



Sioux Falls Family Child Care News

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Prevention and Response to Food Allergies

The Food Allergy Research and Education Network (FARE) reports that 1 in every 13 children in the United States have food allergies. The Center for Disease Control (CDC) states that the prevalence of food allergies is becoming more common over time. Daycare programs are required to supply at least one-third of each child's daily nutritional needs (SD Regulation 67:42:10:13). While food allergies are not specifically outlined within SD state nutritional requirements for childcare, providers are still required to meet the nutritional needs of each child in care.

According to the CDC, eight foods account for 90% of allergic reactions. These foods are: milk, eggs, fish, shellfish (shrimp, lobster, clams etc.), tree nuts (walnuts, almonds, cashews, pistachios and pecans), peanuts, wheat, and soybeans. The CDC also explains that food intolerances and allergic reactions are not the same. A food intolerance comes on gradually and involves some physical discomfort. A severe allergic reaction comes on suddenly and can be life threatening. These severe symptoms can include rash, hives,

shortness of breath, chest pain, trouble swallowing, and face swelling. Any of these symptoms would require immediate medical attention.

While there is no cure for food allergies, there are several ways to keep kids with food allergies safe. Communication with parents is extremely important. Parents are your best resource if the child has a known allergy. Ask parents for that individual child's symptoms, what to do if a reaction occurs, and together develop a care plan. In situations where an allergy is not yet identified, daycare providers can help provide potential reactions/symptoms of food allergies. This includes documentation of the foods the child consumed, how long it took for the reaction to occur, and taking pictures of the physical symptoms. A strict avoidance of food allergens, as well as early recognition and management of allergic reactions to food, are important measures to prevent serious health consequences for the children in your care.

SANFORD
Children's

A Word from the Health Department

Reminder to get classwork done early.

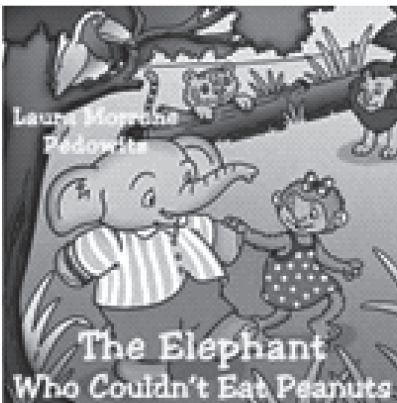
Remember to talk to your doctor and/or caseworker about what to do when we get into flu season again or have sick kids in the daycare.

Emergency Contact Information

Do you have emergency contact information for the children in your childcare? Some items to include in a child's emergency checklist:

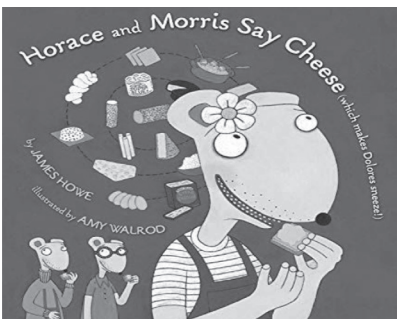
1. Child's full name
2. Child's address, zip code and phone numbers
3. Contact information for parents
4. Pediatrician's name and contact information
5. Dentist name and contact information
6. Drug & food allergies
7. Medical conditions of the child
8. Secondary contact in case of emergency.

Learning About Food Allergies



*The Elephant
Who Couldn't
Eat Peanuts*

By Laura Pedowitz



*Horace and
Morris Say Cheese
(which makes
Dolores sneeze!)*

By James Howe
& Amy Walrod

Berry Smoothie

This tastes great with fresh fruit, but also can be made with frozen fruit. If you don't have any berries on hand, use any other type of fruit you find tasty!

Prep time: 10 minutes

Ingredients:

- ½ cup vanilla soy yogurt
- ¼ cup strawberries
- ¼ cup blueberries
- 2 ice cubes
- 2 teaspoons vanilla extract

Directions:

1. Blend all ingredients in a blender until smooth.

Variations and suggestions:

If you would like to make it sweeter and thicker, add a ripe banana.

CPR Class Policy

CPR classes sponsored by the City of Sioux Falls Health Department through Sanford CHILD Services are provided free of charge to Sioux Falls City registered family day care providers and their helpers. Registration for CPR classes is limited to 9 people per class. To help ensure CPR education is available throughout the year to Sioux Falls City registered family day care providers, the following policy exists:

1. Class registration is limited to Sioux Falls city registered family day care providers and their helpers.
2. Sioux Falls City registered family day care providers, and their helpers, receive one free CPR class per year.

CPR Cancellation Policy

1. Cancellation of CPR class registration needs to be made 24 hours prior to the start of the CPR class. By doing so, allows others to enroll in the CPR class.
2. If notice of cancellation is not received 24 hours prior to the CPR class, the registrant will have used up his/her free CPR class for the year. A payment of \$20 will be needed to enroll in another City of Sioux Falls Health Department sponsored CPR class.

