



**Week of the Young Child
April 24-28**

Celebrate NAEYC's WOYC with colorfully themed days that celebrate early learning, young children, their teachers and their families.

- **Music Monday April 24** – Make up and record your own unique version of a song or write your own song. Children can practice clapping, drumming, or stomping to the beat of the music. Toddlers they may be able to help you count beats.
- **Tasty Tuesday April 25** – Create your own healthy snacks recipes. Children can help invent the recipe and measure ingredients.
- **Work Together Wednesday April 26** – Let children build together. They can use any building material, from a fort of branches on the playground to a block city in the classroom. Marshmallows and dried spaghetti can build a great skyscraper!
- **Artsy Thursday April 27** – Children can create a masterpiece using any materials, from crayons to paint to clay and crafts.
- **Family Friday April 28** – Celebrate families by including them in a fun event. You can host a Family Friday breakfast where children can prepare and share breakfast treats with their families.

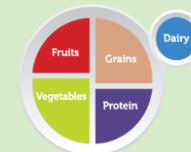
For more information and creative ideas visit [Week of the Young Child – NAEYC](#).



Farm to Preschool Survey

The SC Farm to Preschool Program needs your feedback on activities in your child care facility. Farm to Preschool aims to strengthen communities and children by improving families' access to nutritious, local foods and to promote education about agriculture and nutrition. The survey should take about five minutes to complete. [Please click on this link to access survey](#)

Questions? Contact Anna Hartrampf: hartraaa@dhec.sc.gov; 803-898-1620



Meal Pattern Revisions: Greater Variety of Vegetables and Fruits

Starting **October 1, 2017**, the following meal pattern revisions will take effect:

- The combined fruit and vegetable component will now be separate, meaning a reimbursable snack can consist of a serving of fruit, a serving of vegetable, and water.
- The serving of 100% juice will be limited to no more than once per day.

Components of the SC Menu Planning Guidelines have been recognized as a *Best Practice* to further improve the nutritional quality of the meals served. This includes providing at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.

Find more information about the changes to the meal patterns at www.scchildcare.org.



SC Breastfeeding Friendly Child Care Designation

The SC Breastfeeding Friendly Child Care Designation recognizes child care programs that promote,

protect, and support breastfeeding.

To apply please call **843-876-2825**

or email scpitc@musc.edu.

For more information visit [SCPITC](http://scpitc.org).



Product Recalls

DSS Regulation 114-507C(2) states that furniture, toys and recreational equipment shall meet the standards of the US Consumer Products Safety Commission (CPSC), if applicable, and that recalled products shall not be accessible to children. For more information, call CPSC's hotline at **800-638-2772** or visit their website: www.cpsc.gov. To report a dangerous product or related injury, go to <http://saferproducts.gov>.

• **S.R. Smith Helix Pools** due to fall hazard.

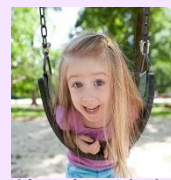
• **RDG Global Girls' Hooded Sweatshirts** due to strangulation hazard.

• **Kids II Oball Rattles** due to choking hazard caused by defective plastic disc.

• **XBOX ONE Video Game Controllers** due to burn hazard caused by battery chargers overheating.

• **Dillard's Baby Jackets** due to choking hazard caused by detachable metal snaps.

• **Discount School Supply Children's Waterproof Bibs** due to suffocation hazard caused by plastic backing.



Seasonal Allergies

In the U.S., allergies are the sixth leading cause of chronic sickness. Every year, fifty million Americans suffer from allergies. Seasonal allergies, also known as "hay fever," result from the immune system overreacting towards allergens. The body treats allergens, such as pollen and mold, as harmful particles when in reality they are not. Mistakenly, while in defense mode, the immune system releases

histamine and other chemicals to protect itself. The chemicals released produce common allergy symptoms. For example, histamine causes inflammation in the nose and airways.

Allergies in children can interrupt their ability to focus. Chronic nasal congestion may cause difficulties sleeping, making children tired throughout the day. Chronic nasal congestion or mouth-breathing could also lead to a deformed jaw and teeth. Untreated allergies can result in greater long-term health problems, such as asthma, sinusitis, and chronic ear infections.

Signs

- ▶ Child appears better indoors
- ▶ When in the car, child seems better with the windows up and air conditioner on.
- ▶ Every year symptoms arise at the same time

Symptoms

- ▶ Coughing and sneezing
- ▶ Runny nose and watery, itchy eyes
- ▶ Itchy throat, roof of mouth or nose
- ▶ Postnasal drip and nasal congestion
- ▶ Fatigue

Prevention

- ▶ Schedule outdoor activities after 10 a.m.
- ▶ Check local pollen count
- ▶ Keep car windows closed and turn on air conditioner
- ▶ Change your child's clothes after playing outside
- ▶ Talk with your doctor about over-the-counter or prescription medication

[CDC](#)
[Baby Center](#)
[KidsHealth](#)
[Mayo Clinic](#)