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# Quality Care For Kids

A newsletter for Scott County  
 Child Care Providers

(written by Jane Matzen, RN and Heidi Hotvedt, RN)

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**December 6-12  
 is National  
 Handwashing week.  
 The Healthy Child  
 Care Iowa website  
 has free handwash-  
 ing posters available  
 to download and  
 print. Go to  
[www.idph.iowa.gov/  
 hcci](http://www.idph.iowa.gov/hcci) click on  
 "printed products"**



## Holiday Lights

As you decorate for the holidays be aware that string lights may have high levels of lead. Lead is found in the PVC coating of holiday lights. No amount of lead exposure is safe for children and can cause severe health conditions. The Consumer Product Safety Commission states that "Holiday lights are not children's products and CPSC advises parents to not allow children to handle or play with these lights."

Eco-Healthy Child care has the following guidelines when putting up holiday lights.

1. Wear gloves when hanging holiday lights.
2. Wash your hands thoroughly when finished decorating.
3. Do not allow children to handle lights. Instead, offer them other decorating tasks: stringing cranberries, cutting paper snowflakes, or wrapping gifts.
4. Remove and wash clothing and gloves immediately after stringing lights, as trace amounts of lead may be on the surfaces of clothing.
5. Ensure holiday lights are carefully stored out of the reach of children when not being used.

Call your Child  
 Care Nurse  
 Consultant if you  
 have any  
 questions about  
 child health and  
 safety, or any  
 special training  
 needs.



## Breastfeeding Support

Mother's breast milk is the perfect nutrition for her baby and provides the baby with many health benefits. American Academy of Pediatrics recommends that mothers exclusively breastfeed their infants for the first six months of life. Then at six months, age-appropriate foods are added to the infant's diet, and it is recommended that that mothers continue to breastfeed until her child is at least one year of age. As the infant's caretaker/teacher, you have an important role in helping mothers to continue breastfeeding their infants when they return to work.

### Special Instructions for the Storage and Preparation of Human Milk

**Acceptable containers to store human milk** include plastic bottles labeled BPA-free or with plastics labeled #1, #2, #4, or #5, or glass bottles. Human milk can be frozen in these bottles with caps that create an air tight seal. Extra care must be taken

with glass containers that they are not over-filled and crack when frozen. (Any unused breast milk should be returned to the parent in the bottle.) **Proper labeling of human milk** should include date of collection and the child's full name. This label should not come off in water with handling.

**Thawing human milk** should be done by placing it in the refrigerator overnight or running the bottle under warm water (less than 120° F) or placing the bottle in warm water. Care should be taken so the temperature of human milk does not exceed body temperature (98.6 degrees F). A microwave should never be used to defrost or warm milk because it can cause hot spots that could cause the baby to be burned. Too much heat can destroy the nutrient quality in human milk.

**Mixing human milk** should be done gently. It is acceptable to swirl the bottle of human milk. Never shake human milk as this could destroy some of the cellular components of the milk which are beneficial to the infant.

### Guidelines for Storage of Fresh Human Milk

Location of Storage	Temperature that Should be Maintained	Maximum Recommended Storage Duration
Room Temperature	60°F - 85°F (16°C - 29°C)	3 - 4 hours optimal 6 - 8 hours acceptable under very clean conditions
Refrigerator	<39°F (4°C)	72 hours optimal 5 - 8 days under very clean conditions
Freezer	<0°F (-17°C)	6 months optimal 12 months acceptable