

# The Kansas Child Care Licensing Dispatch

October 30, 2015

Issue 2

## The Holidays Are Almost Here!

With the holidays quickly approaching many of us are making our “To Do” list. You may be wondering how you will get it all accomplished and still enjoy the cherished moments with family, friends and the children in your care. We would like to ask you to add one more item to the top of your to-do-list that may ensure that your holiday season is accident free. We encourage you to review tips for parents and children at [KidsHealth](http://KidsHealth). Trips to the emergency room during the holiday season are commonly a result of choking, poisoning, fire and sledding, all of which may be avoided with adherence to safety precautions.

### **The Think Big! Start Small Pledge Program**

By Hillary Gee [hilaary@kac.org](mailto:hilaary@kac.org)

#### **Early environments matter.**

You can help kids build healthy habits for life!



The Think Big! Start Small provider pledge is a voluntary program led by Child Care Aware® of Kansas and Kansas Action for Children to connect child care providers with information and resources to promote healthy habits for kids related to food, drink, active play and screen time.

To help maximize the impact of a few changes, we’ve identified four top priorities based on research and collaboration with Kansas experts: Better Beverages, Unplug Under 2, Breastfeeding Benefits and Right Rewards. These are simple changes that are designed to work in all child care programs – from small family day care homes to big child care centers.

By completing a simple online pledge, child care providers are committing to help make Kansas kids healthier through a few simple changes in their programs. Already, hundreds of providers from child care centers and homes across Kansas have taken the pledge! Join us in building healthier communities so that all Kansas kids can grow up healthy – [take the pledge here](#)

[Download The Think Big! Start Small Toolkit](#)

**Free  
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Children**

Test your dental IQ! Find out if your daily habits are helping or hurting your chances of getting cavities. Mighty Molar asks a series of questions about your habits and gives you a score that shows if you have healthy habits or if you could make some changes to have healthy teeth for life. Geared to both adults and children.



<https://itunes.apple.com/us/app/mighty-molar-tooth-quiz/id919971941?mt=8>  
Currently available on iTunes for iPad with iOS 5.0 or later.

**November is National Diabetes Awareness Month**



Typically on a beautiful fall day we are not thinking about cold weather hazards, however now is the time to be reminded of the potential weather related dangers during the winter months.

For children attending day care it is important to remember that regulation requires outdoor play even in the winter. Please review the following tips to ensure your children or the children in your care remain safe while outdoors in the cooler temperatures.

### Cold Weather Tips– [Save the Children](#)

Think layers. Put several layers of clothing on your child and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.

Beware clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

Check in on warmth. Tell children to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may prefer to continue playing outside even if they are wet or cold.

Use sunscreen. Children and adults can still get sunburn in the winter. Sun can reflect off the snow, so apply sunscreen.

Install alarms. More household fires happen during the winter so make sure you have smoke and carbon monoxide alarms in your home.

Get equipped. Children should always wear helmets when snowboarding, skiing, sledding or playing ice hockey. Any sports equipment should be professionally fitted.

Teach technique. It takes time to master fun winter activities like sledding, so make sure children know how to do the activity safely.

Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold air humidifier in their room. Saline nose drops can help keep their nose moist.

Keep them hydrated. In drier winter air kids lose more water through their breath. Keep them drinking and try giving them warm drinks and soup for extra appeal.

*Sources: Save the Children, American Academy of Pediatrics, University of Michigan Health System*



Fred the Preparedness Dog [www.fredthepreparednessdog.org](http://www.fredthepreparednessdog.org)

Play fun preparedness games with Fred to help you be prepared!

The Kansas Resource Guide (KRG) is a collaborative effort to connect consumers and service providers with resources and services for women, infants, children, youth, and people with disabilities in Kansas. Through this website, we strive to provide a central point of entry for resources, reducing time spent in searching for resources.

This collaboration is done in partnership among the Kansas Department of Health and Environment, the Kansas State Department of Education, the Department of Social and Rehabilitation Services, and the Department of Oral Health.

### **What You Can Find Here**

This website is a navigational tool for consumers and service providers in Kansas. Here you can find links to our partners' websites, topical lists, and a searchable resource directory.

Through the directory, you will be able to search for providers based upon your geographic location, a specific service type or a keyword. Services that you may find in the directory include (but are not limited to):

Advocacy \*Adult and Aging Services\* Disability Services\* Education\* Employment\* Health Care Services\* Independent and Community Living\* Insurance/Benefits Services\* Nutrition and Wellness\* Women and Children's Services\* Youth Services (ages 14-25)

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## **Who Do You Contact or Where Do You Look?**

[Health Department Surveyor](#)

[Food Program](#)

[Child Care Practices- Caring for Our Children](#)

[Department for Children and Families](#)

[\\* Child Care Subsidy](#)

[\\*Reporting Child Abuse and Neglect](#)

[Kansas Health and Environment- Child Care Licensing](#)

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