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# Quality Care For Kids

A newsletter for Clinton/Jackson  
Child Care Providers

MARCH 2015

## Poison Prevention Week

March 16-22, 2015 is National Poison Prevention Week. More than 2 million poisonings are reported each year to poison control centers nationwide. Approximately 90% of poisonings happen at home and 51% of poisonings involve children under the age of 6. Young children are curious. Things that smell, feel or look good often are put in their mouth to see if they taste good. Young children are unable to read labels

and don't understand that chemicals, medications, and many household products can be poisonous. Here are a few safety tips to prevent accidental poisoning:

1. Always keep all chemicals stored in their original container.
2. Keep all cleaning supplies and chemicals stored up out of reach or in a locked cabinet.
3. Keep all medicines in original labeled containers that have child-resistant caps.
4. Store all medications safely up out of reach or in a locked cabinet.
5. All art supplies should be non-toxic and direct supervision is required to prevent a child from putting art supplies in their mouth.
6. Call the Iowa Poison Help Line **1-800-222-1222** if you suspect someone has been poisoned.



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



The Child Care Nurse Consultant Program is funded by Clinton/Jackson Early Childhood Iowa

## Helmet Use

March is Brain Injury Prevention month. According to the Centers for Disease Control traumatic brain injury is the leading cause of death and disability in children in the U.S. Wearing a bike helmet is the single most effective way to prevent head injury resulting from a fall from a bicycle reducing the risk of severe brain injury by 88%.

Caring For Our Children National Health and Safety Standards, 3rd edition (CFOC) states that "all children one year of age and over should wear properly fitted and approved helmets while riding toys with wheels (tricycles, bicycles, etc)". Approved helmets

should meet the standards of the Consumer Products Safety Commission (CPSC) and should have the "CPSC approved" sticker located on the helmet.

Helmets should be removed from the child's head as soon as the child stops using the wheeled toy to prevent a risk for strangulation. Best practice is for each child to have their own helmet. To prevent the risk of head lice when helmets are shared between children, wiping the lining of the helmet with a damp cloth should remove any head lice or nits.

For more information on how to properly fit a helmet go to: [www.safekids.org/video/bike-helmet-fit-test](http://www.safekids.org/video/bike-helmet-fit-test)

Soon Spring will be here!  
It's a great time to assess your playground and to plan for ways to enhance your "outdoor" classroom and keep it safe. Your local child care nurse consultant is available for on-site assessment and consultation and it's FREE!  
Call today!



Photo: CDC Amanda Mills