



Hamilton

# Child Care Connection

Connecting the Child Care Community

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Clinical & Preventive Services Division

## Why Children Should Receive an Influenza Shot

### Influenza Facts:

- Flu thrives in playgrounds and travels well in crowded indoor places, such as daycares and schools.
- Flu spreads through sneezing, coughing and talking.
- Flu spreads through contaminated objects, toys and eating utensils.
- Flu can lead to ear infections and lower respiratory illness.
- Many healthy children are hospitalized each year due to complications from influenza

Flu viruses change often. That is why we must be immunized every year. The best time to get a flu shot is in the fall. The vaccine takes about 2 weeks from the time it is given to provide full protection. All children under the age of nine, who have never received a flu shot, require two doses of the vaccine. These two doses should be given at least four weeks apart. The current influenza vaccine does not work in children younger than 6 months old. You cannot get the flu from the flu shot.

To prevent the spread of influenza:

- wash your hands
- cover your mouth and nose with your arm when you cough and sneeze
- get vaccinated
- stay home when sick
- don't share personal items (bottles, cups, food, utensils)
- get enough rest, exercise and eat properly

The City of Hamilton's 2010 Influenza Clinics will be held between November 2010 and December 2010.

To find the most convenient date, time and location:

- Call the City of Hamilton's Information Line at (905) 546-CITY (2489) or
- Visit: <http://www.hamilton.ca/influenza> .

Submitted by:  
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### Travel Safely

Just a reminder to all child care providers: In the event you are transporting children in your care, by law, the driver of the vehicle is responsible for ensuring passengers under 16 years of age are using a seatbelt or are correctly secured in the appropriate car seat. Failure to secure the child correctly may result in \$240 fine per seat, plus 2 demerit points. Local data indicate that as many as 90% of children are not transported safely due to:

- Improper installation of the car seat
- Improper harnessing of the child
- Incorrect seat for the child's age, height and weight
- Not using a car seat or booster seat when required
- Expiry of the car seat
- The seat not having an affixed Canadian Motor Vehicle Safety Standards label (CMVSS) ie. seats purchased from the U.S.A

For more information on car seat safety, please contact Health Connections at (905)546-3550 or visit the Transport Canada website at [www.tc.gc.ca](http://www.tc.gc.ca)

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## Community Services – Home Management & LEAP Programs



When finances are stressing you out and the bills are falling behind, who do you call? Home Management!

When meal planning, grocery shopping and cooking skills are lacking, who do you call? Home Management!

When the children are challenging, who do you call? Home Management!

When household routines and housekeeping are getting you down, who do you call?

Home Management!



The Home Management program is a free service that teaches life skills to families and singles in their own home.

You can also check out your local OEYC (Ontario Early Years Centres) to find out what groups we may be facilitating there.

Call us if you think the Home Management Program might be for you!

*Our number is 905-546-4804.*

Please note that the **L**earning, **E**arning, **A**nd **P**arenting Program (**LEAP**), which is part of Home Management, has changed the age requirement to qualify, *from* 21 years and under; to, 25 years and under.

If you know someone who

- is a parent on Ontario Works or ODSP **and**
- is 25 years of age or under **and**
- wants to return to school to complete their grade 12 or equivalent,

please have them call the LEAP Program at 905-546-3088.

## Milk Matters for Preschoolers (3 to 5 years)

Encourage milk for the health of it! Milk contains protein, calcium, vitamin D and many other nutrients that help preschoolers grow well and build healthy bones and teeth. **Is your preschooler drinking enough?**



Health Canada recommends that a preschooler drink **at least 2 cups (500mL) of fluid milk or a fortified soy beverage per day.**

This amount meets a preschooler's need for vitamin D which enhances calcium absorption. It is easy to

drink two cups of milk when it is divided into four small (½ cup/125 mL) portions spread throughout the day.

If a child does not like plain white milk, chocolate milk is a healthy everyday option. Rice, almond, and non-fortified soy beverages are not good substitutes for milk or fortified soy beverages. They tend to be lower in protein, calcium and other nutrients. Read labels and compare.

Tips to increase milk intake:

- make your own chocolate milk with cocoa powder or chocolate syrup
- dilute commercial chocolate milk with plain white milk 1:1
- try strawberry syrup or vanilla flavouring in plain milk
- serve smoothies made from yogurt, frozen fruit and milk
- offer milk puddings or add milk to soups and hot cereals

Written by Public Health Nutritionist Elizabeth Shaver Heenev, City of Hamilton Public Health Services, Family Health Division

## Food for Thought

The lazy days of summer are here and hot sunny days lead everyone outdoors to enjoy a day at the beach, a picnic in the park, or a barbecue with family and friends in the back yard. While these activities are a fun way to engage the whole family, it is important to keep everyone safe.

Public Health staff visit Child Care Centres regularly to ensure that food is being prepared and served in a safe manner to prevent children from acquiring foodborne illness. Also, all licensed Child Care Centres are required to have at least one staff member certified in safe food handling practices. This ensures staff members that work with food are aware of risks associated with hazardous food products and how to handle these foods in a manner that protects food from contamination.

So when the kids are not at home or at their child care centre, how do we protect little ones from foodborne illness? The following tips can be used to ensure families remember their outings for the fun they had rather than the unpleasant symptoms that go along with foodborne illness.

When packing meals to be consumed outside the home, try to avoid hazardous foods such as items with cream or mayonnaise, raw meats, cold cuts, or eggs. These items provide an ideal environment for bacterial growth and must be kept cold to prevent bacteria from multiplying to dangerous levels. If it is necessary to pack these items, store them in a cooler with lots of ice and place them in containers with a tight seal to protect other food items from leaks or spills.

Fruits and vegetables are important to a balanced diet and should be included in every family's picnic basket. Prepare fruits and vegetables in advance by washing them thoroughly under cold running water. Do all chopping and preparation of fruits and vegetables in advance, so that only minimal handling is required outside of the kitchen. This reduces the chance of contamination of these items. Keep cut fruits and vegetables cold to ensure their safety. Whole fruits such as apples, peaches, and grapes are great for a day on the road. With a quick wash, they are a safe and nutritious snack.

For barbecues, it is very important to handle meats properly. Meats must be cooked thoroughly to an internal temperature that will kill off any bacteria living

on the meat. A probe thermometer can be used to check the cooking temperature. Use the chart below to determine the appropriate cooking temperature. Provide a clean plate or container that has not been in contact with raw meat products to serve cooked products from. This prevents raw juices from contaminating ready to eat products.

### Cooking Temperatures

Whole Poultry chicken, turkey	Poultry pieces & ground poultry	Ground Meats beef, pork, lamb	Pork and Pork products	Fish
82°C 180°F	74°C 165°F	71°C 160°F	71°C 160°F	70°C 158°F

e final piece of advice to ensure food safety is to be prepared for outdoor conditions. Bring a sufficient number of utensils to eliminate the need for washing and sanitizing these items on site as water is not always available. Bring cleaning cloths or wipes for cleaning food preparation and eating surfaces. Last but not least, bring an alcohol based hand rub to provide a means for washing hands after play and before eating.

By following these simple steps, you can protect your family from foodborne illness. For more information on Food Safety go to <http://www.hamilton.ca> or call 905-546-3570.

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