



# Kay County Child Care Home Association

Established 1993

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## JULY 2009

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### FROM THE PRESIDENT'S DESK 🐉

Hello Everyone! Summer heat is here early this year and it sounds like we may have a very hot July and August. We are already experiencing near 100 degree days. I have put several articles about heat related dangers for infants, toddlers and young children in this month's newsletter. My group is having a great summer full of outdoor activities, but we are exercising great care not to let little ones become dehydrated or over-heated in this high heat. We play outside very early in the day before the temperature rises to a dangerous level.

I am using the developmental checklist below and found it to be a wonderful tool in measuring how a child is developing. You might check it out if you are looking for one to use at your next Parent Conference.

Take care and enjoy the 4<sup>th</sup> of July holiday coming up.

Eldonna

### No More Tears? Recognizing the Signs of Dehydration

What Are Signs of Dehydration? Signs of mild dehydration in an infant include a dry mouth, few or no tears when crying, crankiness or irritability and no wet diapers for three hours or more.

A child may be seriously dehydrated if you notice any of the following signs:

- eyes and cheeks seem sunken
- unusually inactive or sleepy
- mouth and tongue are very dry
- skin feels dry and wrinkled. If you gently pinch the skin on the back of a dehydrated child's hand, it flattens slowly when released.

~ Dr. Aneema Van Groenou, *Toddlers Today Magazine*

### DEVELOPMENTAL CHECKLIST

Are you looking for a great developmental checklist? The site below is a great resource for Providers and parents. It covers from Birth to 5 years of age. This one is a wonderful tool to use during your Provider-Parent Conferences. It even lists Red Flag developments or lack of, to watch out for.

[http://ecdc.syr.edu/Developmental\\_checklist.pdf](http://ecdc.syr.edu/Developmental_checklist.pdf)

### Teach Children Soft to Loud Sounds

Try this neat activity. This handout was given to us by Lilly Freeman of Success By Six. Thanks Lilly!

[http://kidshealth.org/classroom/prekto2/body/functions/hearing\\_handout2.pdf](http://kidshealth.org/classroom/prekto2/body/functions/hearing_handout2.pdf)

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July Association Meeting

**As usual, we will not be meeting  
during the summer.**

Unless otherwise noted, Association Meetings are solely for Home Child Care Providers. Trainings hosted by the association are warmly open to everyone.

## Keeping Cool

### **Avoid heat-related illnesses with these ideas for chilling out by Teresa Pitman Article from Today's Parent.**

Budimka Oroz, program manager for the Canadian Institute of Child Health, says many toddlers do end up with heat-related illnesses because their bodies are not efficient at regulating their temperature.

Giving a child their own bottle of water is a good strategy, Oroz says. "One of the biggest dangers to children in hot weather is dehydration. Thirst is not an accurate measure of how much a person actually needs to drink, and toddlers may get too involved in their play to realize they need more fluids." She recommends encouraging toddlers to drink every 20 or 30 minutes if they are actively playing in the heat, even if they don't feel thirsty. Plain water is the best drink to give; sweetened drinks can make children even more dehydrated.

If you haven't kept up with your toddler's need for fluids, Oroz says your child might either stop urinating or have dark yellow urine, develop a sticky, dry mouth and lips, and have less energy. When dehydration is more severe, your child may have sunken eyes, cold and splotchy hands and feet, and may become lethargic, dizzy or even delirious. If you see these serious symptoms, take your child to the nearest emergency ward immediately.

Children can also suffer from heat exhaustion. "This is characterized by fatigue, headaches and general discomfort," Oroz explains. That's a signal to quickly get your child into a shady or air-conditioned area and offer cool drinks. You can also sponge him with cold water to help him cool down more quickly. If your child continues to be overheated, he may progress to heatstroke, which can be dangerous.

Hot weather can be more challenging. Ice cream is great, but other foods are good frozen, too. Try freezing bananas, peaches, watermelon or other soft fruits, then whirl them in a blender for an icy, slushy snack. Yogurt tubes also freeze well — just peel and enjoy.

### **National Weather Service Warnings**

**Heat Advisory** - Heat Index of 105°F will be reached for at least 3 hours

**Excessive Heat Warning** - Heat Index of 105°F will be reached for 3 consecutive days , or if the Heat Index is expected to reach 115 °F.

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*Mary Rhyne*

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