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2012

# Child Care Health Consultation

...for a **HEALTHY START** in child care

## RESOLVE TO RING IN 2012 SAFELY!

Now that the holidays are over, it's time for that last blast of partying – New Year's Eve. Sure, there's plenty of advice available on how to avoid a New Year's Day hangover, but it's a little harder to find tips on avoiding the emergency room. Here's a little advice on safe celebrating from the American Association of Poison Control Centers. Happy 2012!

Remember, all drinks are not created equal. Many people believe that a 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler and an ounce-and-a-half of liquor contain the same amount of alcohol. That's not necessarily the case. In fact, some beers can be nine to 10 percent alcohol when people may be accustomed to drinking so-called "light" beers, which are around four to five percent alcohol. Tasty liqueurs can easily be 40 to 50 percent alcohol, and don't taste like liquor. Remember when reading labels on alcoholic products that the proof number is half of the alcoholic content.

- Carbonated mixers including club soda or tonic water may cause alcohol to be absorbed into a person's system more quickly.
- Keep an eye on the children. Children are great at helping themselves to food and drink, and abandoned drink glasses left within reach could contain enough alcohol to seriously impair a child.
- Watch out for dogs and birds, too. Both are notorious for helping themselves. Some foods can be highly toxic for pets. Chocolate and caffeine, for example, can be highly dangerous for dogs and birds.
- Jell-O shots, or vodka-spiked Jell-O bites, can be fun for adults but inappropriate for child-friendly parties. It's possible that a child could mistake this adult product for something they're used to eating with extremely dangerous results.
- Candles and oil lamps can set the festive mood, but they're also attractive for small children. If a youngster gulps scented, brightly colored lamp oil and chokes, it can end up in the lungs, with potentially fatal outcomes. Lamp oil on the skin or in the eyes can also cause extreme discomfort.

- In some parts of the country, New Year's fireworks displays are part of the fun, and in colder climates, it's tempting to sit in a running vehicle to stay warm. If you do so, make sure there's no risk of carbon monoxide poisoning from leaking or blocked exhaust systems. Keep windows cracked for fresh air, and if anyone starts to feel ill, immediately open the windows fully and turn the engine off.
- Finally, fireplaces, kerosene or propane heaters can also be a source of carbon monoxide poisoning. Make sure there are carbon monoxide detectors and smoke detectors in your home, and replace their batteries to ring in the New Year safely.

*The American Association of Poison Control Centers supports the nation's 60 poison control centers in their efforts to keep New Year's Eve and all other days of the year safe. The Kentucky Regional Poison Control Center offers free and confidential services 24 hours a day, seven days a week. If you have a question about poisons, call us at 1-800-222-1222.*

# 5-2-1-0

## Healthy Numbers for Kentucky Families

Kentucky is helping kids and families eat healthy and move more by working with health care providers, child care providers and teachers.

5-2-1-0 is a campaign to promote child health and prevent obesity that focuses on four evidence-based nutrition and physical activity messages. These messages are:

- eating **five** fruits and vegetable servings,
- watching fewer than **two** hours video/TV screen time,
- participating in **one** hour of physical activity and
- drinking **zero** drinks containing sugar (including juice) every day.

You can find resources for doctors, teachers and anyone else in the community to use in promoting 5-2-1-0 in Kentucky communities. All of the materials are free to use. Go to <http://chfs.ky.gov/dph/mch/hp/5210/>.

You can download copies of the brochures and posters. Posters (11" x 17"), stickers and prescription pads can be ordered from Kentucky's Pamphlet Library. Fax orders to (502) 227-7191. Orders are shipped within three days.

# UNDERSTANDING BULLYING

**Bullying is a form of youth violence.** Although definitions of bullying vary, most agree that bullying includes:

- Attack or intimidation with the intention to cause fear, distress, or harm that is either physical (hitting, punching), verbal (name calling, teasing), or psychological/relational (rumors, social exclusion).
- A real or perceived imbalance of power between the bully and the victim.
- Repeated attacks or intimidation between the same children over time.

Bullying can occur in person or through technology (electronic aggression, or cyber-bullying). Electronic aggression is bullying that occurs through e-mail, a chat room, instant messaging, a website, text messaging, or videos or pictures posted on websites or sent through cell phones.

A young person can be a bully, a victim, or both (bully-victim).

## How does bullying affect health?

Bullying can result in physical injury, social and emotional distress, and even death. Victimized youth are at increased risk for mental health problems such as depression and anxiety, psychosomatic complaints such as headaches, and poor school adjustment. Youth who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood. Compared to youth who only bully, or who are only victims, bully-victims suffer the most serious consequences and are at greater risk for both mental health and behavior problems.

## Who is at risk for bullying?

A number of factors can increase the risk of a youth engaging in or experiencing bullying. However, the presence of these factors does not always mean that a young person will become a bully or a victim.

