

Section B: Promoting Healthy Development

Clarify Nutrition Issues and Concerns (B29-33)

Some common symptoms to look for

- Replace last bullet with, “Anaphylactic shock. Warning signs include itching, hives, flushing of the skin, swollen and/or blue lips, severe nausea or diarrhea. **Can be fatal! Call 911.**”

Clarify Foods Requiring Special Care (B40-41)

(Add to first bullet on B41) Avoid using water from the hot water tap, or the first gush of water from a tap that has not been used for 6 hours. This water may be contaminated with lead from the plumbing. Flush cold water from the tap for at least 30 seconds before using.

Oral Health: B 43-54

Additional Information about Cleaning Infant/Toddler Teeth (B 44)

- (Add to “Birth to 24 months”) **DO** gently clean babies’ teeth and gums as soon as the first tooth erupts with a clean, damp washcloth wrapped around your finger or a small, soft baby toothbrush and water after feeding or at least two times a day. Clean the front and inside of each tooth at the gumline with 4 small circles. Gently scrub the tops of the teeth with a back and forth motion. This helps break up the plaque and prevents plaque build-up. You can hold the child in your lap or use the knee-to-knee position.* In this position, the parents or caregivers sit with their knees touching and the child cradled across their laps. One person holds the child and entertains her with songs or a story while the other brushes the teeth. For a larger child, you sit in a chair or sofa, have the child sit on the floor with their head leaned back into your lap. (* See “Positions” in resource section)

Additional Information about Cleaning Teeth of children with special health care needs (B 46)

- Replace paragraph under Children with special health care needs with: Tooth brushing may be more complicated for some children with special health care needs. Children may require special positioning or special oral hygiene aides, such as an electric

toothbrush or an easy-grip handle toothbrush. Fluoride is very important for these children due to their increased risk of oral health problems as a result of special diets and medications. If the child has difficulty with swallowing or spitting, dip the toothbrush into a mouth rinse that contains fluoride. Consult with the child's family or oral health care provider to individualize care.

Resources and Programs For Promoting Healthy Development (B55 – 66)

Health Resources for Children and Families: B 55-56

Additional Information

- Oregon SafeNet: 1-800-SAFENET (1-800-723-3638)
SafeNet is a phone information and referral line designed to link low-income Oregon residents with health care services in their communities. SafeNet provides information and referrals for a wide range of services low income women, children and families.
- Oregon Food Bank: (800) 777-7427. The Oregon Food Bank is a hunger-relief agency. They distribute emergency foods to 20 food banks across Oregon and operate two food banks serving the Portland area.

Information about Child Development: B57

Additional Selected readings

- Yardsticks – Children in the Classroom Ages 4-14: A Resource Guide for Parents and Teachers. Chip Wood
- What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids. Peter L. Benson, Judy Galbraith & Pamela Espeland (40 Developmental Assets)

Physical Activity: B 58

Additional Resources

- (Add) Physical Activity for Children, A Statement of Guidelines for Children Ages 5-12, 2nd edition, National Association for Sport and Physical Education. www.aahperd.org/naspe

- (Add) Fit Source National Child Care Information Center website. Fit Source is an interactive site for child care and after school providers. Search for a variety of physical activity and nutrition resources by age, topic and keywords. Includes games and activities, lesson plans, healthy recipes, information for parents, fitness campaigns, informational resources and Spanish language <http://nccic.org/fitsource>
- (Add) Kids In Action. This is an early childhood parent brochure that includes simple ideas for physical activities that can be done with children from birth to age five. <http://www.fitness.gov/action.pdf>
- (Delete) “Sport for All” site and info
- (Add) “ClickIt! To Reduce Television in Early Childhood” contains lesson plans and resources for early childhood educators to use in helping children and families think about getting enough physical activity and using television wisely. <http://depts.washington.edu/tvhealth/>
- (Add) Oregon State University Extension lesson plans “Why Weight? Reducing the Influence of Television on Children’s Health.” <http://extension.oregonstate.edu/fcd/vprograms/fcelessons/index.php>

Nutrition: B 59-61

Additional/Updated Information about the WIC Nutrition Program (B 59)

