

GOOD BEGINNINGS NEVER END

N.C. Child Care Health & Safety Resource Center • 1-800-246-6731

July 1999

Key Points

- Infants and children can become dehydrated easily and should drink more fluids during hot weather.
- Infants do not tolerate heat well because their sweat glands are not well developed.
- Heat exhaustion is possible when the temperature outside is 90-104 F.
- Heat stroke is possible when the temperature outside is 105-130 F.
- When the weather is more humid, temperatures "feel" hotter. This effect is called the "heat index."
- Exposure to full, direct sunshine can increase the heat index by 15 F degrees.
- Never leave a child in a closed parked car during hot weather. This can cause heat stroke and death in a very short time.

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HOT! HOT! HOT!



North Carolina is sweltering this summer with high temperatures and humidity. That sweat on your forehead and the perspiration rolling down your back right now is your body's way of helping you keep cool. However, keeping cool is harder for the children in your care.

Children have more difficulty controlling their body temperature and should be supervised more closely during hot weather to spot the early signs of heat illness.

There are two kinds of heat illness – heat exhaustion and heat stroke.

Heat exhaustion is caused when essential body fluids are lost during heavy sweating.

Symptoms of heat exhaustion are:

- Dizziness, fatigue, faintness, and headache
- Cool but sweaty skin
- Rapid but weak pulse
- Fast but shallow breathing
- Muscle cramps
- Intense thirst

If left untreated, heat exhaustion can worsen to heat stroke.

Heat stroke is the more serious form of heat illness and can lead to death. When heat stroke occurs, the victim stops sweating and the body temperature rises to deadly levels. Symptoms of heat stroke are:

- Heat exhaustion symptoms
- Hot, dry and flushed skin
- No sweating
- High body temperature
- Rapid heartbeat
- Confusion
- Loss of consciousness

Victims of heat stroke require prompt professional medical attention. This is a medical emergency. Call 911. Keep the victim in a cool place until help arrives.

Prevention

Following these guidelines can prevent both heat exhaustion and heat stroke:

- Give children plenty of fluids to drink often – especially water and juice. Avoid sodas and other sugary drinks.
- Let children play indoors or in the shade during the hottest part of the day (11 a.m.-3 p.m.). Children should wear wide-brimmed hats and use sunscreen.
- Provide shady play areas.
- Dress children in light-weight, light-colored clothes. Babies should not be bundled in blankets in hot weather.
- Learn the early signs of heat illness. At the first signs, move the child to a cooler location and seek medical attention if the symptoms persist or worsen.

You and your children can enjoy the summer weather and stay cool by following these guidelines, even when it's "HOT! HOT! HOT!"

At Your Service

North Carolina Child Care Health & Safety Resource Center

Providing Training, Consultation & Resources for North Carolina's Child Care Community



June Call Statistics

Total number of calls	872
Number of calls from Family	
Child Care Providers	218
Primary Reason for Calling	No. of Calls
Newsletter/Discipline	130
First Aid Chart	5
Calendar	7
NC Regulations	7
Infant Care	6

Training	7
Sun Safety	7
ABC Book	15
Nutrition	8
Communicable Disease	7
Medication Administration	3
Handwashing	3
Asthma	3
Other	10



Training Opportunities

August 2

Wake Co. Family Child Care Mtg- "Storytelling", Raleigh
Donna Vartanesian
919-790-9875

August 5

Outdoor Activities, Boone
828-262-5424

August 7

Teachers Treasure
Healthy Smiles, Raleigh
Kim, 919-250-3992

August 10

Growth, Development & Behavior, Carteret Co.
252-728-1710

August 12

Supporting Children During and After Drug Related Family Crisis, Greensboro
336-373-2925

August 14

Healthy Kids/Healthy Habits, Ear Infections & Colic, Raleigh
919-832-7175, ext. 3005

August 18

When you can't stand Johnny's Mom – Communication with Parents, Hendersonville
828-692-3847

August 18

Meal Patterns for the CACFP, Raleigh
919-832-7175, ext. 3005

August 19

Calling All Children (Make all children feel valued and welcomed), Greensboro
336-297-5000

August 21

Playgrounds of Learning Conference, Spruce Pines
828-262-5424

August 31

Safe, Wet, Water Play, Greensboro
336-373-2937

Health and Safety Alert

Recalls

The US Consumer Product Safety Commission protects the public from unreasonable risks of injury or death from 15,000 types of consumer products under the agency's jurisdiction. To report a dangerous product or product related injury, call CPSC's hotline at 1-800-638-2772.

