

Ask A Nurse Newsletter

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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



What's New?

**Coming Soon
a new location across from the
reception desk**

- **Look for the Halloween Safety Sheet available at the reception desk**
- **If you have not completed our "Ask a Nurse Survey pick one up at the reception desk (green sheet) we want how to serve you**
- **Check out our new website**
- **<http://www.udel.edu/askanurse>**

Flu Season is just around the corner

How to avoid the flu.

Get your flu shot

CDC recommendation for priority groups:

- Children 6 months to 23 months
- Children ages 2-64 with chronic conditions
- Pregnant Women
- Health care workers
- People 65 or older with chronic conditions or in long term care

Other methods to avoid the flu include:

- Washing hands with soap and water frequently, and definitely after contact small children, infected people, and soiled materials such as used tissues, dirty diapers, etc.
- Keep environment clean by frequently cleaning toys, touched surfaces and commonly shared items with disinfectant.
- Remind children and adults alike to COVER their noses and mouths when sneezing or coughing.
- If you or your child are sick, STAY HOME!!! Don't spread the infection to others!

Separation anxiety, How to prepare!

As with any transition, give your baby an opportunity to gradually get used to the idea. Whether you're using a family member or a paid childcare provider, try the following suggestions:

- **Let your baby get comfortable.** Ask a new sitter to visit and play with your baby several times before leaving them alone for the first time. For your first "real" outing, ask the sitter to arrive about 30 minutes before you depart so that she and the baby can be well engaged before you step out the door. Employ the same approach at a daycare center or at your nursery, church, or health club.
- **Always say goodbye.** Kiss and hug your baby when you leave and tell him where you're going and when you'll be back, but don't prolong your goodbyes.
- **Always say goodbye — part 2.** Resist the urge to sneak out the back door. Your baby will only become more upset if he thinks you've disappeared into thin air.
- **Keep it light.** Your baby is probably quite tuned in to how you feel, so show your warmth and enthusiasm for the caregiver you've chosen. And don't cry if your baby starts crying — at least not while he can see you. You'll both get through this. The caregiver will probably tell you your baby's tears stopped before you were even out of the driveway.
- **Once you leave, leave.** A repeated trip back into the house or center to calm baby makes it harder on you, your baby, and the caregiver.
- **Try a trial at first.** Limit the first night (or afternoon) out to no more than an hour. As both you and baby become more familiar with the sitter or the surroundings of a childcare setting, you can extend your outings.

Spend time outside and exercise



Child Development

Often parents are concerned if their child is developing and growing like other children. A child may be growing physically as he or she should, but may be having trouble with hearing, seeing, talking, moving, or learning the way other children do. This is called a developmental delay.

There is help available. Child Development Watch is an early intervention program for children ages' birth to 3. The purpose of this program is to improve the development of infants and toddlers with disabilities or developmental delays and to increase the capacity of their families to meet their child's needs.

This program is available to all families regardless of their ability to pay. The child's health care provider can make a referral to child development watch for the child to be seen or call the Division of Public Health at 1-888-459-2943.

A handout is available for developmental milestones at ask a nurse.

