

Jessica Redden, RN  
Child Care Nurse Consultant  
Scott County Health Department  
600 W. 4th Street  
Davenport, IA 52801  
563-326-8618 Ext. 8821  
Jessica.redden@scottcountyiaowa.com



# Quality Care For Kids

A newsletter for Scott County  
Child Care Providers

Written by Jane Matzen, RN and Heidi Hotvedt, RN

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## Heads-Up on Tricycle Injuries



Photo  
CDC/Amanda Mills

Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



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The American Academy of Pediatrics recommends that helmets be used for children over one year of age when riding on toys with wheels.

A study published in *Pediatrics* estimated that from 2012 to 2013, there were **9,340 tricycle-related injuries treated in U.S. emergency rooms**. In this study, researchers found that with tricycle-related injuries, the head was the most injured part of the body and the most common area to have internal damage (bleeding or bruising of the brain). Two year old children had the highest number of tricycle injuries.

Using helmets is challenging for providers.

Toddlers have a short attention span and the helmets need to be placed on toddlers each time they are riding on wheeled toys. As soon as children get off the wheeled toys, providers need to remove their helmets because helmets can be a strangulation hazard when worn for other activities (e.g. on playground equipment).

Caring For Our Children National Health and Safety Performance Standards Guidelines for Early Care and Education Programs (3rd edition) Standard 6.4.2.1 states that best practice is for each child to have his/her own helmet however this may not be possible. If helmets need to be shared, it is

recommended to clean the helmet between users. Wiping the lining with a damp cloth should remove any head lice, nits, or fungal spores.

Children need to be physically active, especially outdoors. Wheeled toys provide exercise and enjoyment for young children. Providers can provide opportunities for fun and health benefits for children by allowing them to ride on wheeled toys and, at the same time, prevent brain injuries by helmet use.

For more information on helmet use, contact your local nurse consultant or [www.cdc.gov/headsup](http://www.cdc.gov/headsup)

## February is Dental Health Month

February is National Children's Dental Health month. The Iowa Department of Public Health (IDPH) reminds Iowans the key to a lifelong, healthy smile is early preventive care. Beginning regular dental visits by the age of 1, using fluoridated water, and brushing twice a day can help prevent painful cavities from forming in a child's mouth.

"A child with cavities and a painful mouth can lose focus while learning new skills at school and at home. They may also have difficulty eating food, which helps their bodies to grow," said IDPH

Dental Director, Dr. Bob Russell. "A child with a healthy mouth will have more confidence when speaking, eating, and smiling."

The IDPH I-Smile™ Dental Home Initiative is a program that helps Iowa's children connect with dental services. The I-Smile™ program also supports children in child care by providing oral health information for providers and referrals for families who need help finding dental care. For more information go to: [www.ismiledentalhome.iowa.gov](http://www.ismiledentalhome.iowa.gov)