

THE CHILD CARE HEALTH CONNECTION

Health, Safety and Nutrition News
From the Child Care Health Program



A Program of Public Health - Seattle & King County

CLASS SCHEDULE

July/August/September 2008

Vol. 7 No. 4

On-line Bloodborne Pathogens/HIV/AIDS Class

In partnership with Puget Sound Educational Service District, the Child Care Health Program has created an on-line Bloodborne Pathogens/HIV/AIDS course. The course allows child care providers to complete their Bloodborne Pathogens/HIV/AIDS course requirement at home or work at their convenience. Access to the internet is required. The cost of the class is \$25. The cost will increase to \$30 effective September 1, 2008. To register for the class visit our website at:

www.metrokc.gov/health/childcare/classes.htm

August 2008 Class

DATE	TIME	CLASS	LOCATION	PAYMENT
8/12/08 Tuesday	6:45 pm– 8:45 pm	Food Safety in Child Care/Food Handler Card Class See class description and registration information on page 3.	Millennium Kids Creative Center 15801 Ambaum Boulevard SW Burien 98168 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	See p. 3 for payment information



Announcing...

A New Schedule for the Child Care Health Connection Newsletter

Beginning with this issue, the Child Care Health Connection newsletter will be published and mailed quarterly. The next issue for October/November/December 2008 will be mailed in September. Future issues will be mailed in December, April, and June.

The Child Care Health Program encourages child care providers to visit our website at www.metrokc.gov/health/childcare for information and resources on child care health including:

- Available classes
- Model policies (health, pesticides, medication, etc.) and model individual care plans that can be downloaded and adapted to meet each child care program's needs
- Copies of the newsletter and educational materials on a variety of child health topics
- Links to other health information and services

If you would like to speak with a public health nurse about a health or safety concern please call the Child Care Health Program at (206) 296-2770.

Disaster and Emergency Preparedness Class Coming in October

Seattle Emergency Management and the Child Care Health Program will jointly offer an award winning disaster preparedness and emergency preparedness class in October in North Seattle.

This class is designed for child care center directors and other in-charge center staff and will help child care providers develop a comprehensive disaster plan (as required by WAC) and effectively prepare for everything from earthquakes to pandemic flu.

Please look for details in the Oct/Nov/Dec newsletter which will arrive in your mailbox in mid-September or check our website in July at www.metrokc.gov/health/childcare/classes.htm

STARS credits in Administration will be offered.

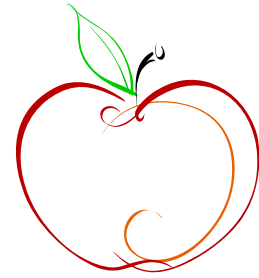


Available in alternate formats upon request.

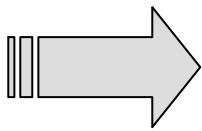


Do you...

- **Have Questions about Food Safety?**
- **Need a Food Handler Card?**
- **Need Some STARS Credits?**



We are offering a class on Food Safety in Child Care which includes the option to take the test to get a Food Handler Card:



Tuesday, August 12, 2008
6:45 PM – 8:45 PM
Millennium Kids Creative Center
15801 Ambaum Boulevard SW
Burien, 98168

Designed for people working in child care programs, this class will cover food safety concerns in a child care setting. The training will also include all the essential components required to take the Food Handler Card test. The Food Handler Card test is offered at the end of class.

We are offering 2 different options for this class (please make checks payable to SKCDPH):

- Option 1** **To receive 1.5 STARS Credits and a Food Handler Card:**
Please send us a **registration payment of \$20.**
- Option 2** **To receive a Food Handler Card only:**
Please send us a **registration payment of \$10.**

Please write Option 1 or Option 2 on the registration form on page 7.

IMPORTANT RECALL INFORMATION

There have been a large number of recalls that involve products relating to children. The Child Care Health Program recommends that all child care providers visit the Consumer Product Safety Commission's (CPSC) website at www.cpsc.gov and click on "Recalls and Product Safety News" or call the CPSC hotline at 1-800-638-2772 for detailed information on recalls. Remember to check the website for recalls when you buy used furniture and toys.

Sign up to be notified about recalls

To sign up to receive e-mails from the CPSC when children's products are recalled go to www.cpsc.gov and click on "Recalls and Product Safety News." Scroll down and click on "Join our recall notification list" (on lower left hand side of screen). Check the "Infant/Child" product box when you sign up and you will receive e-mails when children's products are recalled.

