

# Nurse's Notes

*A Childcare Provider's Guide to Health & Safety  
in Early Childhood*

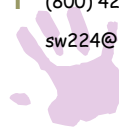
## Portion Distortion

The American Academy of Pediatrics recommends that children consume 6 to 11 servings of grains daily, 2 to 3 servings of vegetables, 2 to 3 servings of fruits, 2 to 3 servings of dairy, and 2 servings of meat or other proteins such as beans and eggs.



## Portion Sizes for 1-3 year olds

- Bread: 1/2 slice
- Cereal, pasta, rice: 1/4 cup (cooked)
- Dry cereal: 1/3 cup
- Crackers, 2 to 3
- Vegetables, 1/4 cup cooked
- Fruit, 1/4 cup or 1/2 piece
- Juice, 1/4 cup
- Milk, 1/2 cup
- Cheese, 1/2 ounce
- Yogurt, 1/3 cup
- Egg, 1/2
- Beans, 1/4 cup
- Meat, fish, poultry, 1 oz. (2, 1-in. cubes)



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## H1N1 Flu Updates (Swine Flu)

<http://www.flu.gov/>

<http://www.cdc.gov/h1n1flu/parents/>

<http://www.pandemicflu.gov/>

## Questions or comments?

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## Important Health & Safety Websites

American Academy of Pediatrics  
<http://www.aap.org/>

Illinois Poison Center  
<http://www.mchc.org/ipc/>

Healthy Child Care America  
<http://www.healthychildcare.org/>

Healthy Kids  
<http://www.healthykids.us/>

U.S. Food & Drug Administration  
<http://www.fda.gov/>

Safe Kids  
<http://www.usa.safekids.org>

## Daily Health Checks are Important!

Complete a brief check of each child upon arrival. This should be done before the parent or guardian leaves so that a child who appears to be ill or injured can be taken home or to the doctor/clinic as appropriate. This routine should be accomplished in a non-threatening manner, such as through greeting games.

- \_\_\_\_\_ Fever (warm to the touch)
- \_\_\_\_\_ Hair (clean; check for lice or ringworm)
- \_\_\_\_\_ Face and head (cuts,/bruises)

\_\_\_\_\_ Eyes, ears, nose (redness, discharge, swelling, pain)

\_\_\_\_\_ Arms and legs (cuts, bruises, burns, sores or wounds, pain)

\_\_\_\_\_ Hands (sores, wounds, burns, unusual scars)

\_\_\_\_\_ Feet (limping, pain; may check during nap time for sores, wounds, burns)

\_\_\_\_\_ Skin (rashes, irritation, insect bites)

\_\_\_\_\_ General appearance (body, hair and clothing clean; energy level; extreme hunger)

\_\_\_\_\_ Obvious signs of illness (droopy appearance; listless; upset stomach)

\_\_\_\_\_ "Hidden" areas (check for obvious signs of physical or sexual abuse during first bathroom break - bruising, pain during urination or bowel movement, bleeding)

The tactile (touch) health check involves gently rubbing your hand on the child's back, shoulder, or head as you greet him or her. This is one way to observe signs of possible illness or injury on areas of the body which are covered by clothing or hair.)

\_\_\_\_\_ General feeling of warmth, indicating possible fever.

\_\_\_\_\_ Possible bruising or soreness; the child may flinch or pull away from your touch

Verbal communication as you greet each child may provide clues to possible illness or injury.



New! Use Healthy Child Care.net for CDA licensing required credit hours.

<http://www.healthychild.net/>

*Healthy Childcare®* is a bimonthly publication for childcare programs devoted to health and safety issues.