Mark Your Calendars!

CPR Opportunities

CPR classes held at CHILD Services. Verify CPR class location when registering.

Class Dates:

Monday, July 29 • 6:30 – 10 p.m.

Saturday, August 10 • 8:30 a.m. – Noon

Monday, August 19 • 6:30 – 10 p.m.

Saturday, September 21 • 8:30 a.m. – Noon

Monday, September 23 • 6:30 – 10 p.m.

Cancellation
Please remember, if you register for a class and are unable to attend, it is a courtesy to call and cancel your registration.

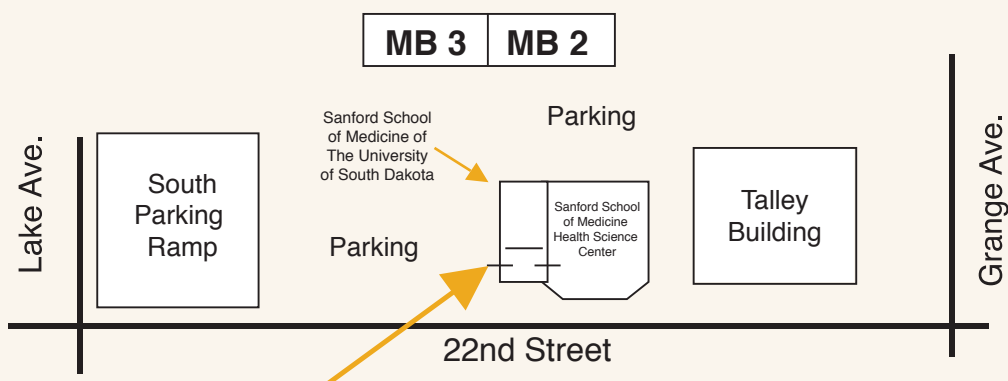
Learning Opportunities

Verify classroom when registering.

Date/Time	Class Title	Location	Category
Thursday, July 11 6:30 – 7:30 p.m.	Minimizing The Risk of Shaken Baby Syndrome Proactively minimize the risk of Shaken Baby Syndrome in your childcare program by recognizing and managing stressful situations.	Sioux Falls	<i>Child Abuse and Neglect</i>
Thursday, July 18 6:30 – 9 p.m.	Certified First Aid Learn to handle child illness and injuries in the first few minutes until professional help arrives. A Heartsaver Pediatric First Aid Course completion card will be given to students upon successful completion of the course. Course renewal is every 2 years.	Sioux Falls	<i>Safety and Health</i>
Thursday, July 25 6:30 – 7:30 p.m.	Keeping Children in Mind: The Multiple Intelligence Theory Explore Howard Gardner's Multiple Intelligence Theory. Learn your own learning strengths. Learn to meet the needs of all learners your classroom.	On-line	<i>Child Development</i>
Monday, August 5 7 – 8 p.m.	Medication Administration Learn why, when and how to safely give medication in child care.	Sioux Falls	<i>Safety and Health</i>
Thursday, August 15 7:30 – 8:30 p.m.	Child Abuse: Family Support Strategies Help prevent child maltreatment by recognizing, supporting & encouraging at-risk families working to build their child-rearing skills & strengths.	Sioux Falls	<i>Child Abuse and Neglect</i>
Monday, August 26 6:30 – 7:30 p.m.	Beyond Counting Heads What do you do if you're over ratio? How do you make sure everyone is accounted for after a transition? Learn why ratios are important and strategies for transitions.	Sioux Falls	<i>Family Life and Communications</i>
Thursday, September 5 7 – 8 p.m.	FLIP It Learn a strength-based, common sense & effective four-step strategy when confronting children's challenging behaviors.	Sioux Falls	<i>Guidance and Discipline</i>
Monday, September 9 6:30 – 7:30 p.m.	Pick, Pick, Pick Learn reasons why a child may be a picky eater and tips on how to encourage healthy eating habits.	Sioux Falls	<i>Child Nutrition and Growth</i>
Tuesday, September 17 6:30 – 7:30 p.m.	Child Care Essentials: Reducing the Risk of SIDS Protect the children in your care by creating a safe sleep environment to prevent sudden infant death syndrome (SIDS).	Sioux Falls	<i>Safety and Health</i>

Class size may be limited, so registration is required. For more information on the classes, class location or to register; call CHILD Services at (605) 312-8390.

CHILD Services Office and Class Locations



Go in the main entrance of the Sanford School of Medicine Health Science Center (1400 W. 22nd). Instead of going straight ahead into the Wegner Library, turn left and go through the double doors. Signs will be posted to guide you.

Office Location:
CHILD Services Office
1115 W. 41 St.
Sioux Falls, SD
(605) 312-8390
(800) 235-5923



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ONLINE**

[www.sanfordhealth.org/
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