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# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN BSN

NOVEMBER 2020

As we continue to navigate the COVID-19 pandemic, we want to thank you for your continued commitment to the children and families you serve, your flexibility to adapt to the many changes in recommendations and guidance, and for all that you do to keep the children of Iowa healthy and safe!

**THANK YOU!**

### Epilepsy Awareness Month



What is epilepsy?

Epilepsy is a neurological condition that affects the nervous system and is known as a seizure disorder. It is often diagnosed after a person has 2 or more seizures that were not caused by a medical condition. Seizures are caused by disturbances in the electrical activity of the brain.

In the United States, there are approximately 470,000 children living with epilepsy. These children can still participate in normal daily activities, with doctors' orders and restrictions at times. Epilepsy affects everyone differently, especially children. Some children may outgrow epilepsy, while others may live with it for their whole lives. Unfortunately, the condition can cause some neurological deficits that may affect learning and social interaction. Children may experience social isolation and low self-esteem.

Early recognition is key to management of epilepsy by helping to prevent potential triggers of seizures. Examples of triggers include: fever; missed medication; not getting enough sleep; stress and anxiety.

As child care providers, it's important to have open conversations with parents regarding their children's special health needs. It is a team effort to help with management of a child's epilepsy, including the parent, physician, child care provider and the child care nurse consultant. Children with epilepsy should have a **Seizure Action Plan** in place at child care (and school). This plan should be completed upon enrollment and reviewed with everyone caring for the child. The child care nurse consultant can assist with the review and any training needed. The **Seizure Action Plan** form can be found on the Healthy Child Care Iowa (HCCI) website at <https://idph.iowa.gov/hcci> under "Printed Products."

HCCI has developed a DHS approved 2 hour training: *Caring for Children with Allergies, Anaphylaxis, and Seizures*. This training is available virtually for all child care providers. For more information contact your local child care nurse consultant.

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/>

The Child Care Nurse Consultant Program is funded by



If you or a loved one are facing a problem with alcohol, drugs, gambling, mental health or suicidal thoughts, you're not alone.

That is why the Iowa Department of Public Health has created YourLifeIowa.org so Iowans can chat live, text, or call to get reliable information, treatment options, and find nearby help. Visit <https://yourlifeiowa.org/> for more information.