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Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.

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Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN

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Helmet Safety

Tricycle and bicycle riding are big parts of a childhood experience, but can also be the most dangerous. According to Kids Health.org approximately 300,000 kids are seen in the ER for injuries related to tricycles and bicycles, many of which are head injuries.

Head injuries can be easily prevented by wearing a properly fitted helmet. Use of a helmet when riding on any wheeled equipment can reduce serious head/brain injury by 88%, however only about 45% of children wear them. Caring for Our Children Standard 6.4.2.2 states that all children over the age of 1 should wear a helmet when riding any wheeled equipment, including tricycles, scooters, bicycles, skateboards, etc. Helmets are not necessary when using wheeled equipment with a roof.

While it is considered best practice for all children in child care to have their own helmet, it may not always be possible. The prevention of a head injury should outweigh the concern of spreading head

lice by sharing helmets.

Let's review the steps for identifying a properly fitted helmet.

1. Properly fitting means it should fit level on the head—1 to 2 fingerbreadths above the high brow.
2. Helmet straps should form a "V" under the ears.
3. Helmet straps should be buckled and tight enough to only be able to fit 2 fingers between the chin and strap.
4. Helmet should not move more than one inch in any direction when re-adjusted.
5. A helmet that's been involved in a crash where it hit a hard surface should be replaced.
6. Never wear a hat under your helmet.

For more information go to <http://kidshealth.org/en/kids/bike-safety.html> or contact your child care nurse consultant.

Water Play

With the upcoming summer months, a review of water safety practices is important. It's that time of year when special trips are taken to the local pool or water tables and wading pools are used. For the safety of the children in child care (and all children), following strict water safety practices is a priority.

Refer to DHS licensing/registration guidelines regarding use of pools in child care. Sprinklers, hoses, or small individual water buckets are safe alternatives as a cooling play activity. Close supervision is required for all water play.

Wading pools are not recommended because they are a safety risk for drowning and a breeding ground for communicable diseases, including cryptosporidiosis. Cryptosporidiosis is characterized by profuse, watery diarrhea and cramping abdominal pain. Children with diarrhea must be excluded from care. For exclusion criteria go to <https://www.idph.iowa.gov/hcci/products> and click on *Common Child Care Illnesses and Exclusion Criteria*. **If you have questions regarding pool and water safety practices/policies, contact your child care nurse consultant.**

The U.S. Food and Drug Administration (FDA) is warning that over-the-counter (OTC) oral drug products containing benzocaine **should not be used to treat infants and children younger than 2 years.**

These products carry serious risks and provide little to no benefits for treating oral pain, including sore gums in infants due to teething.

For more information about this FDA warning go to <https://www.fda.gov/Drugs/DrugSafety/ucm608265.htm>