Recalled car seats and booster seats

Information on recalled car seats and booster seats is posted on the website of the Safety Restraint Coalition, Washington's Child Passenger Safety Program: Please visit www.800BUCKLUP.org.





Choosing Safer Sunscreen

Children are uniquely vulnerable to the harmful effects of chemicals/toxins because of their size and continuing development. It is important to choose products for children that are **least toxic**. Below are some simple guidelines on how to protect children from harmful ultraviolet (UV) rays while using least toxic products.

SUN SAFE TIPS
1. Use a “mineral sunscreen” that has a SPF of 15 or higher Look for Zinc Oxide or Titanium Dioxide as active ingredients for broad-based UVA and UVB protection.
2. Avoid “chemical sunscreens” Chemical sunscreens are absorbed by the skin and may cause allergic reactions or interfere with hormones and developing bodies. Active ingredient chemicals such as Benzophenone, Homosalate, Octinoxate, PABA and others should be avoided.
3. Do not apply sunscreen on infants under 6 months old
4. Whenever possible avoid the sun during midday and when the sun is at it’s peak Sun is most intense midday between 10:00am – 4:00pm.
5. Seek the shade whenever possible
6. Cover up with a shirt, hat, and UV-protective sunglasses
7. Use sunscreen, re-apply often and use enough for good coverage Always follow label directions. Apply sunscreen at least 20 minutes before going out in the sun, and reapply every 2 hours or more often if swimming or perspiring.
8. Buy new sunscreen every year Check the expiration date.
9. Enjoy the Outdoors!!!

Resources

American Academy of Pediatrics: <http://www.aap.org/family/protectsun.htm>

EPA’s Sunwise Program: www.epa.gov/sunwise

Environmental Working Group, Skin Deep Cosmetics Database:
www.cosmeticsdatabase.com/special/sunscreens/active.php

The Green Guide: www.thegreenguide.com

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Please Post for
Families

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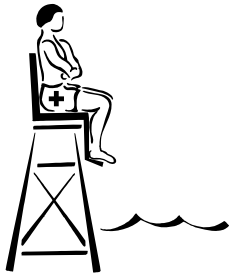


Please Post for
Families



Swim Safely at Beaches and Pools this Summer

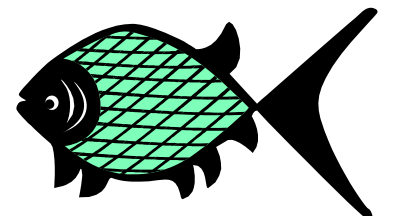
When the weather warms up children and adults begin to flock to area beaches and pools to enjoy fun in the sun and physical activity. Swimming is a great way to stay physically active, but everyone should follow a few safety rules to enjoy the water and reduce danger:



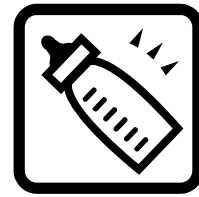
- ☆ Always watch children closely when they are in or near any type of water, including tubs, spas, pools and open water.
- ☆ Know the water where you are swimming. Washington state waters are cold enough to cause hypothermia even on the hottest summer day; hypothermia can weaken even the strongest swimmer. Rivers may have strong, swift currents and other unexpected hazards.
- ☆ Wear a life jacket when swimming anywhere without lifeguards or whenever you boat, jet ski, inner tube or participate in other water sports. By law, children ages 12 or younger must wear a Coast Guard approved life jacket or vest on all vessels under 19 feet.
- ☆ Avoid alcohol and other drugs when swimming or boating.
- ☆ Choose swimming areas where lifeguards are present.
- ☆ Ensure your whole family knows how to swim.
- ☆ Know your limits – drowning often happens when a person tires while swimming.

For more information on drowning prevention and opportunities for swimming lessons visit:

- ☆ King County Pool Program www.metrokc.gov/parks/pools/pools1.htm
- ☆ American Red Cross of King and Kitsap Counties www.seattleredcross.org
- ☆ Seattle Parks and Recreation www.seattle.gov/parks/Aquatics/index.htm
- ☆ Public Health – Seattle & King County www.metrokc.gov/health/injury/drowning.htm



Infant Formula and Fluoride



Fluoride plays a key role in preventing and controlling tooth decay from infancy through old age. In fact, community water fluoridation has been identified by the Centers for Disease Control as one of 10 great public health achievements of the 20th century. Still, too much of a good thing can have negative effects. It is important to be aware of how much fluoride young children are taking in.

