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# Quality Care For Kids

A newsletter for Clinton/Jackson  
Child Care Providers

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



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Nurse Consultant  
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## Back to School

The end of summer is near and soon children will be going back to school and infants and children may be entering child care. All children enrolling in child care and school need a complete health record. A complete health record includes:

1. A well child physical exam (signed by a MD, DO, PA or Nurse Practitioner).
2. An Iowa Department of Public Health Certificate of Immunization (or Certificate of Immunization Exemption).
3. A dental screening yearly starting at age 1.
4. A vision screening.
5. A hearing screening.
6. A blood lead screening at age 12 months and 2 years. (For children at high risk also screen at 18 months, 3, 4, 5 and 6 years of age).
7. A developmental screening.
8. A care plan for children with special health or developmental needs (i.e.: asthma action plan; IEP; behavioral plan). Your child care

nurse consultant can help with care plans.

9. Medication record (if a child is taking medications at school or child care).

Free health forms are available at:

[www.idph.state.ia.us/hcci](http://www.idph.state.ia.us/hcci)



An eye exam and vision screening is recommended for all children.

## Immunization

August is National Immunization Awareness Month. Infants, children, preteens, teens and even adults need immunizations to protect them from disease and to help keep them healthy. According to the Centers for Disease Control (CDC), immunizations are one of the top 10 public health accomplishments of the 20th Century.

The CDC recommends routine vaccination to prevent 17 vaccine-preventable diseases. Vaccine preventable diseases include: whooping cough (pertussis), polio, Hepatitis A,

B and C, measles and influenza, just to name a few.

Child care providers can encourage parents to keep their children fully vaccinated and should request updated immunization records as children are due for vaccination. Free immunization forms are available from Iowa Department of Public Health [www.idph.state.ia.us/IMMTB](http://www.idph.state.ia.us/IMMTB) and free posters are available from the CDC at [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/)

For help with assessing if children in your care are fully immunized call your local child care nurse consultant.

## World Breastfeeding Week

World Breastfeeding Week is August 1-6, 2014. Supporting breastfeeding is one way to show you care for the health and development of infants. Breast milk helps protect babies from illness and is associated with lower respiratory infections, asthma, obesity and diabetes. Research has also shown that breastfeeding reduces the risk of SIDS (Sudden Infant Death Syndrome).

Breast milk is also easier to digest. Do you have policies in place to support breastfeeding moms? Do you have a quiet place where moms can breastfeed on their lunch break or before they drive home? For more information about breastfeeding contact your local child care nurse consultant.