The CPSC has issued the following recalls for June, 1999:

Swimming pool dive sticks – In shallow water, children can fall or land on a dive stick and suffer rectal or vaginal impalement. Facial and eye injuries are also possible when children attempt to retrieve the sticks under water. These dive sticks are dangerous and should not be used.

Models 075 and 080 Snuggli Front and Back Pack soft infant carriers – Small infants can shift to one side, slip through the leg openings of these carriers and fall. Infants under 2 months of age are at greatest risk.

Stuffed Sock Monkey from Restoration Hardware – Sewing needles or pins have been found in the stuffing of these monkeys presenting a laceration hazard.

Lil' Sport Spill Proof Sport Bottles from Gerber Products – (sold from February 1999 to July 1999) A valve inside the cap can detach, posing a choking hazard to young children. Parents and caregivers should stop children from using these bottles immediately.

Beanbags sold with Barney Hopscotch Game Towels – The seams on these beanbags can separate and allow plastic pellets to be released, presenting an aspiration hazard to young children.

The ABC's of Safe and Healthy Child Care...

Plan Ahead for a Picnic

Summer is the perfect time for picnics. You'll want to keep picnics safe by handling food properly to prevent food borne illnesses. An insulated cooler and ice can keep most foods safe for short periods of time even in hot weather. Follow these guidelines for a safe picnic:

- Take only the amounts of food you'll use.
- Wrap each sandwich separately in clean plastic wrap or sandwich bags.
- Put all wrapped sandwiches in a large plastic bag and freeze them.
- Pack lettuce, tomato and mayonnaise in separate containers. Add them to sandwiches just before eating.
- Pack your insulated cooler directly from the refrigerator or freezer.



Teddy Bear Picnic



Have a Teddy Bear Picnic this summer! Ask each child to invite one teddy bear for a picnic.

1. During circle time read / sing *Teddy Bears' Picnic* by David Grisam and Jerry Garcia to all children and teddy bears.
2. Sing "Going on a Picnic" and ask each child to name one item for the picnic.
3. Pack your cooler and go out into the "woods." (Note: Teddy bears' favorite food is honey graham crackers.)
4. Bring a portable tape player with tapes for singing and dancing at the picnic.
5. After playing, eat lunch and clean up.
6. At "six o'clock the mommies and daddies" take the teddy bears home for a nap.

Keep Cool

Include a cold source in your cooler such as:

- Commercial ice packs or homemade ice packs (ice cubes in a plastic bag wrapped in foil) or
- Frozen small cans or boxes of juice, yogurt, or applesauce.

The food in the cooler will stay cool if you:

- Keep the cooler in the shade – not in the sun or the car trunk.
- Keep the lid on the cooler.
- Serve food quickly from the cooler (Food should not sit out for more than 1 hour).

If you do not have a cooler, take fresh, canned or dried fruits, raw vegetables, hard cheese, canned or dried meats or fish, dry cereal, bread, peanut butter or crackers.

Remember:



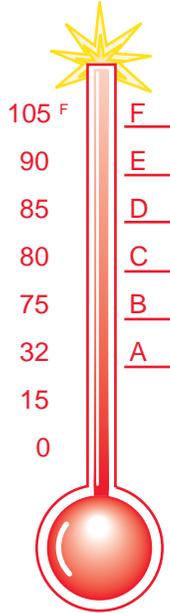
Contaminated food may look good, smell good, and taste good. You may wonder if you should use it. When in doubt, throw it out!

Test Your Knowledge

Joyce is planning a picnic for her children. The weather forecast is calling for temperatures in the 90's with high humidity and a heat index of 105 degrees F. She will watch her outdoor thermometer and keep the safety of the children in mind at all times. Match the following with the correct letter on the thermometer to the right. Call us at 1-800-CHOOSE-1 with your answer and receive a summer reading program poster and certificate for free pizza at Pizza Hut if you are among the first 100 callers.

- ___ 1. Heat exhaustion is possible.
- ___ 2. Heat stroke is possible.
- ___ 3. Children should be given extra water to drink.
- ___ 4. The best temperature for the picnic.

- ___ 5. Picnic food should not sit outside of the cooler for more than an hour.
- ___ 6. Temperature of the food in the cooler when it is first packed.



References for July Articles

Healthful Menus and Recipes by Julie A. Haines, M.S., R.D., 1996.
Beating the Heat by Callie Jones, Texas WIC News, June 1997.
Healthy Child Care, Vol.1, Issue 4, June-July 1998.
Connecticut Cooks for Kids by Ellen L. Shanley, MBA, RD, 1998.

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FOR MORE INFORMATION

or if you would like to send suggestions or comments

WRITE:

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