

# GLORIFIED BABYSITTERS

## Journal

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### How to Dress a Toddler for Winter

Eliminate the guesswork from figuring out how to dress your child as temperatures drop.

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### Six Easy Tips for Really Clean Hands

Washing hands with soap and warm water is still one of the most reliable daily practices to keep germs and bacteria at bay.

How to get it right each time?

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### Why Brushing Baby Teeth (and How to Do It Safely)

Why teaching proper dental care early is important, and what you need to know to do it safely.



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Cover Photo: © Tanya Surikova

Cover Designer: Marta Castella

Editor: Heidi Klockmann

Images: p. 05 © Milosz Guzowski, p. 10 © Junce, p. 14 © Kzenon

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ISSUE NO.02 - GOOD TO KNOW

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### WHY BRUSHING BABY TEETH (AND HOW TO DO IT SAFELY)

MARTA CASTELLA



# 1

## HOW TO DRESS A TODDLER FOR WINTER

BY ENRICA SAROTTO

As the weather cools, temperatures drastically drops, but kids still want to go to the playground. What to do?

In Norway (Scandinavia), people say that “There’s no bad weather, only inappropriate clothing.” It is very true, and especially in places where winter can be brutal, children must be dressed appropriately for the weather to enjoy being outside. Let’s see how.

### THINGS TO PAY ATTENTION TO:

Younger children are more susceptible to cold because their bodies lose heat rapidly. They are also less likely to realize that they are getting cold and communicate this; that’s why it becomes our responsibility to make sure they stay warm and safe. However, once a baby becomes a toddler, their

inner thermostat becomes more similar to our own. So, it gets easier to know when it’s time to add a layer to our/their outfit.

### DRESSING A TODDLER FOR THE COLDEST DAYS REQUIRES A STRATEGY

We all know how complicated it can be to dress a toddler (no matter the season) when they don’t want to get dressed. One trick can be to let them pick one of their favorite sweaters, or let them choose their favorite color of gloves/mittens or hat.

### A FEW TIPS:

We collected a list of really important suggestions provided by the AAP (American Academy of Pediatrics) and added some from our own experience on what to wear in cold weather. Let's begin.



A considerable amount of body heat is lost through the head, so a hat is an essential item to keep your tot warm.





## **WEAR SEVERAL THIN LAYERS TO KEEP CHILDREN DRY AND WARM**

Don't forget warm socks, boots, gloves or mittens, and a hat. We prefer mittens (how much time do you spend on average putting a glove on a toddler's hand, making sure every finger is in the right place?) and suggest a warm hat. A considerable amount of body heat is lost through the head, so a hat is an essential item to keep your tot warm. A cotton or soft-wool knitted cap with ear flaps is best, and even better if it fastens under the chin.

**The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.**

Pockets of air between clothing layers help trap heat. Layering also allows

kids to remove a jacket or sweater when the temperature changes (for example, using public transportation or a car.)

When riding in a car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits.

In the event of an accident, thick clothes can create a dangerous amount of space underneath the harness.

## **WATCH OUT FOR HYPOTHERMIA**

In the extreme cold, young children can be susceptible to frostbite on their fingers, toes, ears, and nose. These may become pale, gray, and blistered.

If you or the caregiver notice any of these signs, this is what to do. Bring the child indoors and place the frostbitten parts of their body in warm water

(not hot!), around 100° F. If your toddler seems lethargic and clumsy, and has a temperature below normal levels, it could be a sign of hypothermia.

This often happens when a child plays outdoors in extremely cold weather without wearing proper clothing or when clothes get wet.

If you suspect your child is hypothermic, call 911 immediately and keep the child indoors, remove any wet clothing, and wrap the child in blankets or warm clothes.

### **LAYERS LAYERS LAYERS**

Dressing in layers creates insulation, trapping body heat in pockets of air space.

### **BASE LAYER**

This is the layer closest to the skin. Tops, bottoms, and feet should be covered with a

layer of bamboo, silk, or wool. These fabrics are moisture wicking, meaning they transport moisture away from a child's body, therefore reducing dampness.

