

NHAEYC Newsletter

SERVING THOSE WHO WORK WITH YOUNG CHILDREN

NEW HAMPSHIRE ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN

WINTER 2002



Diane Heitmiller, Affiliate Coordinator, at the NHAEYC's new location.

A New Home, A New Coordinator

The board is proud to announce the opening of the NHAEYC office at 46 South Main Street in Concord. Our new affiliate coordinator is Diane Heitmiller. Diane brings a strong background in fiscal management and proven administrative abilities to the affiliate. She officially

began working for NHAEYC on September 1, 2002 and will be in the office weekday mornings.

helpful in explaining what the national organization expects of the state affiliates," says NHAEYC affiliate coordinator, Diane Heitmiller. "Once we go through the process, we will be a stronger organization."

A seven-part strategic plan has been drafted that will create all the necessary documents needed for running our affiliate office smoothly and efficiently. Heitmiller explains that the re-affiliation process will help NHAEYC to get policies and procedures in place so when board members change, policies won't. After completing re-affiliation, NHAEYC will have instituted business practices consistent with other non-profit organizations.

Six committees, each of which will cover a particular aspect of how the affiliate will be run, will be established to complete these policies and procedures by the due date of December, 2003. The board is seeking members to serve on the following committees: Re-affiliation Committees; Business Practices; Organizational Development; Governing Board; Membership

Programs/Services; Research. If you are interested in volunteering, please call Diane at 888-225-4884.

Re-affiliation Process Will Make NH Affiliate Stronger

NAEYC, the parent organization of New Hampshire's affiliate office, has begun a process of requiring all state and local offices to re-affiliate. The purpose of this request is to make the organization more efficient and inclusive. The national organization hopes the process will create stronger, more efficient state and local affiliates.

In August of this year, the NHAEYC board met with Karen Hughes, NAEYC senior director of association relations, for guidance on achieving these goals. "The meeting was very



Karen Hughes, NAEYC senior director of association relations, right, and Gail Gettens, NHAEYC affiliate president and director of the Children's Learning Center at St. Paul's School discuss the re-affiliation strategic planning process.

**Have you seen the NAEYC's website yet?
It's at NAEYC.org.**

**New Hampshire Association
for the Education of Young Children**

46 South Main Street, P.O. Box 3656, Concord, NH 03302-3656
603-225-4856 • 888-225-4884

In This Issue:

A New Home & Coordinator
Re-affiliation Process
Food Allergies and Child Care
Spring 2002 Children's Parade
NHAEYC Board Meetings
NHAEYC Board Members

Food Allergies in the Early Childhood Setting

written by Elibet Chase and Peg Lopata

A few months after Joshua Hrasky turned one, his mother, Laura, a math teacher at St. Paul's School, Concord, added whole milk to his rice cereal. "He had one bite and immediately had trouble breathing, started gagging, and broke out in hives," says Laura. Luckily, the Hraskys lived near a hospital. When they arrived, emergency room doctors gave Joshua a shot of epinephrine (adrenaline), hooked him up to a nebulizer, and finished his course of treatment by administering Benadryl.

Joshua had experienced an anaphylactic reaction—a sudden, severe, and potentially fatal systemic allergic reaction that, according to The Food Allergy & Anaphylaxis Network (FAAN), kills an estimated 150 to 200 people every year. The next day, Laura and her husband, Keith, who also has food allergies, were told that Joshua was allergic to milk. Later, they would learn that he also could not eat beef, eggs, or nuts.

Adapting to Joshua's food allergies has touched many areas of the Hraskys' life. "I don't want to live anywhere more than five minutes from a hospital," says Laura. The Hraskys take a cooler of food wherever they go, plan vacations to be near medical facilities,

and read all the small print on food labels. They carry at least one Epi-Pen Jr., an epinephrine self-injector prescribed by a physician, wherever they go. Their son goes to a child care provider minutes from home.

