see you empty the contents of her dirty diapers into the toilet. Then flush, so she can understand where bowel movements go.
- Show your child the potty chair or adapted toilet seat. Tell her how it's used and that you'll help her.
- Ask her to tell you when she needs to go to the toilet. She won't be able to wait more than a few moments.
- Watch for signs she's about to go. These include: stopping what she's doing, looking down or off in the distance, or saying, "Oh, oh". She may also fidget or hold her hand between her legs. If you ask her if she has to go, she is likely to say, "No!" You

may get a better response if you say, "Looks like you have to go to the bathroom", or "Let's get you to the bathroom".

- Stay with her while she's on the toilet or potty.
- Little boys may want to urinate standing up like their dad or other boys and men. It might be easier for them to learn by starting in a sitting position until they know what to do.

Encourage your child's efforts, successful or not. Get her into the habit of washing her hands whenever she uses the toilet. If your child isn't making progress after a couple of weeks, she likely isn't ready to learn. Try again in a few weeks or when she seems more interested.



From: Healthy Parents, Healthy Children: The Early Years



BEAN DIP

Makes 50 1/3 (110 g) servings

Ingredients:

	Imperial	Metric
Refried beans, canned	12 ½ cups	3.1 L
Yogurt, plain, 2% M.F.	2 1/3 cups	575 mL
Green onions, chopped	14 each	14 each
Cilantro, chopped	¾ cup	175 mL
Chili powder	7 tsp	35 mL
Garlic clove, minced	7 each	7 each
Cucumber or other vegetable, cut into sticks	12 cups	3 L

Directions

1. Combine all ingredients together, except cucumber.
2. Portion 1/3 cup (75 mL) amounts of bean dip onto 50 serving plates.
3. Portion ¼ cup (60 mL) cucumber sticks alongside bean dip.

Recipe Tips

- ✓ Try serving this dip with baked pita chips. Cut whole wheat pitas into triangles and bake in a 350°F (175°C) oven for about 7 minutes, or until light and crispy.
- ✓ Leftover bean dip? Make a bean quesadilla, serve with a side salad and glass of milk for a balanced meal.
- ✓ Beans are a good source of fibre. Fibre will help keep kids feeling full and satisfied.



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



Resources Page



211 can help you find the right community and social services.

211 is a free, confidential, multilingual, 24 hour information and referral system.

211 can provide support in the following situations:

- When you are looking for home care supports for seniors or individuals with disabilities
- When you are trying to find a job
- When you are looking for affordable childcare
- When you want to know where you can volunteer or donate your second-hand items
- When you don't know where to go for alcohol and/or drug detoxification
- If you are having a tough time finding enough money for food, rent, and other costs
- If you recently moved to Canada and need support connecting to resources
- If you're a service provider and looking for resources for a client
- And more!

How can I access 211?

Phone:

Dial 2-1-1 - 24 hours/7 days a week. If calling from outside the 211 service areas, dial 780-482-4636 (Edmonton)

Online Chat:

Chat online from 12-8 pm daily by selecting the button at the top of the 211 webpage.

Email:

Edmonton and area residents can email 211 at info@211edmonton.com

Online Resource Directory Search:

Search for supports by using the [211 Alberta search tool](#).

Visit the 211 website to learn more!

<http://www.ab.211.ca/>

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: My Health Alberta https://myhealth.alberta.ca/</p>	<p>➔ Health & Safety Guidelines for Child Care Facilities http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-health-safety-guidelines-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)</p> <p>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>	