



The Parent Connection Tips, Tricks, and Tidbits

SCCAP's Child Care Resource and Referral's Quarterly Newsletter

January-March 2022

Inside This Issue

Traumatic Brain Injury Information

Winter Safety

Winter Break Activities

Children's Dental Health Month

Holiday Fun

Upcoming Trainings



MARCH

IS BRAIN INJURY AWARENESS MONTH



Not all wounds are visible



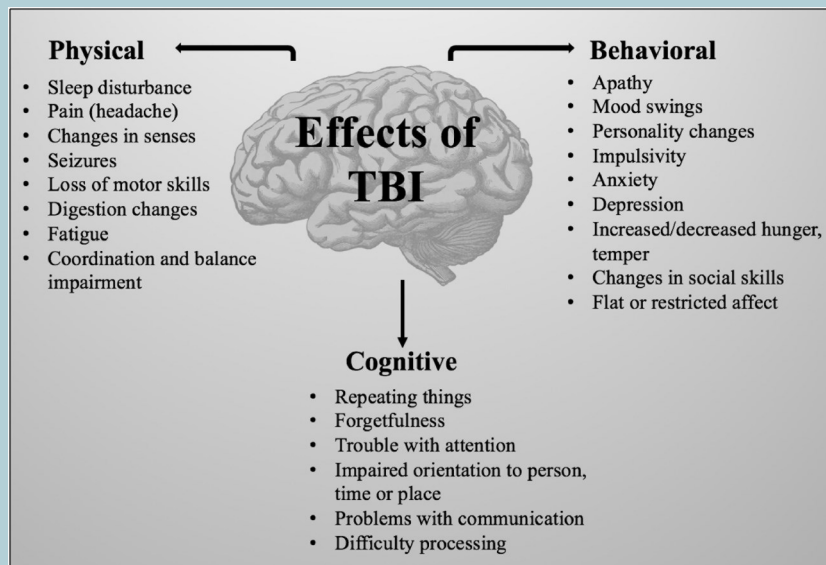
February is
Children's Dental
Health Awareness
Month

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January is Winter Sports Traumatic Brain Injury Awareness Month

Of special concern are the risks facing children and teenagers playing winter sports. Statistics show accidents while playing sports are the reason for almost every TBI suffered by children and teenagers in this country.

Children are at a special risk for suffering injuries and severe harm while participating in winter sports. The danger of someone still in their formative years suffering a traumatic brain injury from a winter sports accident is a serious concern for everyone living in our part of the country.



Regarding Winter Sports Accidents Involving Youngsters and Pre-Teens, Stanford warns:

- Over 25,000 children between the ages of 5 years to 14 years are treated in hospital emergency for snowboarding and snow skiing-related injuries.
- Over 20,000 children between the ages of 5 years to 14 years are treated in hospital emergency rooms for ice hockey-related injuries each year.
- Over 16,000 children between the ages of 5 years to 14 years are treated in hospital emergency rooms for sledding-related injuries.

Head Trauma Can Cause Death or Permanent Disabilities

Traumatic Brain Injuries (TBI) can cause death in a child involved in a winter sports accident. It is more common for the winter sporting accident to result in permanent, life-altering harm to the child's cognitive functions caused by the head trauma.

Whenever a child suffers a head injury while playing winter sports, proper medical treatment should be available for them and provided as soon as possible. Any question of emergency medical care should be resolved in favor of the hospital or ambulance. Why? Delay in treatment of a TBI can exacerbate its damage.



PREPARING KIDS FOR COLD OUTDOOR PLAY



- 1) **Dress yourself and children appropriately**—hat, mittens, winter coat, snow pants, etc.
- 2) **Prevent falls**—watch out for ice
- 3) **Choose areas to play that are protected from wind**—on cold days limit the time children are outside
- 4) **Check toys and equipment** that have been exposed to extreme cold temps. They may break easily and create safety hazards
- 5) **Recommend that parents provide extra clothing** in case children get wet



COLD WEATHER PLAY

Playing outside is healthy for children.



Outdoor air has fewer germs than indoor air.



Sunlight helps the body make vitamin D needed to grow.



When your child is outdoors, they can run, jump, climb, and shout.



Letting children be noisy and active decreases stress, improves behavior, and improves sleep.



Play outside actually *reduces* the risk of getting a cold!

Outdoor play provides many health benefits for children. Children should be allowed to play outside in cold weather with appropriate clothing and adult monitoring.





So what can you do to make brushing teeth easier with your kids?

1. Build good oral hygiene routines early
2. Educate toddlers about WHY teeth need be brushed
3. Role play teeth brushing with a doll or teddy bear
4. Lead by Example
5. Let them choose their own toothbrush
6. Make teeth cleaning fun!



Winter Break Activities

Fort Building Readily available and guaranteed to deliver some well-padded play, pillows can be used in multiple ways. One of the most timeless indoor activities? Pillow forts, of course! Whether using couch components or ruffled, round, or ultra-plush pillows, building forts bolstered by furniture and covered in blankets can create a creative and cozy cavern for spurring a child's imagination.

Balloon Ball Looking for a wacky way to play ball in the house that won't breaking any furniture or have the game end in bumps and tears? All you need is a balloon – a blow-up ball can work, too! Line



Get Moving!

Wiggle Here, Wiggle There

A wiggle, wiggle here,
A wiggle, wiggle there.
Wiggle your hands,
Up in the air.
Wiggle your shoulders,
Wiggle your hips,
Wiggle your knees,
And move your lips.
Wiggle, wiggle, wiggle,
And wiggle and bend.
Wiggle, wiggle, wiggle,
And that is the end.

Clap, Clap

Clap, clap, clap your hands
as slowly as you can.
Clap, clap, clap your hands
as quickly as you can.

Roll, roll, roll your arms...
Shake, shake, shake your
head...

Flap, flap, flap your arms...
Stomp, stomp, stomp your
feet...

(do with any kind of move-
ment of which you can think)





This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity, plus showcases the expertise of registered dietitian nutritionists.

Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.



Academy of Nutrition and Dietetics

Healthy Peanut Butter Cookies



Ingredients

- 1 large egg, room temperature, beaten
- 1 cup creamy peanut butter
- 1/4 cup oat bran
- 1/4 cup maple syrup

Directions

1. Preheat oven to 350°. In a large bowl, mix all ingredients. Roll level tablespoons into balls. Place on ungreased baking sheets; flatten with a fork.
2. Bake for 15 minutes. Remove to a wire rack to cool.

Healthy Snacks

African Fried Bananas

Ingredients

- Bananas
- Lemon Juice
- Cinnamon
- Butter

Directions

1. Have the children help slice up bananas
2. Sprinkle with lemon juice
3. Sprinkle cinnamon on top
4. Have an adult fry in butter





Interested in becoming a Child Care Provider?

The Child Care Resource and Referral Center can help you get started running your own child care business!



Upcoming Trainings

- ♦ ACES 101 (Introduction Course) - 1/15/2022 9 to 12
- ♦ ACES 201 (Expands on 101) - 1/29/2022 9 to 12
- ♦ Interested Provider Orientation- 2/22/2022 6 to 8:30pm
Registration is required
- ♦ Safe Sitter Class - 2/25, 2022 9 to 3 Registration is required
- ♦ CPR and First Aid- 2/26/2022 9 to 1
- ♦ Core Business Training- 3/5, 12, & 19, 2022 9 to 3 Registration is required

How Can We Better Serve You?

Do you have suggestions on what you would like to see in our newsletters, or how Child Care Resource and Referral can better assist you and your needs?

Please email:

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Or call:

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