

Spring 2002



Nursery News

Welcome to our first issue

Submitted by Erin McLean, RN, BScN, Public Health Nurse

Our aim is to provide up to date health information to staff of day cares and day nurseries with a short newsletter, three times a year.

To do this well, we would like some feedback from you. Contributors to this newsletter include: Public Health Nurses, Public Health Inspectors, Registered Dental Hygienists, Certified Dental Assistants and Registered Dietitians. Topics can range from health information for the staff, health information to help in caring for the children in the centre, menu ideas, injury prevention ideas and more.

The other project that we are currently working on is revising the manual from 1992 called "To Their Health, a Manual for Day Care Providers". This manual includes information on immunization requirements, food handling, diaper change areas and much more. When it is completed, we would like the opportunity to present it to staff of your facility.

To contact us with ideas for future newsletters and about the revised manual, please call Erin McLean at 283-2740 at the Smiths Falls office of the Health Unit or by email erin.mclean@healthunit.org.

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Water and Sun Safety

Submitted by Rebecca Kavanagh, RN, BScN. Public Health Nurse

Summertime fun can be risky if proper precautions are not put in place, especially where children are concerned. Each year many children are at risk for injury or drowning in and around the water. It's important to realize that injuries are not just broken limbs, cuts and bruises, they are also sunburns. Severe sunburns before the age of 18 puts children at risk for skin cancer later in life.



To keep kids safe in the water and safe from the sun, follow these simple guidelines:

- Never leave a child alone near water. Teach kids basic water safety rules.
- Wading pools should be dumped daily and cleaned with bleach when they become contaminated with any body fluids.
- Look at the play surface, falls are more likely on a wet surface.
- Clean the water toys before putting them away.
- Avoid the sun between 11 a.m. and 4 p.m. when UV rays are the strongest.
- Keep babies under one year out of direct sunlight.
- Wear sunscreen that protects against both UVA and UVB rays and has an SPF of 30 or higher. Reapply every two hours and after getting wet or sweating.
- Wear sunglasses with UV protection to protect your eyes from the sun.
- Have someone who is trained in CPR and First Aid.
- Keep a phone close by with emergency numbers.

Nutritious Snacks & Dental Health

*Submitted by Dianne Oickle, MSc, RD
Registered Dietitian/Public Health Nutritionist*

Snacking is an important part of our daily food intake. For adults, it provides us with the opportunity to keep our energy up through the day and include foods that add extra nutrients such as calcium and iron to our diet. For children, it also helps to fill the gap between meals and ensure their energy intake is adequate. Among the many snack foods available, some are healthier than others. Many of the typical snack foods are high in fat and sugar, and may contribute very little nutrition to our daily intake.

A good rule of thumb is that a snack should fit within one of the four food groups of Canada's Food Guide to Healthy Eating. Try these other snack ideas for good nutrition and dental health:

- popcorn
- yogurt
- dry unsweetened cereal
- ½ sandwich
- vegetable sticks, such as zucchini, carrot, celery and cucumber
- ½ bagel & cream cheese
- nuts & seeds
- crackers or bread sticks with cheese, humus, peanut butter, or cream cheese
- muffins

Even though some snacks are nutritious, they may be bad for teeth. Raisins are a prime example of this type of snack. Raisins are very high in fibre and also contain iron. However, raisins and other dried fruits such as apricots are high in natural sugar content and are very sticky. Foods that are high in sugar can also be risky for dental health. When sugar is consumed in the form of fruit drinks (made with sugar crystals) or high sugar snacks (dried fruit, sticky granola bars, candy, cookies, cakes), it mixes with the germs in the mouth to make acid that can cause tooth decay and gum disease

There are a few foods that you can eat that will help reduce the risk of tooth decay and still provide great nutrition. Eating cheese as a snack or after snacking counteracts acid in the mouth and prevents cavities from developing. Peanuts and sugar-free gum are other examples of foods that resist the action of decay-causing bacteria and acid in the mouth. If you cannot brush right after eating, try eating some cheese, chewing sugar-free gum, eating nuts, or rinsing your mouth with water to cut down the risk of tooth decay.



Regular Childhood Immunization

Children in Canada are routinely immunized against nine infectious diseases: These diseases include diphtheria, tetanus, pertussis, poliomyelitis, haemophilias influenza type B (Hib) infection, measles, mumps, rubella and hepatitis B. Vaccines for these diseases are administered following immunization schedules that vary slightly between provinces. A vaccine for chicken pox has been licensed in Canada since December 1998, but it is not an included part of the routine Ontario governments funded vaccine program.

Despite high vaccine coverages in Canada, there remains individuals or pockets of children in Canada who are at risk to these infections because they have never been or are not completely immunized against these diseases. It is important that the recommended Ontario immunization schedule be followed. This ensures that individuals are not at risk in acquiring these vaccine preventable diseases.

It is essential that parents as well as the health care provider maintain current immunization records. This information is collected and forwarded to the local health unit when a child enters school or daycare. Many colleges, universities, and employers also require this information to complete their own administrative requirements.

The value of immunization has been established. We tend to take these benefits for granted, as we no longer see the devastating effects of these vaccine-preventable diseases.

There are a number of resources as well as the Health Unit that exist for the consumer to access in becoming more informed when considering immunization:

1. Your Child's Best Shot: Canadian Paediatric Society www.CPS.ca.
2. Canadian Immunization Guide Fourth Edition Web sites:
www.canadian-health-network.ca
www.hc-sc.gc.ca/hpb/lcdc.ca

	Almonte	256-1203
	Brockville	345-5685
	Gananoque	382-4231
	Kemptville	258-5941
	Smiths Falls	283-2740

For more information call 1-800-660-5853 or visit us on the web at www.healthunit.org