### **SECOND LAYER**

This can be an insulation layer of medium-weight wool or pile to retain body heat. For colder temperatures, add another layer of insulation, for instance, a down or fiberfill jacket.

### **OUTER LAYER**

The final layer is an outer protective jacket, both windproof and waterproof. Outer layers shouldn't be too snug - you want to create pockets of warmed air - but should close off airflow around wrists and waists or hips to keep the warm air in.

... Now we're ready for our winter adventures!



A stylized illustration of a woman and a child in a garden. The woman, on the right, has long brown hair with a floral headband and is wearing a brown top and dark pants. She is holding a large woven basket filled with various fruits and vegetables, including carrots and tomatoes. The child, on the left, has short brown hair and is wearing a light-colored shirt with dark polka dots and dark pants. The child is holding a small brown book. The background is a soft, muted green with scattered leaves and a small bee. The text is overlaid on the image in a light, serif font.

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# 2

## SIX EASY TIPS FOR REALLY CLEAN HANDS

BY ENRICA SAROTTO

Kids enjoy playing outside, going to the park, climbing trees, collecting leaves and sticks, jumping in mud puddles, and more. Once back home from all these little daily adventures, it is essential to take care of their hygiene, and the first step is, for sure, washing our hands.

Especially after Coronavirus, everyone is more conscious about keeping hands clean and disinfected. But *Purell* is not the only way to prevent disease, and it definitely shouldn't be abused.

Wherever possible, regular hand-washing is one of the best – and easiest – ways to remove germs, and to avoid getting sick and spreading germs to others, according to the [US Centers for Disease Control and Prevention \(CDC\)](#).

### 1. WHEN TO WASH OUR HANDS?

The CDC recommends:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

But there are ways to make it fun and something that your child will be happy to do, or that you can do together — of course, we all know that sometimes they'll want to wash their hands for a long time.





Regular hand-washing is one of the best and easiest ways to remove germs, and to avoid getting sick and spreading germs to others.



## **2. IF THEY DON'T WANT TO DO IT**

There are ways to turn it into a more pleasing activity. For instance, you can consider utilizing a foaming soap, giving them their very own personalized towel, or letting them choose which color soap bar they prefer.

We're not fans of battery-operated tools, unless strictly necessary, but if you're really in trouble, you might consider using an automatic soap dispenser. It's undoubtedly fun and can be seen as a "reward" in and of itself.

Turning boring, repetitive activities into a game is key.

## **3. HOW TO TEACH KIDS HOW TO WASH THEIR HANDS?**

After Corona virus, printables with the steps involved in hand-washing are everywhere. Sometimes a

simple picture can help a lot in learning and memorizing the sequence of actions that will gradually become part of our daily routine. Making your own, using handprints, can be fun and instructive.

## **4. ROLL UP YOUR SLEEVES AND...**

Remember to teach them to roll up their sleeves and scrub all surfaces, including the backs of their hands and wrists, between their fingers, and under their fingernails.

(1) shows which parts of the hands we commonly miss during hand-washing. We can also use pictures, for example, drawing our toddler's hand (ideally on lamination paper!) so that they can see which part of the hand and wrist needs to be lathered.

## **5. SCRUB FOR 20 SECONDS!**

The crucial step is that they

## SIX EASY TIPS FOR REALLY CLEAN HANDS

should scrub their hands for at least 20 seconds!

There are different options to measure the time: you can sing a song — a slow ABC will do the job, or you can make up a new song with your kid, it can be fun!) Alternatively, you can set a 30" hourglass in the bathroom and have your kid flip it right at the beginning.

### **6. DON'T FORGET THE NAILS!**

And while we teach our kids how to wash their hands, we might as well give the same attention to keeping nails clean and healthy.

Why? Because an incredible amount of bacteria lives under (unwashed) nails, and we all know how often kids put their hands in their mouths. If you want to know more, read (2) and (3).

