



# Quality ChildCare

For Registered Home-Based Providers

CENTER ON THE FAMILY ★ UNIVERSITY OF HAWAII

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## 10 Hallmarks of Quality Child Care

1. Build trusting relationships
2. Provide consistent care
3. **Support children's health**
4. Provide a safe environment
5. Provide positive guidance
6. Provide a language-rich environment
7. Foster curiosity and development through play
8. Individualize care and learning activities
9. Partner with parents
10. Pursue personal and professional growth

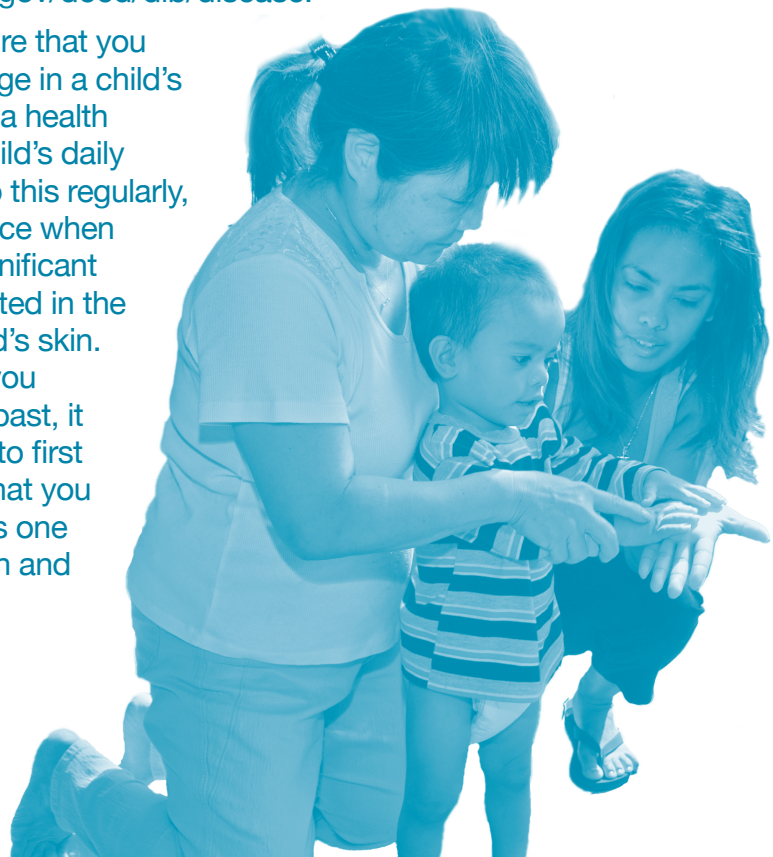
## This Month's Hallmark of Quality Child Care

Support Children's Health

### Children's Health—Their Skin Tells a Story

There's a saying that the eyes are the window to the soul, but did you know that the skin is a window to overall health? Skin is the largest organ of the human body and if observed closely, can tell you a lot about a child's health status. As a child care provider, you should be on the lookout for undiagnosed conditions that children may have and which could pose a health risk to themselves or others in your care. Children's skin usually offers excellent clues. In this newsletter, we'll discuss the many signs that can be "read" by observing the condition of children's skin. For more information on the conditions discussed in this newsletter and other health conditions, go to the Department of Health Web site at <http://health.hawaii.gov/docd/dib/disease>.

One way to ensure that you notice signs of change in a child's health is to conduct a health check upon each child's daily arrival. When you do this regularly, it will be easy to notice when there has been a significant health change reflected in the condition of the child's skin. If this is something you haven't done in the past, it would be important to first inform the families that you will be adding this as one of your regular health and safety practices.



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# Common Non-Contagious Disorders of the Skin

Some of the most common skin conditions seen by providers are heat rash, diaper rash, eczema, and hives. While these are not contagious and do not present a risk to the other children, they are the cause of great discomfort to the child who experiences them and could lead to serious complications if not cared for properly. Generally, any time these rashes appear bigger, redder, hotter, or more watery, you should advise parents to seek medical attention. Otherwise, there are a few things you can do to keep the children comfortable so that they can remain in your care.

**Heat rash** presents itself as tiny red bumps anywhere on the body. You may want to suggest to parents that to soothe their child, they could bathe them in cool water without soap, creams, or oils until the rash resolves.