Some of the factors associated with a higher likelihood of engaging in bullying behavior include:

- Impulsivity (poor self-control)
- Harsh parenting by caregivers
- Attitudes accepting of violence

Some of the factors associated with a higher likelihood of victimization include:

- Friendship difficulties
- Poor self-esteem
- Quiet, passive manner with lack of assertiveness

## How can we prevent bullying?

The ultimate goal is to stop bullying before it starts. Research on preventing and addressing bullying is still developing. School-based bullying prevention programs are widely implemented, but infrequently evaluated. Based on a review of the limited research on school-based bullying prevention, the following program elements are promising:

- Improving supervision of students
- Using school rules and behavior management techniques in the classroom and throughout the school to detect and address bullying, providing consequences for bullying
- Having a whole school anti-bullying policy, and enforcing that policy consistently
- Promoting cooperation among different professionals and between school staff and parents

## How does CDC approach bullying?

CDC uses a 4-step approach to address public health problems like bullying.

### • Step 1: Define and monitor the problem

Before we can prevent bullying, we need to know how big the problem is, where it is, and whom it affects. CDC learns about a problem by gathering and studying data. These data are critical because they help decision makers send resources where they are needed most.

### • Step 2: Identify risk and protective factors

It is not enough to know that bullying is affecting a certain group of people in a certain area. We also need to know why. CDC conducts and supports research to answer this question. We can then develop programs to reduce or eliminate risk factors.

### • Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and tests strategies to prevent bullying.

### • Step 4: Assure widespread adoption

In this final step, CDC shares the best prevention strategies. CDC may also provide funding or technical help so communities can adopt these strategies.

Source:  
Center for Disease Control and Prevention  
[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)  
1-800-CDC-INFO (232-4636)  
[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

# MYPLATE.GOV

MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.

## ChooseMyPlate.gov

1. The website features practical information and tips to help Americans build healthier diets.
2. It features selected messages to help consumer focus on key behaviors. Selected messages include:
  - Enjoy your food, but eat less.
  - Avoid oversized portions.
  - Make half your plate fruits and vegetables.
  - Switch to fat-free or low-fat (1%) milk.
  - Make at least half your grains whole grains.
  - Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
  - Drink water instead of sugary drinks.
3. [ChooseMyPlate.gov](http://ChooseMyPlate.gov) includes much of the consumer and professional information formerly found on MyPyramid.gov.



# TOOTH DECAY

Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems; such as eating, speaking, playing, and learning.



The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

## What Parents and Caregivers Can Do

Here are some things you can do to ensure good oral health for your child:

- Encourage your children to eat regular nutritious meals and avoid frequent between-meal snacking.
- Protect your children's teeth with fluoride.
- Brush twice a day using a fluoride toothpaste.
- If your child is less than 7 years old, put only a pea-sized amount on their toothbrush.
- Floss daily.
- If your drinking water is not fluoridated, talk to a dentist or physician about the best way to protect your child's teeth.
- Talk to your child's dentist about dental sealants. They protect teeth from decay.
- If you are pregnant, get prenatal care and eat a healthy diet. The diet should include folic acid to prevent birth defects of the brain and spinal cord and possibly cleft lip/palate.

Source:  
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Center for Disease Control and Prevention  
[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)  
1-800-CDC-INFO (232-4636)  
[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

Child Care Health Consultation Program  
P.O. Box 309, 1501 Breckenridge Street  
Owensboro, KY 42302-0309  
amy.brown@grdhd.org



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"Green River Childcare"



Serving Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster, Hopkins, Christian & Muhlenberg Counties

Published by: Amy C. Brown  
Health Educator II for the  
Green River District Health Department

## EAT YOUR VEGGIES (MOM & DAD)

A recent study confirmed previous research that children who see someone smiling and enjoying healthy food are more likely to willingly consume that food. It's not surprising that kids are influenced by what their parents eat, but this research more firmly establishes the important role parents have in setting good examples for healthy eating. The study, published in the journal *Obesity*, found that even if a child disliked a particular food, seeing an image of someone with a pleasant expression while eating that food made the child want to try the food. But, the researchers warn that telling a child to simply eat a healthy food isn't enough; the child should see the person eating it as well. Parents should also not send mixed messages by saying one thing but doing the other, and they should eat what they preach, happily!

*Obesity*, 02/11

**PediatricsforParents**

Information for anyone who cares for children



### Corn Chowder

Serving Size: 1 cup  
Yield: 4 servings  
Calories: 186  
Total fat: 5 grams

#### Ingredients:

- 1 tbs. vegetable oil
- 2 tbs. finely diced celery
- 2 tbs. finely diced onion
- 2 tbs. finely diced green pepper
- 1 package (10 oz.) frozen corn
- 1 cup raw diced potatoes (peeled)
- 1 cup water
- 1/4 tsp salt
- Black pepper to taste
- 1/4 tsp paprika
- 2 cups milk, non-fat, divided
- 2 tbs. flour
- 2 tbs. chopped fresh parsley

Sauté celery, onion, green pepper in oil (about 2 minutes). Add corn, potatoes, water, salt, pepper, and paprika. Bring to boil; reduce heat to medium; cook covered about 10 minutes or until potatoes are tender. Pour 1/2 cup milk into jar with a tight fitting lid add flour and shake vigorously. Add gradually to cooked vegetables; stir well. Add remaining milk. Cook stirring constantly, until mixture comes to a boil and thickens. Serve garnished with fresh parsley.

