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We Appreciate You!

May 11th is
Provider
Appreciation Day!
Thank you for all
you do to support
families and the
children in your
care!

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



www.earlychildhoodiowa.org

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Nurse Consultant
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by



Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Heidi Hotvedt, RN BSN

M A Y 2 0 1 8

Sun Safety and Sunscreen

It is important to protect children's skin from the sun while they play outdoors. Did you know that just a few serious sunburns can increase a child's risk of skin cancer later in life? Caring For Our Children National Health and Safety Performance Standards recommends the following:

- Keep infants younger than six months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- Wear a hat or cap with a brim that faces forward to shield the face.
- Limit sun exposure between 10 AM and 4 PM, when UV rays are strongest.
- Wear child safe shatter resistant sunglasses with at least 99% UV protection.
- Children should also be protected from the sun by using shade and sun protective clothing.
- Apply sunscreen to children 6 months and older following label instructions.
- Written parent/guardian permission and documentation by staff of the application is required. If it is not applied, document why.
- Sunscreen should be applied to the child at least once by the parents/guardians (to observe for a reaction to the sunscreen) prior to its use in child care.
- When gloves are not used, handwashing should occur in-between each application. If a child or staff member has open areas (cuts, wounds, etc.) on their skin, gloves should be worn.
- When gloves are used, they should be changed in-between each child's application. Ideally, hands are washed in between each pair of gloves, but this is an extra step that may not be feasible when applying sunscreen to multiple children.
- Sunscreen should be worn at least May 1st through September 30th. Daily UV index may be the best guide for when to apply.
- EPA provides specific UV Index information by City Name, Zip Code or by State, to view go to <https://www.epa.gov/sunsafety>.
- Sunscreen should be reapplied every two hours as it can wear off. If children are playing in water, reapplication will be needed more frequently.
- Do not use aerosol sunscreens, since they will impact indoor air quality, and some children and staff may be sensitive to the aerosol.
- Apply sunscreen 15-30 minutes before outdoor exposure. Sunscreen needs time to absorb into the skin.

For more information on sun safety go to <http://cfoc.nrckids.org/CFOC/Database/3.4.5.1> and the Centers for Disease Control (CDC) at https://www.cdc.gov/cancer/skin/basic_info/children.htm

5-2-1-0 Healthy Choices Count!

5-2-1-0 *Healthy Choices Count* is a nationally recognized program that is part of Iowa's Healthiest State Initiative. 5-2-1-0 stands for:

- ◆ **5 or more fruits and vegetables every day**
- ◆ **2 hours or less of screen time every day**
- ◆ **1 hour or more of physical activity every day**
- ◆ **0 (zero) sugary drinks – more water!**

Iowa 5-2-1-0 has resources and information specific for early care and education providers on the Healthiest State website at <http://www.iowahealthieststate.com/resources/individuals/5210/childcare-centers/>