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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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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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ACEs

Early experiences in childhood (both positive and negative) effect us in our adult lives.

“Learning to cope with stress is an important part of child development. If we feel threatened, our bodies help us respond by increasing stress hormones, which raises our heart rate, blood pressure and muscle tone. When a young child experiences stress within an environment of supportive adult relationships, the effects of stress are buffered and brought back down to baseline easily. This helps a child develop a healthy response to stress. When a child experiences stress that is powerful, frequent, prolonged, and/or unpredictable without adequate adult support, that child’s stress response system remains on at all times. This high level of stress can disrupt the devel-

opment of the brain and other organs and increases the risk for poor health, learning and social outcomes.” (Executive Summary ACEs Data in Iowa 2012-2014)

Adverse childhood experiences (ACEs) are traumatic events that can dramatically upset a child’s sense of safety and well being. Eight types of Adverse Childhood Experiences (ACEs) are being studied in Iowa:
Abuse:

1. Physical
2. Psychological
3. Sexual

Household Dysfunction:

4. Substance abuse
5. Parent with mental illness
6. Incarcerated parent
7. Separation/Divorce
8. Domestic violence

ACEs data shows that 56% of Iowans have experienced at least one of the eight types of

child abuse and household dysfunction. 14.2% of Iowans have experienced four or more.

As a child care provider what can you do?

Emerging research shows that building caring connections promotes positive experiences for children from the start and helps those with a history of trauma heal.

Learn: Become educated about childhood trauma, its impact, and effective ways to respond.

Connect: Build caring connections with children and families.

Lead: Be an advocate for the prevention of childhood trauma and abuse.

For more information go to:
<http://www.iowaaces360.org/iowa-aces-research.html>

Be Prepared for Severe Weather

According to the National Weather Service (NOAA), there were 58 tornadoes in Iowa in 2015 (occurring in the months from April-December). NOAA states **“your best defense is to be both prepared and informed. Know the local warning systems; invest in a NOAA Weather Radio; stay informed; and take action indoors or out!”**

Iowa Department of Human Services requires that all child care providers practice monthly tornado and fire drills. Providers are required to have an Emergency Preparedness Plan in place. This plan should include a safe shelter-in-place. It should be an interior room (a basement, interior hallway or interior classroom) where there are no windows or glass doors in the area. It is recommended that you have an emergency supply kit with a minimum

24-hour emergency supply including water, food, diapers, comfort items, medical supplies and medications. Also, remember to replace the batteries in your weather radios and make sure they are correctly programmed.

For helpful emergency preparedness tools contact your local child care nurse consultant or go to <http://www.idph.iowa.gov/hcci/products>

Storm Spotter Trainings

Would you like to learn more about identifying/reporting severe weather and severe weather safety? The National Weather Service and local county emergency managers host spotter training classes across Iowa every spring. For more information go to: <http://www.weather.gov/dmx/stormspotting>