

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

Vol. 7 No. 5

October/November/December 2008

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 November 1, 2008.** To register for the class visit our website at:

www.metrokc.gov/health/childcare/classes.htm until October 1, 2008.

After October 1, the address will change to: www.kingcounty.gov/health/childcare.

October 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
10/1/08 Wednesday	6:30 pm– 8:30 pm	First Aid for Child Care Providers	Eastgate Public Health Center 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare*	\$35 Please make checks payable to: SKCDPH

This class is taught by trainers certified by the National Safety Council. Participants will receive a Pediatric First Aid Card from the National Safety Council and a first aid book.



DATE	TIME	CLASS	LOCATION	PAYMENT
10/21/08 Tuesday	7:00 pm– 9:00 pm	First Aid for Child Care Providers	Child Care Resources 232 – 2 nd Avenue, Room 104 Kent, WA 98032 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare *	\$35 Please make checks payable to: SKCDPH
<p>This class is taught by trainers certified by the National Safety Council. Participants will receive a Pediatric First Aid Card from the National Safety Council and a first aid book.</p>				
10/23/08 Thursday	6:30 pm– 8:30 pm	Food Safety in Child Care/Food Handler Card Class See class description and registration information on page 3.	The 2100 Building 2100 – 24 th Avenue South Seattle 98144 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare *	See p. 3 for payment information
10/25/08 Saturday	8:30 am – 4:00 pm	*7 STARS CREDITS* (in Administration) Disaster and Emergency Preparedness for the Early Care and Learning Community	Greenwood Senior Center (Greenwood Room) 525 N. 85 th St. Seattle 98103 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare *	\$70 Please make checks payable to: SKCDPH
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Please see flyer in this issue for details!</div>				
November 2008 Classes				
11/15/08 Saturday	9:00 am – 3:30 pm	*6 STARS CREDITS* How Toxins in the Environment Can Affect Behavior and How Your Behavior Can Protect You	New Holly Community Center 7054 – 32 nd Ave. South Seattle 98118 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare *	\$40 Please make checks payable to: SKCDPH
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">Please see flyer in this issue for details!</div>				
<p>☞ There are no classes scheduled in December 2008 ☞</p>				

* After Oct. 1, 2008 our web site address will change to: www.kingcounty.gov/health/childcare

Available in alternate formats upon request.



More STARS Classes!

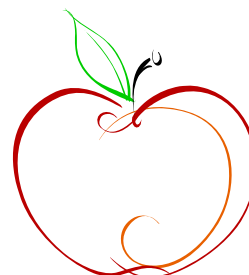
Child Care Health Program Public Health Nurses and Nutrition Consultants will teach two classes with Child Care Resources this fall:

- **Medication Management on October 8 in Seattle**
- **Cultural Diversity in Menu Planning on December 6 in Kent**

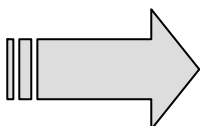
Please watch for registration information on the Child Care Resources website at www.childcare.org (at press time the classes had not yet been posted) or call Child Care Resources at (206) 329-1011. Please do not use the registration form in this newsletter to register for these classes.

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:



Thursday, October 23, 2008
6:30 PM – 8:30 PM
The 2100 Building
2100 – 24th Avenue South
Seattle 98144

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.





Children and Cardiovascular Health

A New Report from the American Academy of Pediatrics

New studies find that heart disease often begins early in life. Environmental risk factors, as well as genetic risk factors, can play a role in its development. In the July 2008 issue of the journal "Pediatrics," the American Academy of Pediatrics (AAP) reviewed this research, made recommendations to promote heart health and issued new guidelines for screening children for cardiovascular disease risk.

According to the AAP, diet and physical activity are important factors in determining the way in which heart disease develops. Factors that are linked to the development of heart disease include a diet high in saturated fat, trans fats and cholesterol. Being overweight and not being physically active are also risk factors. The obesity epidemic among children has increased the need for physicians to screen young children for risk factors for heart disease.

What child care providers can do:

- You play an important role in the prevention of heart disease among young children through the promotion of healthy eating and physical activity. Get children and staff moving actively every day.
- Your menu should follow the Dietary Guidelines for Americans, which recommend that all Americans over the age of two eat low fat dairy products, plenty of fruit and vegetables, lean meats, and whole grains. For more information go to www.mypyramid.gov.
- Trans fats should be limited to less than 1% of total calories... Read those labels! Avoid foods that contain "partially hydrogenated fatty acids." These foods contain trans fats.
- Provide low fat milk to all children over the age of two in your program. Milks that are considered low fat include 1% and skim milk. 2% milk actually has about 35% of its calories from fat, and whole milk has 49%!