Joshua is not alone. An estimated 7 million Americans have food allergies, and food-induced anaphylaxis is believed to cause about 30,000 trips to the emergency room each year. While scientists have noticed an increase in the numbers since the 1960's, they are not sure of the cause. One theory suggests that the increase is caused by an immune system that is "bored" because immunizations and antibiotics have done too many jobs for it. Others argue improved hygiene has reduced the occurrence of infectious disease, and our bodies have switched from fighting infection to producing antibodies. What specialists do know for sure, however, is that food allergies are hereditary, as in Joshua's case, and families with a history of food allergy should be especially vigilant when introducing new foods to their young children.

The increase in numbers has helped to make the general public more aware of the need to accommodate those with food allergies, and adequate provision is guaranteed under the Americans with Disabilities Act (ADA). Furthermore, pending legislation, The Food Allergen Labeling and Consumer Protection Act, will require better labeling on foods, tighter regulations to prevent cross-contamination in the food processing industry, and better training for emergency workers. (See *Call to Action!* box on page 5.)

So how can child care providers ensure the safety of kids with allergies? Some child care centers have banned nuts. But banning foods may not cure the problem. Cross-contamination can occur if non-allergic children bring the residue of potential allergens to school

on their hands or clothing. In addition, there are many foods that seem to be allergen-free but still contain substances that may cause a reaction in allergic children.



Common Food Allergens

(From The Food Allergy & Anaphylaxis Network)

<http://www.foodallergy.org>

Scientists estimate that between 6 and 7 million Americans suffer from true food allergies. At the present time, there is no cure for food allergy. **Avoidance is the only way to prevent an allergic reaction.** Although an individual could be allergic to any food, such as fruits, vegetables, and meats, the following eight foods account for 90 percent of all food-allergic reactions:

- Egg
- Fish
- Milk
- Peanut
- Wheat
- Shellfish
- Soy
- Tree nut

First and foremost, child care professionals need to be "patrol officers," states Lori McClure, a pediatric nurse practitioner and facilitator for New Hampshire's Food Allergy and Anaphylaxis Network (FAAN). Lori knows from experience. Her son, Ethan, 5, has had reactions by simply touching a drop of milk.

Next, education is vital to knowing how to manage children with allergies. Gail Gettens, director at the Children's Learning Center at St. Paul's School (CLC), Concord, cites FAAN as the CLC's most valuable resource for educational and training information.

The CLC uses a Food Allergy Emergency Care Plan, a form available on the FAAN website, www.foodallergy.org. This form, required for each child with food allergies, is posted in the CLC's central kitchen and in the child's classroom and is signed by both the



Allergic Reaction Alert

Allergic reactions can look like symptoms ranging from a tingling sensation in the mouth, swelling of the tongue and throat, difficulty breathing, hives, vomiting, abdominal cramps, diarrhea, drop in blood pressure, loss of consciousness, to death. Symptoms typically appear within minutes to two hours after the person has eaten the food to which he or she is allergic.

When you call 911, request a paramedic that can administer epinephrine.

continued on page 4

Save these Dates!

Friday, June 6, 2003

Administrators' Conference

Working Together:

Managing Quality Programs for Young Children

Friday, June 6, 2003

at St. Paul's School, Concord, N.H.

*Keynote address by Margie Carter and Deb Curtis, authors of
The Visionary Director: A Handbook for Dreaming, Organizing & Improvising in Your Center.*

*A conference for directors of early childhood programs,
board members, head teachers, program coordinators, and all those who aspire to lead!
For more information, call Diane Heitmiller, Affiliate Coordinator, at 1-888-225-4884*

Saturday, April 5, 2003

Spring Conference 2003

Saturday, April 5, 2003

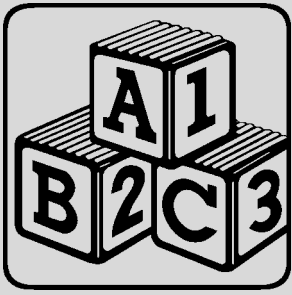
from 8 a.m. to 4 p.m.

at Wayfarer Inn, Bedford, N.H.

