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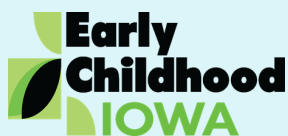
Learn what schools and
childcare providers can
do to prevent the flu.

Materials and tools
are available.



Learn More at
[https://
www.cdc.gov/flu/](https://www.cdc.gov/flu/)

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



[https://
earlychildhood.iowa.gov/](https://earlychildhood.iowa.gov/)

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Quality Care For Kids

A newsletter for Scott
County Child Care Providers

Written by Stacy Kraft, RN

SEPTEMBER 2019

Screen Time

What is an appropriate amount of time children should be allowed screen time? This is a long debate that has been researched by many pediatric experts in finding a consistent message for parents and caregivers. Tablets and other devices are a convenient distraction when parents are busy and need a break to get daily activities done, but is the use of them hurting our children? Researchers have found that too much screen time breaks into time that could be spent physically playing. The American Academy of Pediatrics has the following recommendations: 1 hour of screen time for children ages 2 – 5 and a reasonable, consistent amount of time for ages 6 and older. Screen time is not recommended for children younger than 18 months, and only used with an adult caregiver for children 18 months to 24 months.

Other recommendations for screen time include:

- Choose games and apps that are educational in content.

- As curriculums evolve and include more screen time, involve adult caregivers in the activity for co-interaction between the child and adult allowing for social interaction.
- Make the time a learning experience for the child to help challenge their minds.
- Parents and child care providers need to be role models by being mindful of their own screen time with phones, tablets, and computers. Children are very good at mimicking behaviors so if they see adults in their lives regularly engaging in screen time, they will do the same.
- Create “tech-free” zones by having designated areas and times throughout the day without screens to encourage social interaction and free play.

For more information regarding screen time, visit: <http://www.aap.org>

Influenza Prevention Tips

With influenza season starting, here a few tips for helping to prevent the spread!

1. Get a flu shot—this is the single, best preventative action in preventing influenza! The flu vaccine is recommended for everyone 6 months of age and older.
2. Wash your hands often with soap and water—and encourage this with the children you care for also.
3. Cover your mouth and nose when you cough or sneeze with a tissue. If a tissue is not available, use your sleeve. Wash your hands after coughing and sneezing and don't re-use tissues!
4. Stay home if you're sick. This includes from work, child care, school, and doing errands.
5. Avoid close contact with people that are sick.
6. Avoid touching your eyes, nose, and/or mouth. Germs are easily spread this way.
7. Clean and disinfect surfaces and objects.

Influenza can be dangerous to the health of others so do your part in helping prevent the spread this flu season! For more information or to obtain your flu shot, contact your health care provider.