

Early Care & Education Insider

FOOD ALLERGIES IN CHILDREN

How do I know if my child has a food allergy? A food allergy happens when the body reacts against harmless proteins found in foods. The reaction usually happens shortly after a food is eaten and can vary from mild to severe.

What are the symptoms of a food allergy?

- **Skin problems:** Hives, itchy skin rashes, and swelling.
- **Breathing problems:** Sneezing, wheezing, and throat tightness.
- **Stomach symptoms:** Nausea, vomiting, and diarrhea.
- **Circulation symptoms:** Pale skin, light-headedness, and loss of consciousness.

What are some of the common foods that cause allergic reactions?

Any food could cause a food allergy, but most food allergies are caused by the following: Cow milk, eggs, peanuts, soy, wheat, nuts from trees (such as walnuts, pistachios, pecans, cashews), and shellfish (such as shrimp, lobster).



Can food allergies be outgrown during early childhood?

It is estimated that 80% to 90% of egg, milk, wheat, and soy allergies go away by age 5 years; however, some allergies are more persistent. For example, 1 in 5 will outgrow a peanut allergy and fewer will outgrow allergies to nuts or seafood.

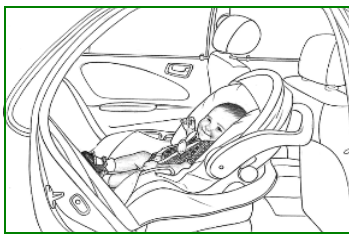


NEW CAR SAFETY SEAT GUIDELINES . . .

As recommended by the American Academy of Pediatrics (AAP)

www.healthychildren.org.

Age Group	Type of Seat	General Guidelines
Infants Toddlers	Infant seats & rear-facing convertible seats	Infants & toddlers until they are 2 years of age or until they reach the highest weight/height allowed by their car safety seat's manufacturer.
Toddlers Preschoolers	Convertible seats & forward-facing seats with harnesses	Children who have outgrown the weight/height limit for rear-facing safety seats and up to the highest weight/height allowed by the forward-facing car safety seat's manufacturer.
School-aged Children	Belt-Positioning Booster Seat	Children who have outgrown the highest weight/height limit allowed by forward-facing car safety seat's manufacturer. Use booster seats until the vehicle's seat belt fits properly — child has reached 4 feet 9 inches in height and is between 8 and 12 years old.
Older Children	Vehicle seat belts	Always use the vehicle lap/shoulder seat belts for optimal protection.



Rear-facing



Forward-facing



Booster

Are you a Registered Vendor providing childcare to children receiving DSS subsidy?

- Would you like to have monthly visits from an Early Care and Education Specialist?
- Are you interested in getting your state license?
- Find out how the ECE staff can assist you in taking this step and learn about start-up grants.
- Funding may also be available to help with the cost of licensing.

Contact Kathy Edwards, Director of Early Care and Education
The Community Partnership.

Call (573)368-2849 or toll-free (888)541-4636 or
visit our website at www.thecommunitypartnership.org

UPDATE...

PROVIDER APPRECIATION DAY held April 16, was a huge success. Over 60 child care, youth and early learning professionals attended the catered breakfast and training event — “Loving Guidance: Setting Limits Without Guilt” — presented by John & Dorcas Park, Wal-Mart Distribution Center #6069, Missouri Child Care Aware® and The Community Partnership.



EDUCATIONAL OPPORTUNITY/ CLOCK HOUR REQUIREMENTS

Child Care Regulation policy requires that participants attend an entire educational opportunity training session in order to receive a certificate. Therefore, no one will be admitted to a training session more than 15 minutes after the start time, and we cannot provide certificates to participants who arrive more than 15 minutes late or leave early.

Instructors and/or staff who are instructing or facilitating a clock hour educational opportunity training session may withhold a participant's clock hour certificate. Potential reasons for withholding a certificate include but are not limited to: a participant arriving late, leaving early, leaving the room for extensive time periods, text messaging, sleeping, and/or being disruptive during the workshop.

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Come visit us on the Web!

www.thecommunitypartnership.org

Visit The Community Partnership's website and click on "Our Programs." The drop down box offers all of the Partnership's programs, including Early Care & Education and Educare. Discover what each program has to offer, find links to local resources, and visit the Trainings & Meetings link for a list of our upcoming meetings, educational workshops, and clock hours.

EDUCARE SUPPORT GROUP: Come enjoy networking time with other childcare providers who also understand that working with young children each day can be rewarding and challenging. We will discuss resources available to area childcare providers and you will be given the chance to share your ideas. Please join us for this opportunity.

EDUCATIONAL OPPORTUNITIES: See enclosed inserts or visit us at our website.

EDUCATIONAL EVENTS	DATE(s)	TIME	CLOCK HOURS
CPR Certification or CPR Renewal & First Aid - Registration & payment is required before date of training.	TO BE ANNOUNCED — Watch our website for details.		Yes
Subsidy Orientation Trainings - Pre-registration is required.	Wednesday, May 18, 2011 Wednesday, June 15, 2011	9:00 to Noon	0
Educare Support Group Meetings	Monday, May 16, 2011 Tuesday, June 14, 2011	6:00-6:30 pm and/or 8:30-9:00 pm	0
Healthy Cooking with Kids	Monday, May 16, 2011	6:30—8:30 pm	2
Creating a Literacy Rich Learning Environment	Tuesday, June 14, 2011	6:30—8:30 pm	2

All Educare Support Groups and Educational Events will be held in
The Community Partnership's Board Room unless otherwise stated on event flyer or website.

THE COMMUNITY PARTNERSHIP
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