



# CCHC

DECEMBER 2010  
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## Child Care Health Consultation

..for a HEALTHY START in child care

### Make your Holiday More enjoyable

'Tis the season of shopping, planning, and more events and family gatherings than you can possibly attend. Here are a few tips to help you and your family survive the hustle and bustle of the hectic holiday season:

- Don't drag children with you for heavy-duty, all day shopping trips. Plan play dates for your children with grandparents or make arrangements with other couples who have children and trade out play dates with their children so they can shop too.
- Don't forget the true meaning of the holidays. Plan quality family time and activities.
- Make preparing for the holidays a family event—even allow little ones to participate. It's more important for a child to feel a part of this family holiday tradition than to have perfect decorations or the perfect meal.
- Make holiday plans manageable. Limit travel time. Plan to arrive back home with plenty of time to rest before the holiday break is over.
- Get plenty of fruits and vegetables. If the holiday meal is late or later than normal meal times, eat fruits and vegetables as a before-dinner snack. Eating healthy foods prior will help prevent overindulgence when the starchy, fatty foods and treats are finally served.
- Get plenty of rest—stick to nap and bedtime routines.
- Limit consumption of sugars, caffeine, and sweets—especially before nap or bedtime.
- Be sure to get plenty of fluids throughout the day.
- Get plenty of exercise. Try to plan some outdoor activities—go walking after dinner.
- Keep it clean. Wash your hands and have children wash their hands frequently to cut back on the spread of germs and viruses.

### The Gift of Giving

Holidays are a great time of year to celebrate with family and friends. However, it's also a time of year to remember those who are less fortunate. Set the example for your children and help them experience the true gift of giving by:

- ♥ Donating to charitable causes. Whether you donate spare change to organizations in front of a store or write a check to your favorite charity, it's a good time to explain to children about the organization and how donations help.
- ♥ Visit a nursing home or spend time with someone who is elderly and/or lives alone. Sing carols, bring a small gift, treat, or healthy meal.
- ♥ Do a nice deed, errand or chore for someone unable to do for themselves or unable to get out during the holidays.
- ♥ Green your holiday! Reduce, reuse and recycle, and discover new ways to become more environmentally responsible in your gift giving, entertaining, dining, travel, recreation & decorating.
- ♥ Give your time. It is understandable if money is tight, however, time may not be. If you can't afford to give financially, devote your time to a charity of your choice. Whether this means an afternoon at the soup kitchen, volunteering for a particular event, or even helping to raise money, your time can be very important. One afternoon can help make a difference.

It only takes a little bit of time and effort to help make the holidays special for those less fortunate or in need. Hopefully, it will be a gift your children will always remember.



# HOLIDAY STRESS AND CHILDREN



The holiday season is upon us, and for many people that means baking cookies, decorating the house, and shopping at the mall. The sound of Christmas music can be heard everywhere. But if you listen, really listen, you'll hear more than just Bing Crosby dreaming of a white Christmas. Those other sounds you hear are children who are suffering from **stress** associated with the holiday season.

Families want their holidays to be special and happy, especially the children. But, the holiday season can be a time of hustle and bustle...and a never-ending whirlwind of stress for their children. Because children are especially vulnerable at this time of the year, it's important to remember that they need to find some time to relax and enjoy the holiday. But how can they relax when parents are running around like crazy, shopping, baking, decorating, and becoming stressed at the thought of blowing the holiday budget after just one trip to the mall.

You can help your children beat the holiday stress by following these tips:

- **Limit TV and video games**

It's very easy at this time of the year to allow the TV and video games to become the baby sitter. But children who are stressed need physical activity or exercise.

- **Remember routines**

For parents of small children, this is especially good advice. During the holidays children will find their routines disrupted. They are often taken to events over which they have no control or dragged along on shopping expeditions. And when a routine is broken,

stress can result.

- **Nutrition**

The lines at the fast food restaurants get longer as the holidays get closer. They are getting longer because most parents are too busy to go home and cook a nutritious meal. Plan at least one healthy meal for the family everyday. And don't forget to toss in a healthy snack while you're visiting the mall.

- **Family traditions**

Family traditions offer great comfort and security for children when everything in their lives is being disrupted by the season.

- **Attitude check**

Both children *and* their parents need to have an attitude check before the holiday season begins. Take a deep breath, and have everyone in the family pledge to make the holiday season a time of joy and peace. Remind everyone that with the right attitude, that goal can be met.

- **Rest and relaxation**

Everyone, especially children, needs to take a "time out" over the holiday season to rest and relax. For parents of younger children this is especially good advice, because a well-rested child will be much happier on a trip to the mall than one who is in need of a nap. Schedule rest time for everyone in the family.

- **Laugh** — Laughter is still the best way to beat stress and change everyone's mood from bad to good. Take time to read the comics to your children, or find a holiday joke book with family humor at your bookstore or library.



# Be Prepared: staying Safe and Healthy in Winter



Winter storms and cold temperatures can be hazardous, but if you plan ahead, you can stay safe and healthy. Prepare your home and cars. Keep emergency kits stocked. Be ready for power outages. Wear appropriate clothing. Check on children, the elderly and pets.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months:

- Winterize your home.
- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems.
- Make sure that your heating system is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies.
  1. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas.
  2. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.
  3. Keep grills and generators out of the house and garage. Position generators at least 25 feet from the house.
- Be prepared for weather-related emergencies, including power outages.
- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Keep an up-to-date emergency kit, including: battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways.

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

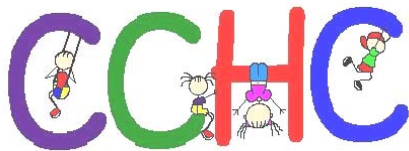
- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.
- Prepare your car for winter.
- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Keep a winter emergency kit in your car in case you become stranded. Include
  - blankets;
  - food and water;
  - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
  - compass and maps;
  - flashlight, battery-powered radio, and extra batteries;
  - first-aid kit; and
  - plastic bags (for sanitation).
- Learn safety rules to follow in case you become stranded in your car.
- Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.
- Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.
- Run the engine and heater only 10 minutes every hour.
- Keep a downwind window open.
- Make sure the tailpipe is not blocked.

Above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

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## DECEMBER 5—11, 2010 ...NATIONAL HANDWASHING AWARENESS

Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.

Handwashing is a simple thing and it's the best way to prevent infection and illness.

Clean hands prevent infections. Keeping hands clean prevents illness at home, at school, and at work. Hand hygiene practices are key prevention tools in healthcare settings, in daycare facilities, in schools and public institutions, and for the safety of our food.

Handwashing can prevent infection and illness from spreading from family member to family member and, sometimes, throughout a community. The basic rule is to wash hands before preparing food and after handling uncooked meat and poultry, before eating, after changing diapers, after coughing, sneezing, or blowing one's nose into a tissue, after using the bathroom, and after touching animals or anything in the animal's environment.

### Wash Your Hands: The Right Way

- When washing hands with soap and water:
- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.

- Continue rubbing hands for 15-20 seconds. Need timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.
- If soap and clean water are not available, use an alcohol-based hand rub to clean your hands.
- Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

### When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

*For more information on handwashing and other food safety issues, please call 1-800-CDC-INFO 24 hours a day, 7 days a week; email [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov); or visit [www.cdc.gov](http://www.cdc.gov).*