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Quality Care For Kids

A newsletter for Child Care Providers

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Mongolian Spots

A question that has come forward multiple times during Mandatory Child Abuse Reporter Training (MCART) is, "how do you distinguish Mongolian spots from physical abuse?"



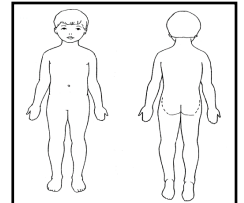
Photo credit: iStock

Mongolian spots are a form of birth mark, often times found on a baby's lower back or buttock area but can also appear on legs and/or arms. They are often blue-gray in color, flat and are noticeable beginning at birth. These spots occur when skin pigment did not make it to the top layer when a baby's skin is being formed.

Mongolian spots are more common in infants of darker skin color— including African, East Indian, and/or Asian descent. Mongolian spots are not a sign of abuse.

Mongolian spots are harmless and painless. They often times disappear as the child ages. Treatment is unnecessary and they are not precancerous. Parents should note areas of skin color variations on the child's health history form when enrolling in child care.

Use body map diagrams for recording these areas.



With signs of physical abuse, the most common areas of physical abuse are found on the ears, trunk, buttock area, inner areas of the arms, groin, eyes, mouth, and cheeks. These areas will often be tender to touch and may be painful to move. The story of how the injury happened often times does not match up to the injury. Bruises on the trunk for any child is rare. It is also rare for infants who are not yet rolling over to self inflict an injury. Care providers may see bruises at different stages of healing. The coloring of bruises may range from red blue to purple which indicates an early bruise to yellow-green which is an older injury. Bruises (or other injuries to the skin) will fade and disappear with healing.

Reminder, as a child care provider, it is a requirement of DHS to attend MCART training every 5 years. You are also, under the law, required to report any suspicions of child abuse. For more information on child abuse go to <https://dhs.iowa.gov/child-abuse>

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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“The purpose of World Kindness Day is to highlight the good deeds in the community because kindness is the common thread that unites us.”

World Kindness Day is celebrated on November 13th of each year across the world. It began in 1998 as part of the World Kindness Movement as an effort to increase kindness through happiness, joy and peace. Consider participating in the this event with your child care kids. Visit a local nursing home and sing a song with the residents, send cards to a local pediatric hospital and/or veterans hospital, etc.



Photo credit: Awarenessdays.com