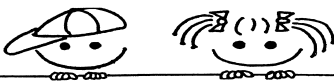




Parenting Corner: *Health and Hygiene*



IUSD Early Childhood Learning Center
Early Start * Head Start * Montessori International * School Readiness * Special Education Preschool
(949) 936-5870



When your child is ill...

It's critical that children stay home when they're sick. The most important reason, being the spread of infection within the environment; within your child's school. Secondly, it is important to keep your little-one at home because children may in fact become exposed to additional illnesses while they're at school. You don't want a child to be exposed to another illness while they are fighting the initial cold. Also, if there is an outbreak among the children, teachers may become sick as well. At home, school, or in daycare, kids are natural spreaders of colds and flu. To stay healthy all winter, parents and teachers must teach kids to keep their germs to themselves.

Helpful Hints

Rhinoviruses or colds can survive on human hands for up to two hours and on environmental surfaces for several days.
So wash hands often.



Fast Facts

Children get about 6 to 10 colds per year, with each lasting 10 to 14 days. That's a lot of runny noses!

Hygiene Routine

Some children have a difficult time getting up, showering, getting dressed and eating within a hour in the morning; so bathing in the evening is preferable (it's also a nice way to begin relaxing before bed.) Five-year-olds should be learning how to take a shower, but a leisurely bath is okay too. In the morning children should learn to wake up, use the toilet and wash their hands. Then teeth must be brushed. Some children prefer brushing after eating breakfast... it helps the cereal taste better. Just make sure they brush their teeth before they leave the house!



The Common Cold

Colds are caused by viruses, not bacteria. There are more than 200 known viruses, with some having more than 100 varieties! The rhinovirus and its subtypes cause 1/3 to 1/2 of all colds and once you have had one virus or its subtype, you'll never get that particular virus again.

There are greater than 800 over-the-counter cough and cold medicines currently available. These can include decongestants, which reduce congestion by causing the blood vessels to close down. This takes 30 to 120 minutes and can cause many side effects. Antihistamines are commonly used to treat cold symptoms, although their purpose is to treat allergies. Cough suppressants are often used as well, but may be harmful if a child has asthma, pertussis, or cystic fibrosis.

Unfortunately, little scientific evidence supports the efficacy of any of these products for relieving the symptoms of the common cold in children. Keep in mind, antibiotics have no effects on colds and indiscriminate use can promote the development of antibiotic-resistant bacteria!



Transmission itself commonly occurs when an infected child contaminates his own hands with infected secretions from his nose through sneezing, nose blowing, wiping and/or picking. He then touches another person or intermediate object with his soiled hands. The unsuspecting recipient touches his own nose or eyes with his now contaminated hands, and the virus is delivered to the upper airway of a new host!

Sneezing and coughing are ineffective methods of transferring rhinovirus infections to others. Cold season usually begins in early fall and continues until spring. Close contact (being indoors) yields greater transmission of cold viruses so encourage frequent hand washing or even rinsing. Washing limits your exposure to cold-causing viruses so remember to WASH YOUR HANDS!

Story Time



Promote good health and hygiene during your daily readings with your child. Here are some suggestions:

- **Dental Care:** Have You Ever Seen a Moose Brushing His Teeth, written by Jamie McClaine and illustrated by April Goodman Willy. (ages 4-8)
Those Icky Sticky Smelly Cavity Causing But...Invisible Germs, written by Judith Anne Rice and illustrated by Judith Stricklin. (ages 4-8, also available in Spanish)
- **Bathing:** Have You Ever Seen a Moose Taking a Bath, written by Jamie McClaine and illustrated by April Goodman Willy. (ages 4-8)
- **Washing Hands:** Wash Your Hands, written and illustrated by Tony Ross. (ages 4-8)
- **Toileting:** Once Upon a Potty, written and illustrated by Alona Frankel. (ages 2-5)
Does a Pig Flush, written and Fred Ehrlich Md. (ages 2-5)

Immunizations for Kindergarten

All Kindergarten students must have a physical examination no more than 6 months prior to entering Kindergarten; for traditional calendar schools, not before March 5th. The following immunizations are required as well.

- ❑ **TB Skin Test** (Mantoux, a.k.a. PPD) within 6 months prior to kinder entry. (Results must be recorded in millimeters and signed by a registered nurse or physician.)
- ❑ 4 doses of **OPV/IPV** (oral or injectable polio vaccine)
- ❑ 5 doses of **DPT/DtaP/DT/Td** (diphtheria /pertussis/tetanus vaccine)
- ❑ 2 doses of **MMR** (measles/mumps/rubella vaccine)
- ❑ 3 doses of **Hepatitis B** vaccine
- ❑ 1 dose of **Varicella** vaccine (chicken pox)



Helpful Resources

Healthy children learn better!

California now offers low-cost health insurance for your children. If you want more information about Healthy Families or Medi-Cal for your children, please call 949-936-5861 or visit the Healthy Families website at www.healthyfamilies.ca.gov/

at



For dental care information or a referral call Healthy Smiles for kids of Orange County at 714-480-0030

For more information on the IUSD School Readiness Program visit: www.iusd.k12.ca.us/curriculum/ece/EarlyChildEd.htm

Time Together: Hygiene Sing-A-Long

To help children remember how to brush their teeth, wash their hands, cover a cough, etc...parents and children can sing a fun little song together while acting out the motions.

Sing this simple song with your children, substituting it with whichever hygiene habit you want children to work on, for example, "This is the way we brush our teeth, brush our teeth, brush our teeth. This is the way we brush our teeth so early in the morning!"

While you sing, recreate the gestures for the proper way to brush teeth. Remember to include all the steps and tailor your song accordingly. For teeth brushing you might include, "This is the way we squeeze the toothpaste...", "This is the way we rinse our mouths..." and "This is the way we dry our face..."

Children will have fun with this song and dance, and it will be easier for them to remember the steps.