

Ask A Nurse Newsletter

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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 utilizing the Early Learning Center.

Reach us at askanurse@udel.edu
ELC Hours Wednesday 3:30 - 5:30

Back to School Lunch Box Lessons.

1. Take your kids to the grocery store and have them choose the fruits and vegetables they like, then ask them to choose a new fruit and vegetable.
2. Pair up foods. Fruits and vegetables are more fun to eat when paired with dip. Pack strawberries, pear and orange sections in a zip lock bag, along with a dip of vanilla yogurt, ginger, cinnamon and honey. Cut vegetables into shapes for a colorful variety.
3. Make half lunch fruits and vegetables. The is a healthy lunch rule. Experts recommend that children eat 3 $\frac{1}{2}$ to 5 cups of fruit and vegetables a day. A pita pocket stuffed with a mixture of chopped bell pepper, celery, grated carrots and some flaked tuna tossed with a little light mayo is a good start. Add some pineapple spears in zip top bag and some frozen juice for a fun meal.
4. Follow up: Talk with your kids. Did they eat what you packed? It may take some creative energy to come up with lunches that meet both your needs but together the possibilities are endless and delicious.



Sports and Home Eye Safety Month



Most eye problems can be corrected if they are detected and treated early. Appropriate eye care is essential for maintaining good vision. Some problems, if left untreated--even for a short period--can result in permanent vision loss.

The eyes of newborn infants should be evaluated in the hospital nursery. This examination can help detect several congenital eye problems, some of which can be very serious.

Between six months and one year of age, infants should be checked for good eye health by a doctor or other appropriately trained health care provider during routine well-baby care or other doctor's office visits.

Similarly, children's vision should be tested between 3 and 4, either during a well-child visit to the doctor, a visit to an eye doctor, or at a vision screening conducted by trained personnel such as those performed by Prevent Blindness America.

Also, the more you learn about children's eyes, the better you can help protect them! For more information about children's eye problems, call **1-800-331-2020**
[Http://www.preventblindness.org](http://www.preventblindness.org)

CELL PHONE COLLECTION

For the Delaware Coalition Against Domestic Violence

Please drop off old cell phones at the reception desk or ask a nurse office by October 4th. The cell phones are given to the victims of domestic violence. October is domestic violence awareness month.



Fall

The days are shorter, the weather will soon be cooler and cold season will be here.

Enjoy the outdoors it is a great time for fun activities. Check out “get up and do some thing “ for great ideas on family fun.

<http://www.getupanddosomething.com>

As school begins be extra careful when driving. Keep our children safe.



RSV Season Approaching

What is RSV?

Respiratory syncytial virus is a common virus that causes cold symptoms in people of all ages but can hit infants especially hard.

Who is at risk?

Infants who were born prematurely or those infants with chronic lung disease are at high risk for developing a serious case of RSV because their lungs are compromised.

Infants exposed to tobacco smoke.

Infants in daycare are at risk because the virus is spread easily.

Any infant born within six months of RSV season is at higher risk.

Premature twins and triplets are at higher risk.

How long is RSV season?

In this region of the country RSV season starts in October and runs through April.

How does one catch RSV?

RSV spreads easily through the air when a person who has the virus coughs or sneezes. If you shake hands or kiss someone with RSV you can catch it. The RSV virus can live on countertops, toys, and linens for several hours.

Signs and Symptoms

- Fever
- Runny nose
- Rapid breathing
- Difficulty breathing
- Wheezing
- Coughing

How can I prevent RSV?

Hand washing is most important. Anyone coming in contact with your baby should wash his or her hands before touching or holding.

Avoid contact with the baby if you have a cold or fever.

Keep baby away from crowds, especially from young children.

Maintain a smoke free environment.

For those infants born premature or with lung disease there is a vaccine available. Contact your health care provider to see if your baby is eligible