Keynote address by Bev Boss. Conference sessions by Scott Noyes.

For more information, contact Chris Irish or Donna Morrison, at 224-3282

New Hampshire Association for the Education of Young Children

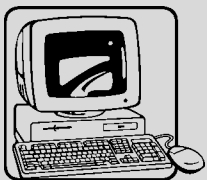


**University of New Hampshire
Early Childhood
Continuing Education
Courses**

* *Science Experiments
for Young Children:
Forces, Motion, Sound*
Manchester/UNH,
Saturday, March 8, 2003
from 9 a.m. to 4 p.m.

* *Developing Activities and
Routines for Infants and
Toddlers* (Co-sponsored by
UNH Family Studies Dept.)
Durham Offsite
Saturday, March 29, 2003
from 9 a.m. to 4 p.m.

* *Directors'
Retreat*
(Co-sponsored
by UNH Family
Studies Dept.)
Manchester/UNH
Saturday, April 5, 2003
from 9 a.m. to 4 p.m.



For complete
descriptions of
these and other
courses, visit
www.learn.unh.edu/unhcatalog
or call 603-862-4234.

Food Allergies

continued from page 2

child's parents and the child's physician. It details the actions to be taken and medications to be administered if the child develops symptoms of an allergic reaction. Each form contains emergency telephone numbers and has a picture of the child. "With these forms, everyone from volunteers to lead teachers knows who is allergic and what to do if the child has a reaction," explains Gettens.

In addition, FAAN has developed numerous support materials for helping child care centers understand and react to the needs of allergic children. The video *It Only Takes One Bite*, the training manual *Managing Food Allergies in the Child Care Setting*, and a variety of teacher's guides are valuable tools developed by FAAN and available to child care centers. (See *Resources* on page 5.)

With the help of guidelines from FAAN, The University of New Hampshire Child Study and Development Center has developed strategies to ensure the safety of allergic children in their care. In addition, they have worked to lessen the stress allergic children might feel about eating by restructuring the way they conduct special events that might include food. At the center's festivals, snacks are few, commonly allergic ingredients are avoided, and each snack is labeled with its ingredients. At a recent festival, Timmy, 4, could help himself to all the foods. "He was so excited to see that he could eat everything!" says Kim Wesson, his mom.

Wesson explains that instead of food-centered events like pot-luck suppers, the center's gatherings are activity centered. One evening event, for example, brings parents to the center to experience the same activities their children participate in during the day. For birthday parties, the focus is on decorative paper ware rather than treats. "Timmy is never separated or made to feel different," says Wesson.

Day-to-day management of allergy programs is the most difficult challenge for child care professionals. At the Monadnock Community Day Care Center in Jaffrey, a list of each child's food allergies is posted at every meal table, even if the allergies are mild. A physician, who is a member of their board of directors, periodically informs the staff about new strategies in caring for children with allergies.

Child care centers can share tips for making the day-to-day management of food allergy programs easier. At Nora's Depot, a small child care center in Greenfield, all foods remain in their original containers and parents are given a weekly or monthly menu to help determine if their children need substitute foods. Some centers make playdough using rice or corn flour, which is available in most supermarkets, instead of wheat flour.

The New Hampshire Technical Institute Child and Family Development Center gives parents lists of ideas for lunches that do not contain common allergens and holds nutrition workshops. Director Susan Stacey states, "Our staff read the children's files. We don't cook meals here, so parents pack lunches, and we check each lunch. When the children are eating, there's always an adult with them to make sure they don't share food."

The Child Development Center at Keene State College provides alternatives to milk and peanut butter, and each classroom has allergy information about each child. "Every single adult who works here knows each child's allergies," says Dorothy Cleveland, the center's director.

Similar strategies are used at the Wonderworks Learning Center at the Crotched Mountain Rehabilitation Center in Greenfield. Each child's allergies are posted in the kitchen area and folders for children with any kind of allergies are marked with a red food alert flag. Lynn Queen, assistant director at Wonderworks, says that even though the center currently has

continued on page 5

Food Allergies

continued from page 4

no children with food allergies, the staff still labels the ingredients for all food items that come from parents so the practice will be routine if a food-allergic child enrolls.

