

Ask A Nurse Newsletter

Volume 1, Issue 4

December 2005

What is the "Ask a Nurse" Program?

The ASK A NURSE program is staffed by University of Delaware nursing faculty and graduate and undergraduate nursing students.

Our mission is to provide health and wellness education and programs to children and families.

Reach us at askanurse@udel.edu



December Immunization Reminder

Pertussis Alert

Most adults had pertussis or whooping cough immunization when they were kids. Now the CDC is recommending that people ages 19 to 65 get a booster shot to protect themselves and infants in they have contact with, who have not had the series.

Pertusis can be a major issue in adults with violent coughing that lasts for a long time. Pertusis can be fatal for babies. There were cases in Delaware last year and the national number of cases is on the rise. More information is available at the CDC website <http://www.cdc.gov>

YOU DEE says... Wash your hands.



Growing Strong

How do I know what to expect from my baby?

Are my children growing and meeting their milestones?

The National Center on Birth Defects and Developmental Disabilities have produced a toolkit to help parents learn about the milestones in their children's growth from birth to age 5 as well as developmental delays and disabilities.

The "Learn the Signs Act Early" campaign and toolkit are designed to help parents recognize any delays so their children can be screened and receive early treatment if necessary.

Available in both English and Spanish, the toolkit includes an informational card on developmental milestones, a growth chart and a series of fact sheets on milestones and behavioral delays

<http://www.cdc.gov/actearly/>

Development Tip:

For pointers on choosing toys for your child, visit the National Association for the Education of Young Children at: <http://www.naeyc.org/ece/1996/19.asp>

Health and Safety Tip:

Health and Safety Tip:
Find Holiday Safety Tips from the American Academy of Pediatrics at:

<http://www.aap.org/advocacy/releases/dectips.htm>



Toy Safety

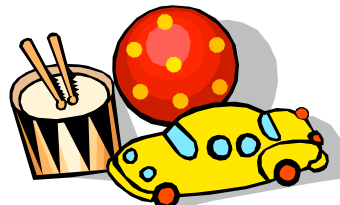
The holidays are fast approaching and our children will be receiving lots of new toys. According to the National SAFE KIDS Campaign, more than 120,000 children under the age of 14 are treated for toy related injuries each year. When choosing a toy for your child the following is recommended:

1. **Avoid toys with small removable parts.** Small parts can pose a choking hazard to toddlers under 3. Use a toilet paper tube, to measure the size of the toy or part. If the piece fits into the tube then it is considered a choking hazard.
2. **Avoid toys with sharp points or edges.** Children may cut themselves or others.
3. **Avoid toys that make loud noises.** These can permanently impair a child's hearing
4. **Avoid toys with strings, straps, or cords longer than seven inches.** These could wrap around a child's neck and cause strangulation.
5. **Avoid toy cap guns.** The cap strips or ring caps can be ignited by the slightest friction and cause serious burns.
6. **Home use of trampolines.** The American Academy of Pediatrics does not support the use of trampolines for any child.
7. **All terrain vehicles.** These are not recommended for children under 16. American Academy of Pediatrics advises a ban on the three wheel ATV.
8. **Art materials.** Look for ASTMD-4236 on art materials such as crayons and paints. This code means the product has been reviewed by a toxicologist and is safe for use.

Information for the above was obtained from <http://www.healthykids.com>

RECALLED TOYS

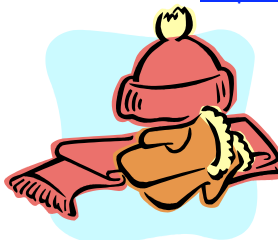
To find out which toys have been recalled as unsafe go to www.recalls.gov and click on the consumer products link and type in toys.



Ideas for stress relief

For more information about stress, visit the following Internet sites.

<http://www.4woman.gov/faq/stress.htm>
<http://www.stress.org/>



Available at Nemours

Countdown to a healthy Lifestyle: 5-2-1-Almost None

Healthy Habits:

5 fruits and vegetables per day
2 Fewer hours of screen time per day
1 hour more of physical activity per day
Almost no sugar sweetened beverages.

<http://www.nemours.org>