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Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN BSN

F E B R U A R Y 2 0 2 0

Caring Connections

Adverse Childhood Experiences (ACEs) are traumatic events that can dramatically upset a child's sense of safety and well-being. These events create a toxic level of stress for a child and can lead to lifelong problems with school, work, health, and mental health. ACEs research has shown that adults who had childhood traumas often have high ACEs scores and are more likely to have health concerns. These include heart disease, mental health and disability. Understanding ACEs and building caring connections can work to support children who have gone through trauma to help build resiliency and heal their body and mind.

The American Association of Pediatrics (AAP) recently released: *Safe and Sound: Responding to the Experiences of Children Adopted or in Foster Care—A Guide for Early Education and Child Care Providers*.

As an early care and education provider (ECE) you can help to build caring connections with children because:

- You see the child often and can model healthy coping skills
- You understand how families can help kids grow and be healthy

- You understand how it's better to prevent problems than trying to fix them later
- You understand the many systems that affect the child's life—child care, school, the courts, child welfare, and others

You can help to create an environment where parents/guardians can easily talk about the hard things their child has been through. This helps:

- Families feel less alone if their child is struggling or has challenges
- Families understand that if they don't pay attention to trauma it can affect their children's health and growth lifelong
- Let families know that there is help

To download the *Safe and Sound Guide* go to <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Safe-and-Sound.aspx>

Visit Iowa Healthiest State Initiative "Connections Matter" at

<http://www.iowahealthieststate.com/resources/individuals/connections-matter/>

Visit Iowa ACEs 360 at <https://www.iowaaces360.org/>

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/>

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February is Children's Dental Health Month!



"Fluoride in water prevent cavities! Get it from the tap!" 2020 marks 75 years of water fluoridation-which is a proven method that decreases dental decay. In Iowa, 90% of our population has water systems that are receiving fluoridated water. The Iowa Department of Public Health reminds parents the key to a lifelong, healthy smile is early preventive care. Beginning regular dental visits by the age of 1 year, using fluoridated water and brushing twice a day can help prevent painful cavities from forming in a child's mouth.

ECE providers can help children by having a toothbrushing program in their day's routine. IDPH's I-Smile™ program has a *Toothbrushing Guide* available on the HCCI website at <https://www.idph.iowa.gov/hcci/products>