Despite strategies like these, centers still must be prepared to handle severe allergic reactions. Having Benedryl™ antihistamine and Epi-Pen™ injectors and training staff to administer these medicines are essential practices. Some centers place the Epi-pens in bright orange envelopes with the children's names on them. But, because many EMT's in New Hampshire are not qualified to administer epinephrine, nor

have it on hand in their vehicles, "it's best to have two or three Epi-Pens," advises Gettens, director at The Children's Learning Center at St. Paul's School.

While Epi-pen is effective in responding to food reactions, new drugs are being developed to more effectively manage an anaphylactic crisis. Currently, TNX-901, a new drug that shows potential for preventing or delaying a reaction to peanuts, is being fast-track tested by the U.S. Food and Drug Administration.

In the meantime, child care centers must be educated and trained to deal with both mild and severe food allergic reactions experienced by children in their care.

Day-to-Day Avoidance Tips Summary:

- Use the parents' expertise in managing their child's food allergies.
 - Learn to recognize the synonyms for foods that commonly cause allergies
 - Read ingredient labels for all foods—including pet food
 - Designate one or two people to be responsible for the allergic child's foods.
 - Create a special shelf for storing allergy-free foods
 - Discourage food trading
 - Encourage thorough hand washing after meals
 - Rethink lesson plans that use food
 - Avoid cross-contact between allergy-containing and allergy-free snacks and other foods
 - Tell parents what they can do to improve food allergy management
- From the Food Allergy Network's manual "Understanding and Managing Food Allergies in Early Childhood Programs"*

Resources:

The Food Allergy and Anaphylaxis Network (FAAN)

(A yearly membership provides an informative bimonthly newsletter and e-mail alerts of undeclared ingredients in food products.)

10400 Eaton Place, Suite 107, Fairfax, VA 22030
800-929-4040 fan@worldweb.net

Local chapter of FAAN *(Meets monthly in Portsmouth.)*

Lori McClure, Brentwood
778-4973

The Parent's Guide to Food Allergies

by Marianne Barber, et al. (Owl Books, 2001)

To borrow a copy of FAAN's ***Day Care and Preschool Guide to Managing Food Allergies***, contact:

Family Resource Connection, New Hampshire State Library
Ms. Alice Nye, Librarian
1-800-298-4321 frc@library.state.nh.us



The Food Allergy and Anaphylaxis Network (FAAN) urges you to call, e-mail or fax your senator and congressmen to pass the Food Allergen Labeling and Consumer Protection Act (S.2499).

This legislation would:

- obligate food companies to list the major allergens in their products.
- require a report to Congress on ways to eliminate cross-contact during the food manufacturing process
- ask the government to conduct surveys on preferred methods of telling consumers about cross-contact
- prioritize governmental inspections to ensure the avoidance of cross-contact and proper labeling of food allergens
- call for a report on gluten and celiac disease
- require the government to publish data on the prevalence of food allergy, adverse events associated with food allergy, and different methods of treatment for and prevention of allergic reactions to foods
- support guidelines on preparing allergen-free foods in restaurants, grocery store delicatessens, bakeries, and school cafeterias
- direct the government to expand, intensify, and coordinate research on food allergy and to provide assistance to state and local agencies for the emergency treatment and prevention of allergic responses to foods.

NHAEYC Board Meetings Early 2003

January 22 at 6-8 p.m. Open Board Meeting
Rivier College, Child Development Center, Nashua
Host: Sarah Straw, 897-8240

February 19 at 5 p.m. Executive Meeting
NHAEYC Office, 46 South Main Street, Concord

March 26 at 6 p.m. Open Board Meeting
*Dartmouth Hitchcock Medical Center
Child Care Center, Lebanon*
Host: Lori Harris. Call NHAEYC office, 225-4856,
for more information.