Some young children can develop changes within the outer surface of the tooth called enamel fluorosis, if exposed to too much fluoride. Enamel fluorosis appears as faint white markings on the surface of the teeth but does not affect the function of the teeth. Enamel fluorosis can occur on baby and permanent teeth while they are forming under the gums. Once the teeth come into the mouth they are no longer able to develop this condition. Typically, very mild or mild fluorosis is barely noticeable.

Infants and young children are exposed to fluoride from a variety of sources such as commercially available baby food, fruit juices, toothpaste and fluoridated water. Most water districts in King County fluoridate water. Naturally occurring fluoride is frequently present in drinking water systems in Washington State. In Washington State the fluoride levels in public water systems are maintained at 0.8 to 1.3 mg/L which meets CDC guidelines.

It now appears that the amount of fluoride contained in the water, when used for mixing concentrated infant formula (either powdered or liquid), may influence a child's risk for developing mild enamel fluorosis, particularly if this is the child's sole source of nutrition. If tap water is fluoridated or has substantial natural fluoride (0.7mg/L or higher), parents may want to consider using a low-fluoride alternative water source.

The bottom line is that it is important to have fluoridated water. However infants less than one year old need less fluoride than everyone else because they are so small. If you have questions about the fluoride level in your water supply, contact your local public utility district.

Food Prices Study Seeks Family Child Care Home Providers

Researchers at the University of WA (UW) want to learn about how food prices and other issues affect home child care providers who are part of the Child and Adult Care Food Program (CACFP). They are especially interested in learning more about the cost of food and the time it takes to plan, shop and prepare food for young children in Tier 2 homes. They are looking for family child care home providers to participate in the study. The study has been funded as part of a national effort to learn more about CACFP. Participants will make a total time commitment of 5-7 hours over the course of five weeks. Participants will complete a total of two questionnaires and take part in a semi-structured interview with a research assistant that will help assess factors that contribute to dietary patterns. Participants will collect and record grocery receipts for four weeks and record all foods and beverages served to the children in the child care home for five days; they will also keep track of their time spent related to serving meals and snacks to the children. Providers will be reimbursed \$200 for their time once they complete all five study weeks. The researchers hope that the results of this study will result in improvements in CACFP. Please call 206-616-1569 if you are interested in learning more.





CHILD CARE HEALTH PROGRAM CLASS REGISTRATION FORM



Class Name & Date: _____

Name: _____ Phone (work): _____ (home): _____

Your Address: _____ (zip code) _____

STARS ID Number: _____

Name of the child care program where you work: _____

Is this a center? ____ Or a family child care home? ____ Program's phone #: _____

Program's e-mail address: _____

Is your program in Seattle? Yes No Number of children enrolled: _____

**Please Register Early! Enclose your payment & return this registration form to:
Child Care Health Program – Class Registration – 2124 – 4th Ave., 4th Floor, Seattle, WA 98121**

K Please cut here

Class Registration Information

Pre-registration is required for all classes. To register, please mail the registration form above. The registration form is also available on our website at www.metrokc.gov/health/childcare. **Classes fill quickly so send in the registration form and payment as soon as possible.** We do not accept registrations by telephone. Please make your check payable to: SKCDPH (Seattle – King County Department of Public Health) & return the registration form with payment to:

Child Care Health Program – Class Registration
2124 – 4th Avenue, 4th Floor, Seattle, WA 98121

If you have any questions, please call (206) 296-2770. Space is limited. Please register early or call us at (206) 296-2770 to check for class openings. If a class fills before we receive your registration, your check will be returned to you. If a money order or cashier's check is used as payment, we will issue a refund. To avoid disrupting the class, and to receive full credit, please try to arrive on time. We also request that you make other child care arrangements so that your attention can be focused on the class.

Our Class Cancellation Policy

- ☆ If we cancel a class (due to low enrollment, snow, or other reason) you may choose between receiving a refund or a credit toward another class.
- ☆ If you register for a class and find you cannot attend, please notify us at (206) 296-2770 **at least 24 hours** before the class. No refunds will be made, but if you notify us at least 24 hours before the class you will be eligible for a credit toward another class.



Child Care Health Program
Public Health – Seattle & King County
2124 – 4th Ave., 4th Floor
Seattle, WA 98121

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Child Care Health Connection
July/August/September 2008

Public Health 
Seattle & King County

In this issue of the Child Care Health Connection:



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