

Safety Information

November is Child Safety and Prevention Month! We want to keep our little ones safe and reduce injuries and illness. Here are some tips to keep children safe.

1. Practice Safe Sleep: Remove soft, fluffy and loose bedding like pillows and blankets and stuffed toys from the sleep area and place baby on his or her back.
2. Use safety gates: Use safety gates to keep children from harm, especially at the top and bottom of stairs.
3. Be mindful of plants: Choose decorative plants that are nontoxic.
4. Keep things tidy: Store and pick up toys and baby supplies to reduce tripping hazards.
5. Lock it up: Store harmful substances (household cleaners, medications, cosmetics, etc.) in a locked cabinet and out of reach of children.
6. Be cautious of choking hazards: Be vigilant about coins, marbles, keys, jewelry, paper clips, water bottle tops, safety pins, removable rubber tips on doorstops, jeweled decorations on children's clothing, crayons, and hard and round foods.
7. Hot liquids: Set hot water heaters no higher than 120 degrees F. A lower water temperature reduces the chance of scald burns. Keep hot liquids out of reach of children.
8. Check out your furniture: Secure large furniture and ensure broken furniture is removed.

Source: <http://www.parentguidenews.com/Articles/NovemberBringsChildSafetyPreventionMonth>

Well-Being Information

Good health and physical well-being

Making sure your child has nutritious food, enough exercise and regular medical care gives him a good start in life and lessens the chances that he will have serious health problems or trouble learning later on.

Food

Preschoolers Require a Healthy Diet

After your child is born, she requires nutritious food to keep her healthy. School-aged children can concentrate better in class if they eat balanced meals that include servings of breads and cereals; fruits and vegetables; meat, poultry and fish and meat alternatives (such as eggs and dried beans and peas); and milk, cheese and yogurt. You should make sure your child does not eat too many fatty foods and sweets.

Children aged 2-5 generally can eat the same foods as adults but in smaller portions. Your child's doctor or medical clinic adviser can provide you with advice on what to feed a baby or a toddler who under the age of 2. If you need food for your child, federal, state and local programs can help. For example, the federal nutrition program, called the Special Supplemental Food Program for Women, Infants and Children (WIC), distributes food to low-income women and their children across the country. Food stamp programs also are available.

If you want more information or want to find out if you are eligible for food stamps, call or visit your local or state health department. Your local librarian can help you find names, addresses and phone numbers.





Health, Safety & Well-being Coaches

Tennessee Child Care Resource & Referral Network

Contact Us

Visit our website to connect with a Health, Safety & Well-being Quality Coach near you,

www.tnccrr.org



SNACK CORNER Mini Breakfast Pizza

Ingredients:

- 8 Eggs, beaten
- 2/3 cup pizza sauce
- 4 English muffins, split, toasted
- 1 cup Shredded Italian Cheese
- Dried oregano leaves

Directions:

Serves 8

1. Heat oven to 450°F. Coat large skillet with cooking spray; heat over medium heat until hot.
2. Pour in eggs. As eggs begin to set, gently scramble eggs. Continue cooking until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat.
3. Spread pizza sauce evenly on muffin halves; place on baking sheet. Top each half with eggs and cheese, dividing evenly.
4. Bake in 450°F oven until cheese is melted, about 5 minutes. Sprinkle with oregano.
5. Serve with milk and sliced fruit to meet the USDA Meal Pattern Guidelines and CACFP requirements for breakfast.



This snack meets the USDA Meal Pattern Guidelines and CACFP requirements

Health Information

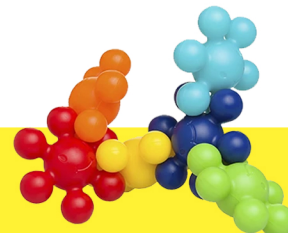
Building Resiliency, Shedding Stress for Lifelong Success

When child care educators share that they work in the field of early childhood they could hear a few different responses. Some might say “wow what a tough job you have” or “what an easy job you get to play with kids all day”. However, many know we do much more measurable things like building successful generations. The work in Tennessee surrounding Adverse Childhood Experiences talks a lot about a strong foundation. Helping children build strong healthy relationships helps build lifelong health benefits. Child care educators should be the stable nurturing person that helps build up resiliency in children against those adverse events they may experience in their young lives. However, if adults who care for children are stressed, how can they do their jobs?

The effective practice framework in the CSEFEL Pyramid Model plays an important part in how educators use appropriate supports to build resiliency in themselves, students and even their families. Educators should think about the framework as not only training and curriculum but as a philosophy that impacts their daily interactions with children. In the classroom, educators should make time and space for emotional and mental health not just physical health. Making children feel safe to show and express emotions and time to decompress from the stress of the environment is important. This can be done with feeling charts and calm down corners. Educators making this a practice in their daily lives and in their classroom will provide healthy lifelong benefits for them and their children.



Resources: <https://www.tn.gov/dcs/program-areas/child-health/aces.html>; Head Start ECLKC Promoting Resilience in Children, Families, Staff and You! Webinar. <http://csefel.vanderbilt.edu/Pyramid Model>



Ubbi Connecting Bath Toys

Recall Date: September 9, 2019

Hazard: The toys can break and create a sharp point, posing laceration and choking hazards to young children.

Consumer contact: Consumers may contact Pearhead collect at (718) 422-0592 from 9:30 a.m. to 6 p.m. (ET) Monday through Friday, by email service@ubbiworld.com or online at www.ubbiworld.com and click on “Product Recall” at the bottom of the page for more details.