

Shots for Tots News

February 2013, Issue II



Greetings! The Cleveland County Immunization Coalition (CCIC) is a local organization with a mission to promote immunizations and reduce vaccine preventable diseases. The CCIC partners with local healthcare providers, childcare providers, schools, health departments, and community services to increase immunization rates and educate professionals and the community on the safety and importance of vaccines.

We have created this bi-monthly e-newsletter aimed at childcare providers, with a goal of giving you brief seasonal information regarding immunizations and healthy activities, snacks and articles. We hope you find this information helpful and easy to use.

The CCIC meets monthly and are always looking for new members who have a desire to work with us on our mission! If you are interested in finding out more about us, please see the “for more information” section at the end of the newsletter. Enjoy!

February is American Heart Month

According to the Center for Disease Control about 715,000 Americans have a heart attack each year. About 600,000 people die from heart disease in the United States each year—that’s 1 out of every 4 deaths. There are many ways to prevent heart disease, but studies show that if we start these methods early in life, we are more likely to stick to them.

What can I do to get – and keep – a child active? Encourage young people to be physically active for one hour or more each day. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your daily routine by playing active games together regularly.
- Make physical activity fun! Fun activities can be structured or non-structured. Activities can include walking, running, skating, playground activities or free-time play.
- Give children equipment/toys that encourages physical activity.
- Be positive about the physical activities in which the child participates and encourage them to be interested in new activities.
- When possible, take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

Keeping up with immunization records in a childcare setting

On occasion, the Health Department gets questions on how to keep better track of immunization records in a childcare center. With new children coming in all the time, DHS requirements, and doctor's schedules, it often feels like it's a never ending battle to keep on top of a child's immunization requirements. Immunization records can be extremely confusing, even for professionals. Here are our suggestions to make it easier to monitor:

- The best thing to do is to check shot records regularly. Set up a regular time (for example, monthly) to audit records.
 - Have a system. Some centers rely on a check list or sheet in the front of a child's file. Sometimes they set up a computer spreadsheet. Do what works best for your center and stick with it.
 - Make an alert system to notify staff of upcoming requirements on a particular child's file so they may remind parents to bring a record or visit the doctor. This could be:
 - Post it notes in the child's file
 - A note on a calendar for the children due this month
 - An electronic calendar reminder or task list
 - Train key employees on monitoring shot records with the system, so that everyone knows the requirements and the way your center prefers to keep the records
 - Have a set time when parents need to turn in an updated shot record for children of a certain age, for instance the last week of the month.
 - Know the shot schedule so you know when a child should have a set of shots finished. The CDC recommends children get a set of shots at: 2 mos, 4 mos, 6 mos, 1 year, 4 yrs and 11 yrs.

Have questions or need a shot schedule? Please visit <http://imm.health.ok.gov> for the Oklahoma requirements and <http://www.cdc.gov/vaccines/schedules/index.html>

If you or your childcare center has a great system for tracking shot records, please tell us! We are always looking for creative methods of keeping immunizations up to date! The Cleveland & McClain County Health Departments can provide you with a comprehensive audit of your immunization records at no charge. During this audit you can discuss with the consultant the best way to keep your records organized! Contact Megan Scott using the information below to schedule your audit today!

For more information on the Cleveland County Immunization Coalition

Please contact:

Megan Scott at 405-579-2252, or MeganLS@health.ok.gov OR

Kristen Russell at 405-579-2234, or KristenR@health.ok.gov

Healthy Snack

Frozen Chocolate-Covered Bananas

From EatingWell: January/February 2010

Ingredients

- 4 large ripe bananas, peeled and cut into thirds crosswise
- 3/4 cup semisweet or bittersweet chocolate chips, melted (see Tip below)
- 1/4 cup shredded coconut, nuts, sprinkles or other topping

Preparation

Line a baking sheet with parchment or wax paper. Insert a popsicle stick into each piece of banana. Cover each piece of banana with melted chocolate using a rubber spatula and sprinkle with topping. (Reheat chocolate, as needed, to keep it melted.) Place the bananas on the baking sheet and freeze until frozen, about 2 hours.

Tips To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted. Store airtight in the freezer for up to 1 week.

Nutrition Per serving: 12 servings 100 calories; 4 g fat; 6 g carbohydrates

Healthy Activity

Jump the Creek

Long jumpers needed for creek challenge!

To play, you have to set up the creek. You do this by having two people hold two jump ropes that are about a foot apart or lay them on the ground.

Next, players take turns trying to jump over the creek. If they land on or in the middle of the jump rope-the creek-they're out.

When everyone has jumped once, players move the ropes about another foot apart.

The person who is able to jump the farthest without falling into the creek is the winner.

Happy jumping!

From: <http://pbskids.org/zoom/activities/games/>

Can we add you to our e-mail list? Comments? Questions? Suggestions?

Send an e-mail to meganls@health.ok.gov to receive our bi-monthly e-newsletter directly or to make a suggestion!