**Diaper rash.** Most babies get diaper rash at some point caused by wet diapers. You will see red, raw spots on baby's bottom or thighs. It can be very painful, especially when they pee. Change diapers frequently and clean baby's bottom with plain warm water, not baby wipes which could sting. If possible, allow the baby's bottom to air dry before putting on a new diaper.



**Eczema** is dry itchy skin that usually runs in families and may improve as the child gets older. You will see red, dry skin on cheeks, behind ears, inside elbows and the back of knees. Short cool baths using very little of a mild soap, can help relieve the discomfort. Frequently, perfumed laundry soaps and fabric softeners aggravate the symptoms—something to keep in mind if you ever wash the child's sheets or blanket.

**Hives** are an indication of an allergic reaction to food, bug bites, bee stings, or environmental contaminants. They appear as raised, red or pink spots in different sizes that are very itchy. Common foods that can cause an allergic reaction such as hives are eggs, soybeans, wheat, chocolate, cow's milk, peanuts, corn, strawberries, shellfish, and nuts. Consult with parents before introducing any of these foods. A sudden onset of hives may indicate a severe allergic reaction leading to anaphylactic shock. Call 911 if the following symptoms occur:

- Child has hard time breathing or swallowing
- Child's tongue gets bigger



# Common Contagious Disorders of the Skin

Some skin conditions are highly contagious and can spread quickly through your child care setting. Children with these conditions should not be allowed to enter your care. If you discover any of the following conditions after the child has been dropped off, make every effort to keep the contagious child separated from the others while you wait for a family member to come back for him.

**Hand, Foot, and Mouth disease** which is caused by a virus, usually starts with a fever and sore throat. One or two days later, painful sores develop in the mouth. They begin as small red spots that blister and become ulcers. A skin rash of flat or raised red spots develops on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area. An infected child may spread the virus through close personal contact, by coughing or sneezing, or contact with feces, contaminated objects and surfaces.

**Head Lice (*Ukus*).** Nothing seems to make a child care provider more anxious than the arrival of a child with *ukus*. The head louse is a tiny parasitic insect that feeds on human blood and lives close to the child's scalp. Lice eggs (nits) may be stuck like glue on the base of the hair shaft. Head lice are spread by direct contact with the hair of an infested person. Symptoms include:

- a tickling feeling of something moving in the hair
- itching caused by an allergic reaction to the bites
- sores on the head caused by scratching.

Children with head lice need to be treated under the care of their doctor since the drugs used to treat lice are insecticides and can be dangerous if they are misused or overused.

**Pinkeye**, also known as conjunctivitis, is one of the most common eye conditions in children and can spread easily

when children rub their itchy eyes. It is an inflammation of the thin, clear tissue that lines the inside of the eyelid and the white part of the eyeball. This inflammation gives the eye a pink or reddish color. Pinkeye can be caused by allergies, viruses, or bacteria. Bacterial conjunctivitis, which usually requires a doctor's treatment may include:

- Discharge from the eye(s)
- Itchy or scratchy eyes
- Crusting of eyelids or lashes

**Impetigo** is an infection of the skin that spreads easily from one part of the body to another as well as from one child to another. You might see red sores anywhere on the body which eventually start to ooze a yellow or honey colored discharge and become crusty. The infection can spread through contact with hands, clothes, towels, and bedding. It can be treated with a medicinal soap such as betadine and anti-biotic ointment once the crust is off. Impetigo can make any child very sick and is especially dangerous for new babies.



## Citations:

Centers for Disease Control and Prevention  
[Retrieved on-line August 4, 2014] [http://www.cdc.gov/parents/infants/diseases\\_conditions.html](http://www.cdc.gov/parents/infants/diseases_conditions.html)

Kuklierus, A. and Mayer, G (2012). *What to do when your child gets sick*. Institute for Healthcare Advancement, La Habre, CA

## Resources

Department of Health Web Site <http://health.hawaii.gov/docd/dib/disease>

## Reflection Sheet and Award Book

- To receive the award book for this month, fill out your caregiver's reflection sheet and return it to the Center on the Family in the postage paid envelope by the deadline posted.
- Indicate if you would like to receive free technical assistance related to a child care issue.
- Update your address or contact information if any changes have taken place.



**REMINDER:** Registered QCC Participants can use their participation in the program to fulfill the relicensing requirement of "increased knowledge." Ask your DHS Licensing Social Worker about the requirements today.

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**Learning to Grow Quality Child Care for Registered Home-Based Providers**  
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