- (Add) The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides healthy foods, nutrition education and counseling, and referrals to qualified pregnant and breastfeeding women, infants, and children up to the age of five. Encourage foster parents, fathers, grandparents, and other guardians to apply for their children too!
- (Replace) WIC Contact Information (as of 4/04)

- Baker County – (541) 523-8212 or 8358
 - Benton County – (541) 766-6707
 - Josephine County – (541) 474-5333 or 5325
 - Salud Medical Center – remove phone number for general Salud office
 - Umatilla/Morrow Counties – (541) 564-6878 or (800) 559-5878
 - Union County – (541) 962-8829
 - Remove Oregon Food Bank from list of WIC clinics
- (Add) Website for the State WIC Program:
Oregon Department of Human Services, Health Services, Oregon WIC Program. Includes WIC income guidelines, clinic information, and WIC approved foods.
<http://www.dhs.state.or.us/publichealth/WIC/index.cfm>

Updated Nutrition Website Information (B 60-62)

- Change Tufts site info to “The Child and Family WebGuide,” a directory that evaluates, describes and provides links to hundreds of sites containing child development research and practical advice.
www.cfw.tufts.edu
- (Correct) Food and Nutrition Information Center:
www.nal.usda.gov/fnic/etext/fnic.html
- (Correct) Nutrition for Kids: www.nutritionforkids.com
- (Correct) Oregon DHS Breastfeeding Program:
<http://www.dhs.state.or.us/publichealth/bf/index.cfm>
- (Add) The After school Resource Center at the Food Research and Action Center has information on nutritional guidelines and an After school Guide that includes information on how to access nutrition programs and resources for incorporating nutrition education in school age care. www.frac.org
- (Change) Child and Adult Care Food Program

www.ode.state.or.us/search/results/?id=209

- (Change) Oregon Dept. of Agriculture
www.oregon.gov/ODA/

Making Food Safe for Children: B 62

Updated Website Information

- (Correct) Information on Food allergies – Remove <http://www.nutallergy.net> (no longer exists) Replace with <http://allallergy.net>
- (Correct) Oregon Department of Agriculture
<http://www.oda.state.or.us/fsd/index.html>
- (Correct) Nutrition & Food Service:
<http://nrc.uchsc.edu/CFOC/index.html>

Oral Health: B 63-65

Additional Resources (B 63-65)

- Oregon Department of Human Services, Oral Health Program, Office of Family Health,(971) 673-0252. Contact the oral health program for promotion/education materials, curriculum guides, Fluoride program guidelines, recommendations for children’s oral health, and videos.
<http://www.ohd.hr.state.or.us/dental>
- American Academy of Pediatric Dentistry: This site contains fact sheets, research articles and anticipatory guidance relative to children’s oral health. <http://www.aapd.org>
- American Dental Association: Check the section “Oral Health Topics From A-Z, this site contains answers to frequently asked questions.
<http://www.ada.org>
- American Dental Hygienists’ Association: Visit the “Kidstuff” section for fact sheets and interactive games. <http://www.adha.org>

- Centers for Disease Control and Prevention, Oral Health Division: This site contains fact sheets on infection control.
<http://www.cdc.gov/nccdphp/oh>.
- Colgate Bright Smiles Bright Futures: This website contains free teaching guides/activities/coloring pages designed for use by parents and teachers. The materials can be down loaded and re-printed.
<http://www.colgatebsbf.com>
- PLAK SMACKER inc., 4105 Indus Way, Riverside, CA 92503 phone 1-800-558-6684. This company supplies toothbrushes, toothbrush storage systems, toothpaste, stickers, etc. Discounted rates are available to Head Start, county and government programs.
- Procter and Gamble (Crest): This site contains colorful sample patient education information sheets which can be down loaded and re-printed for use. They are available in a variety of different languages.
<http://www.dentalcare.com>.

Pocket Materials

- 1) Better Brushing to Prevent Cavities- graphic
- 2) Positions – positions for cleaning the teeth of special needs kids
- 3) CDC - The Use and Handling of Toothbrushes – Fact sheet
- 4) Suggested Toothbrush Storage for the Classroom Setting