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Quality Care For Kids

A newsletter for **Scott County
Child Care Providers**

Written by Heidi Hotvedt, RN

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National Immunization Awareness Month



Vaccines give parents the safe,
proven power to protect their children.



A HEALTHY START
begins with on-time vaccinations.

Vaccines give parents the power to protect their children from serious diseases. One of the most important things a parent can do to protect their child's health is getting their child vaccinated according to the recommended immunization schedule.

Disease Control recommends children (and the adults who care for them) receive a yearly flu vaccine. Influenza (flu) vaccine is available in September/October from your doctor, pharmacy and at local flu vaccination clinics.

Child care facilities, preschool programs and schools are prone to disease outbreaks. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs and sneezes, and other factors related to interacting in crowded environments. Unvaccinated children are not only at increased risk for disease, but they can also spread disease to others in their play groups, child care, classroom, and communities – including babies who are too young to be fully vaccinated or others who are unable to be fully vaccinated.

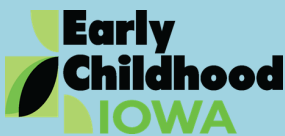
For more information about vaccine preventable diseases and immunizations contact your local child care nurse consultant.

Vaccines protect babies from 14 diseases by the time they reach 2 years of age. It is very important that babies receive all doses of each vaccine and receive each vaccination on time.

Children are also due for additional doses of vaccines between 4 and 6 years of age. If a child falls behind the recommended immunization schedule, the child's doctor can still give vaccines to "catch up" the child before adolescence.

After 6 months of age, the Centers for

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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Adverse Childhood Experiences (ACEs)

The early years of a child's life can have a profound impact on future learning, behavior and overall well-being. Most brain development happens in the first few years of a child's life. Genes provide the brain's basic blueprint, but experiences shape the brain architecture and establish the foundation for future learning, health and behavior. Research has shown that the more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems, including heart disease, diabetes, substance abuse and depression. A child's relationship with his or her parents and caregivers plays a huge role in their development. Child care providers can help children develop and strengthen resiliency which can help prevent adverse childhood experiences and lessen the impact of traumatic stress. For more information, resources and training about ACEs go to <https://www.iowaaces360.org/> and <https://developingchild.harvard.edu/>