

Spring 2005

Leeds, Grenville & Lanark District Health Unit

Nursery News

A Newsletter for Day Care Providers



Nasty Icky Bugs

Are you working with children in groups? Do you want to keep them and yourself healthy? Do you often hope that the illnesses going around in the community do not get into your day care/nursery school? Do you have questions about how long sick children need to stay home?

For the answers to these and many more infection control questions, the Leeds, Grenville and Lanark District Health Unit is organizing an evening for day care/nursery school operators and employees.

This informative and fun evening will be held at

the **Smiths Falls Health Unit**
(52 Abbott St. N. Unit 2)
on **Tuesday, June 7th**

or

the **Brockville Health Unit**
(458 Laurier Blvd)
on **Thursday, June 9th**



There is no charge for this workshop.

The Health Unit would like to encourage participants to dig out the binder called "Healthy You, Healthy Me" and bring it along for updates.

For more information please contact ...

Martina Flanagan at the
Smiths Falls Health Unit
(613) 283-2740

or Bonnie Erwin at the
Brockville Health Unit
(613) 345-5685.

Mark this date on your calendar and stay tuned!

April is Dental Health Month and "2 for 2 is what you do"

Submitted by Robin Cleary, Registered Dental Hygienist

April is Dental Health Month and to help celebrate, the Leeds, Grenville and Lanark District Health Unit will once again participate in the "2 for 2 is what you do" Dental Health Awareness Campaign, which was launched province wide in April 2003.

The "2 for 2 campaign is promoted by the Ministry of Health and Long-Term Care and the Ontario Association of Public Health Dentistry. Health Unit Dental Hygienists and Dental Assistants will be delivering the "2 for 2" message to grade 2 students in selected schools in the Tri-County area and to clients attending Dental Health clinics at Health Unit offices.



The message is "brush your teeth twice a day for at least 2 minutes each time". Encouraging young children to brush their own teeth in the morning and to let an adult assist them before they go to bed. This is important, as children usually do not have the manual dexterity to do the thorough job that is required for optimum oral health until they are around 8 years of age.

Other oral health messages being delivered during Dental Health Month are:

- Brush teeth with a very small amount of fluoridated toothpaste
- Have an adult floss young children's teeth once daily, when all the primary teeth have erupted and molars are touching.
- Choose foods and snacks that are healthy for teeth, avoiding sticky sweet snacks
- Have regular dental visits starting at 3 - 4 years of age, or sooner if dental concerns are present.

The dental staff at the Health Unit also encourage parents of young children to "Lift the Lift". This is another dental health message that is being taught province wide. Parents are encouraged to become familiar with the appearance of their children's teeth. Changes that appear as chalky marks or brown discoloration may be signs of decay.

For more information on this program or other dental information please contact your local Health Unit Office.

Simple Cooking for Small Hands

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

Summer time is a great opportunity for spending time with your children in the kitchen. Even very young children can learn about food and nutrition. Preparing food helps children learn about where foods come from, how they are made, and why they are important. Helping in the kitchen lets children know they can be helpful to the family, and it helps them learn skills like **stirring, pouring, counting, and sorting.**

Here are some skill building activities for you and your child to try together when preparing food.

- Squeezing lemons
- Washing vegetables and fruits
- Stirring and mixing
- Mashing
- Kneading
- Counting
- Using a cookie cutter
- Tearing lettuce or greens
- Measuring
- Pouring
- Rolling dough or meat into balls



No time to cook? Here are some ideas for quick, healthy meals that cost less than fast food and are perfect in a pinch.

- Fill pita halves with a mix of cottage cheese and spinach; heat
- Top a big green salad with cheese cubes and beans
- Home-made mini-pizzas made with english muffins, tomato sauce, vegetables, and cheese
- Fill tortillas with beans and cheese; heat and serve with corn or salsa
- Scramble eggs with cooked vegetables; serve with toast
- Top bread with tuna, tomatoes, or peppers and cheese; heat

For more information on nutrition for children, or recipes and activities that children and parents can do together around food, contact the Leeds, Grenville, & Lanark District Health Unit's Health Action Line at 1-800-660-5853 and ask to speak to a Registered Dietitian.

Information from "Exploring Healthy Eating: Activities for Parents and Children to do Together." Centre on Hunger, Poverty and Nutrition Policy. School of Nutrition Science and Policy. Tufts University.

Proper Fencing Can Make Your Backyard Pool Safer

Submitted by Rebecca Kavanagh, RN, B.Sc.N

Having a backyard pool is fun for everyone, especially children. Tragically, these pools are also a common location for drownings, near drownings and other injuries. In fact, 38% of all toddler drownings occur in the home swimming pool.

(Red Cross, National Drowning Report 2001 Edition).

The best way to prevent injuries and drownings from occurring is to never swim alone. Always ensure that children (or any weak swimmers) are supervised by an adult swimmer and have proper fencing to restrict access when the pool is not being used.

Any artificial body of water that can be used for swimming and wading such as hot tubs, inflatable, in ground, above ground and some fish ponds are all considered pools.

Safe Kids Canada recommends the following specifications for your fence:

- It should be four sided. Having your house act as one side is not suggested, especially if there is access to the pool via a patio door.
- The fence should be at least 1.2 metres (4 feet) high.
- The gate must close and latch by itself (called self-closing, self-latching gates).

****Each municipality has their own bylaws with consequences for not abiding by them. Please contact your municipality for more information.**

If all home pools were equipped with self-closing and self-latching gates, about one-third of all toddler drownings could be eliminated.

(Safe Kids Canada, March 2005)



Almonte (613) 256-1203	Kemptville (613) 258-5941	Gananoque (613) 382-4231
Brockville (613) 345-5685	Smiths Falls (613) 283-2740	Health Action Line 1-800-660-5853