

Notes from the Nurses - Winter Suggestions

Welcome to our new **“Notes from the Nurses”** blog! We will be posting seasonal tips here to help get out important health and safety information based on the time of year we are in. Please return frequently for any new and important information we will share. We hope all of our students and families had a very nice winter break and have gotten back into the swing of things for the second half of our school year. We, as nurses, love taking care of your children while they are with us, and want to make sure they are always safe and healthy when they are not. The winter season offers many wonderful opportunities for children to go outside and play, but the low temperatures can also lead to dangerous conditions for children. Here are some helpful tips to keep kids safe and warm in the colder weather:

1. **Layer up!** Cold and snow can cause frostbite (injury to body tissue caused by freezing of the skin and underlying tissue). Be sure to dress your child in several layers, making sure their head, neck, and hands are covered. Rule of thumb is to dress your children in one more layer than an adult would wear.
2. **Beware of clothing hazards with small children.** Scarves and hood strings can strangle smaller children or get wrapped around extremities causing circulation to be compromised.
3. **Use sunscreen even in winter.** The sun’s rays can reflect off the snow and cause sunburn for both children and adults.
4. **Prevent nosebleeds.** If your child is prone to minor winter nosebleeds, use a cold air humidifier in their room and saline nose drops to keep their nose moist.
5. **Keep children hydrated.** It’s easier for kids to know to drink fluids when they are hot and sweating, but harder when the weather is colder. In the drier winter months, kids lose more water through their breath. Offer plenty of water, juice, warm drinks, and soups frequently to encourage hydration.

We hope that everyone enjoys the winter months in a safe and healthy way! We are always available for your questions!

Kami Hall RN, BSN,CSN
Atco School Nurse
856-767-4200 x5630

Kate Saunders RN, BSN, CSN
TR School Nurse
856-767-2421 x5530

Erica Ravenkamp RN, BSN, CSN
WES School Nurse
856-767-8293 x5038

Resources:

American Academy of Pediatrics (January, 2019). “Winter safety tips from the American Academy of Pediatrics.” Retrieved from:
<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/AAP-Winter-Safety-Tips.aspx>

Save the Children (January, 2019). “Ten tips to keep children safe in winter.” Retrieved from:
<https://www.savethechildren.org/us/what-we-do/us-programs/disaster-relief-in-america/cold-weather-tips>

