



The Child Care Provider 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



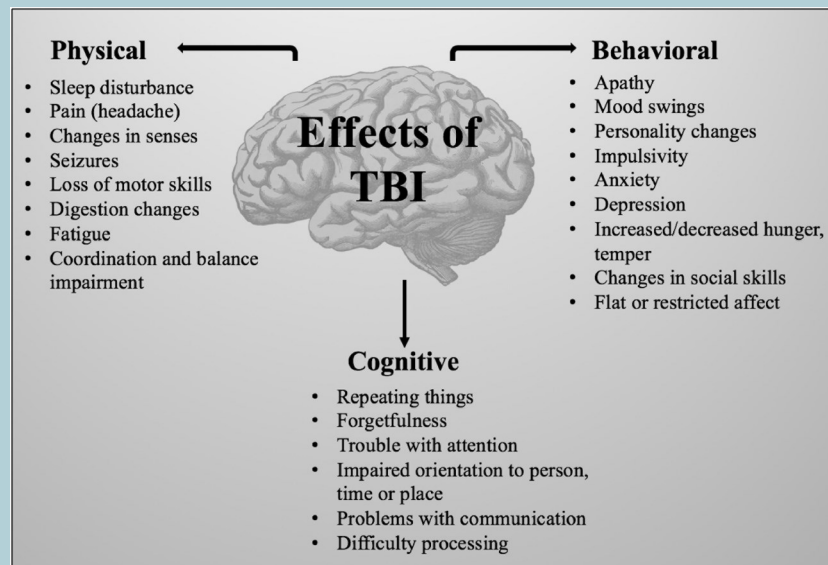
February is
Children's Dental
Health Awareness
Month

shutterstock.com · 1612011685

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!



Valentine's Day Fun!



Crayon Hearts Suncatchers Supplies:

- Crayons
- Crayon sharpener or pencil sharpener with a bigger opening
- Wax paper
- Iron
- Black construction paper
- Scissors



1. Crayon shavings
2. Heart outlines: Cut some hearts from black construction paper folded in half, then cut out the center of the hearts about half an inch to an inch from the edge. Arrange them on a piece of wax paper that you've placed on some paper towels. Make sure the hearts aren't too close to the edge – you want crayon shavings all around them.
3. Sprinkle crayon shavings all over your wax paper and construction paper hearts.
4. Cover your crayon shavings and hearts with another piece of wax paper and more paper towels. Set your iron to medium heat with no steam, and carefully run it all over the top layer of paper towels several times. Check every minute or so and stop as soon as the crayon shavings are sufficiently melted.
5. Hang your suncatcher in a window and enjoy.

redtedart.com

St. Patrick's Day Craft

St. Patrick's Day Glitter Playdough

- 1 1/2 cups flour
- 1/2 cup salt
- 1 tbsp vegetable oil
- 1 tbsp cream of tartar
- 2-3 drops green gel food coloring
- 1 cup water
- green glitter
- gold glitter



1. In a large pot, combine flour, salt, oil, cream of tartar, and water, mix well with a whisk. Add a couple of drops of gel food coloring and mix well.
2. Cook on medium-low heat, stirring constantly.
3. Playdough will begin to thicken and eventually form a thick ball of dough. Pour your dough onto a surface to cool.
4. Once cool, knead your dough. If it is still sticky, add a little extra flour and knead it in.
5. Add glitter a little at a time to your dough and knead to mix it through.

redtedart.com



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

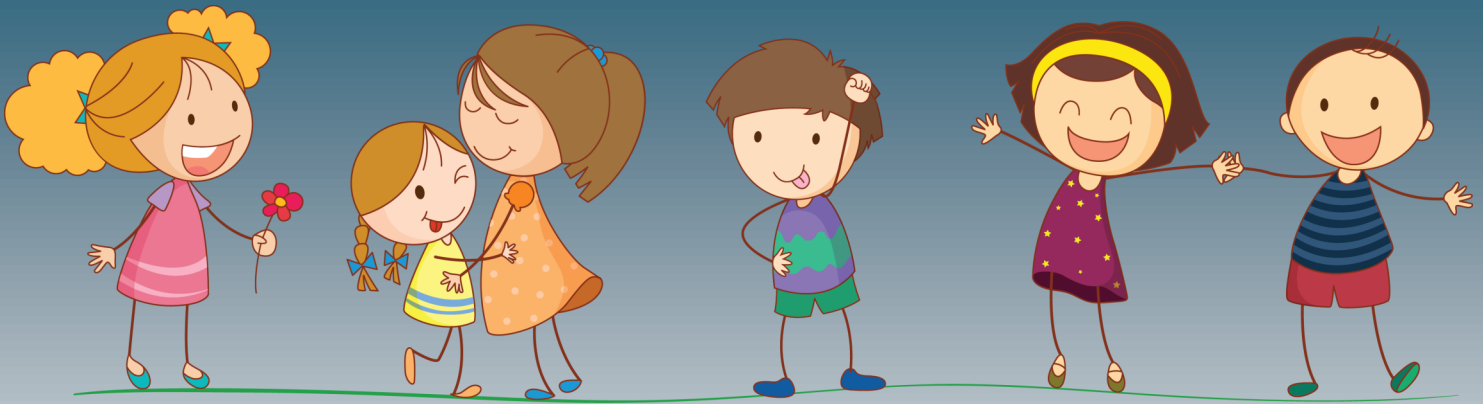
Ingredients

- 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





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