How? Since their hands are so tiny, you can employ a dedicated soft toothbrush to brush under your kids'

fingernails. You can decorate the "nails-brush" to distinguish it from the "real" toothbrush.

Remember to cut their nails regularly, and even if sometimes children run away from you because they don't want to clip their nails, make sure you don't overlook it. If you want to know more about it, read (4).

### **A FUN READ**

Kids (and sometimes adults) don't have a clear idea of why hand hygiene is so important, and they can't yet see the connection between that and getting sick or spreading disease. "Germs are not for sharing" (5) is a book that uses simple words and real-life situations to help our children learn the importance of hygiene!

## SIX EASY TIPS FOR REALLY CLEAN HANDS

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A soft, watercolor-style illustration of a woman and a child holding hands. The woman has long hair with a floral headband and is holding a basket of vegetables. The child is wearing a polka-dot shirt. There are some leaves and a small bee in the background.

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# 3 WHY BRUSHING BABY TEETH (AND HOW TO DO IT SAFELY)

BY MARTA CASTELLA

Studies show that poor dental health is a contributor to several diseases, including heart disease, diabetes, stroke, sleeping problems, digestive issues, respiratory issues, and low birth weight babies.

## CREATE THE ROUTINE RIGHT AWAY

Oral cleanliness is not the only factor in dental health, yet, teaching kids the importance of taking care of teeth will more easily translate into general oral care later on in life. This is why we are firm believers that proper dental health is one of those things that should be taught as soon as possible to our kids.

It's good to have a routine in place for baby teeth so that when adult teeth emerge, kids will only have to adjust their dental-care routine minimally.

The easiest way is to start training kids to brush their teeth after every meal, just like adults do. Instruct the daycare teachers that you would like them to remind your kids to brush their teeth, and provide a toothbrush and some toothpaste.

The American Dental Association (ADA) recommends replacing toothbrushes approximately every three to four months or more often if the bristles become matted or frayed, as the effectiveness of the brush decreases as the bristles become worn.

Since kids tend to chew on their toothbrushes, remember to check, or ask the teacher to check, the toothbrush conditions, and inform you if it's time to replace it.



A close-up photograph of a young girl with light brown hair and blue eyes, smiling as she brushes her teeth with a red toothbrush. She is wearing a white lace-trimmed top. The background is softly blurred, showing a bathroom setting with a white sink and a person's hand near her head.

*The safest choice is an  
organic all-natural  
toothpaste for kids.*



## GOOD TO KNOW: TOOTHPASTE

The safest choice is an organic all-natural toothpaste for kids. Toothpaste specifically for adults can contain microplastics (1) and coloring that shouldn't be ingested, and at first, that be difficult for kids.

Microplastics are also water pollutant, if you want to know more about what has been done and what you can do to reduce the use of microplastics and microbeads in cosmetics, read also (2) and (3).

If you want to know more about which colorings are safe and which aren't, we recommend reading (4) and (5).

Before you choose a toothpaste, make sure you get informed about toothpaste ingredients. There are some we should avoid, such as Fluoride and SLS. See (6) (7) and (8).

## GOOD TO KNOW: TOOTHBRUSH

According to the American Dental Association:

- Toothbrushes should not be shared. Sharing a toothbrush could result in an exchange of bodily fluids and microorganisms between people.
- Rinse the toothbrush thoroughly after each use to remove any remaining paste and debris.
- Store toothbrushes in an upright position after use and allow them to air dry. Storing a moist toothbrush in a closed container promotes microbial growth, more so than leaving it exposed to the open air.

Bamboo toothbrushes are a the safest choice if being environmental conscious is important to you. They require a little extra care

because you have to let them dry out before storing to prevent mold growth, so examine them regularly for any irregularity.

## **RUNNING YOUR OWN DAYCARE?**

If you are a childcare provider or run a childcare program, simply introduce toothbrushing after lunch in your schedule.

Select toothbrushes for kids, and assign each kid one. You could color-code them, have them decorate the handle, or you could buy multicolor toothbrush caps. As you know, kids have a really good memory, and they'll immediately memorize which one is theirs.



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