Board Members NHAEYC—Affiliate Officers

President: Gail Gettens
Director, Children's Learning Center, Concord

Past President: Dottie Kelsey
Executive Director,
White Birch Community Center, Henniker

President Elect: Johanna Booth Miner
Director, Live and Learn Early Learning Center, Lee

Vice-president: Linda Royer
Nutfield Cooperative School, Manchester

Vice President: Lisa Danley
Serendipity School, Concord

Treasurer: Susan Hagner
Director, Ralph Waldo Emerson School for Preschoolers,
Concord

Secretary-Membership: Kate Stanley
Teacher, Portsmouth Community Child Care Center,
Portsmouth

Secretary-Recording: Leanne Keller
Assistant Director, Two by Two Daycare, Bow

Spring Conference-2003: Chris Irish
Early Enrichment Center, Concord

Spring Conference; 2003: Donna Morrison
Early Enrichment Center, Concord

Administrators Conference-June 2003:
Susan Gimilaro, Consultant, Bedford

Administrators Conference-June 2003:
Lori Harris, DHMC Child Care Center, Lebanon

Public Policy: Carol Crocker
NEA New Hampshire, Concord

Public Policy: Lisa Nelson
Portsmouth Community Child Care Center, Portsmouth

Family Child Care Association Representative:
Beverly J. Lynch, NHFCCA President, Brookline

Publications: Jay Hale, Frankestown

Time to Renew for 2003!

Your NHAEYC membership is now processed through the national office and, as always, includes NAEYC membership. Join or renew today to receive support and information on state and national issues on early childhood education by contacting NAEYC online at <www.naeyc.org> or at 1-800-424-2460.

Benefits of Membership

- Local N.H. contact person to help you with questions or concerns
- Quarterly NHAEYC newsletter
- Subscription to Young Children, the award-winning journal of the NAEYC
- NAEYC catalog of hundreds of books, videos, brochures, and posters
- Reduced conference rates for both local and national conferences
- Eligibility to apply for small scholarship program for professional development training
- Access to NAEYC publications
- Access to the Membership Only area of the NAEYC web site
- Voting rights in NAEYC

Membership Application

Membership must be in the name of an individual, not a center or a school.

Name _____

Mailing address _____

City _____ State _____ Zip _____

E-mail address _____

Home phone _____ Work phone _____

Applying for: _____ New Membership _____ Renewal (ID# _____)

Affiliate membership includes one year of membership in NAEYC and your affiliated state association.

Affiliate Name: **New Hampshire AEYC** Affiliate number: **41**

Check membership level:

_____ Comprehensive Affiliate Membership (\$77)

_____ Regular Affiliate Membership (\$40)

_____ Student Affiliate Membership (\$30)

Student ID#: _____ College/University: _____

Indicate your payment choice:

_____ Check/Money Order (made payable to NAEYC)

_____ Visa _____ MasterCard

Card # _____ Exp. date _____

Cardholders's name _____

Cardholder's signature _____

NAEYC occasionally rents its membership lists to promote products and services deemed of interest to members; revenues support NAEYC programs and activities. Check here if you do not wish to receive such mailings. _____

***Thanks! Please return this completed form with your payment to:
NAEYC Membership, P.O. Box 97156, Washington, DC 20090-7156***

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The 6th Annual Children's Parade, Spring 2002

The 6th Annual Children's Parade, was a great opportunity for the NHAEYC to get the word out about our organization and advocate for the children of NH. This was our first time running this event.

Representative Mary Stuart Gile, and Nancy Rollins, Director of the Division of Youth, Children & Families for the State of N.H. Department of Health & Human Services, were the co-grand marshalls of the parade.

Children's Champions



Rep. Mary Stuart Gile, co-grand marshall reads the proclamation signed by Governor Jeanne Shaheen. Not pictured: Nancy Rollins, co-grand marshall.



Parents, children and early childhood professionals parade on Main St., Concord



After the parade, children, parents, and early childhood professionals assembled on the State House lawn.