If you would like additional information about how to create healthy menus, or ideas for adding physical activity to your program, contact a Nutrition Consultant from the Child Care Health Program at (206) 296-2770. We are happy to assist you in these efforts.

By doing these things you are promoting healthy behaviors and protecting the health of children in your care. Parents will thank you for taking these steps to assure good health!



Playing Outside in Northwest Weather

The Washington Administrative Code (WAC) 388-295-2130 requires child care facilities to provide outdoor playtime activities for all children in their programs. This means that even in the rain, children need to go outside and play!



Remember, your child doesn't get sick from playing outside in the rain. Colds are caused by viruses, not wet clothes, so it's safe for children to play in the rain.



Of course, getting wet is uncomfortable, so bring rain gear (including boots if possible) and a change of clothes for your child.

Encourage children to be active outdoors. Playing in the sun or rain helps children develop emotionally, socially and physically. It's also fun, so encourage physical activity even in rain.



The Child Care Health Program's Website Address Changes October 1, 2008!

On October 1, 2008 our website's address will change. The new address will be:

www.kingcounty.gov/health/childcare

Visit our website 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

The Child Care Health Connection newsletter is published and mailed quarterly. The next issue for January/February/March 2009 will be mailed in December. Future issues will be mailed in April, June, and September.

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.



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.





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 (after October 1 the website address will be: www.kingcounty.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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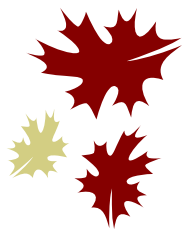
CHANGE SERVICE REQUESTED



Child Care Health Connection
October/November/December 2008

Public Health 
Seattle & King County

In this issue of the Child Care Health Connection:



- The Child Care Health website will have a new address Oct. 1, 2008: www.kingcounty.gov/health/childcare
- Children and Cardiovascular Health
- Playing Outside in Northwest Weather
- Classes:
 - How Toxins in the Environment Can Affect Behavior and How Your Behavior Can Protect You conference
 - First Aid for Child Care Providers
 - Disaster and Emergency Preparedness for the Early Care and Learning Community
 - Food Safety/Food Handler Card
 - Online Bloodborne Pathogens/HIV/AIDS training



Disaster and Emergency Preparedness for The Early Care and Learning Community

Washington is at high risk for disasters, but there's a lot we can do to help children and staff stay safe during and after these events. Seattle Emergency Management and the Child Care Health Program at Public Health – Seattle & King County have joined together to create a preparedness program specifically designed for child care and other early learning teachers.

The training has 5 main components:

- Developing a disaster plan
- Creating a safer environment (identifying and mitigating hazards)
- Choosing and storing appropriate supplies
- Teaching staff, children, and families how to be prepared for disaster and about your program's disaster plan
- Planning, running, and documenting *effective* disaster drills

This class is primarily designed for child care center directors and other in-charge early learning program staff, although other staff and home child care providers benefit as well. Participants will leave with a customizable plan, sample forms, and response flip charts which provide step-by-step instructions on immediate steps to take during a wide range of emergencies and disasters.

When: Saturday, October 25, 2008
8:30 AM – 4:00 PM (Lunch will be provided)
Check in begins at 8:00 am

Where: Greenwood Senior Center (in the Greenwood Room)
525 North 85th Street
Seattle, WA 98103 (Directions on back)



Cost: \$70.00 *7 STARS Credits in Administration*



CLASS REGISTRATION FORM

Class Name & Date: Disaster and Emergency Preparedness October 25, 2008

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: _____

I am requesting a vegetarian lunch Yes No

Please Register Early! Enclose your payment & return this registration form to:

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

Disaster and Emergency Preparedness

Directions to Greenwood Senior Center

525 N. 85th St. Seattle, WA 98103

From I-5 Southbound:

- Take the N. 85th St. Exit (Exit 172) toward NE 80th Street.
- Take the N. 85th St. ramp toward Aurora Ave N.
- Turn a slight right onto N. 85th St.
- Continue on N. 85th St. past Aurora Ave. N. About 2 blocks later you will see the Greenwood Senior Center on the left side of the street.
- Free parking is available in the back or on surrounding side streets.

From I-5 Northbound:

- Take the N. 85th St. Exit (Exit 172) toward Aurora Ave. North
- Turn a slight left onto N. 85th Street
- Continue on N. 85th past Aurora Ave. N. About 2 blocks later you will see the Greenwood Senior Center on the left side of the street.
- Free parking is available in the back or on surrounding side streets.



- ▲ Are some plastics harmful?
 - ▲ And what about lead?
 - ▲ Can the foods we eat protect us?
 - ▲ Is it possible to keep harmful chemicals out of the child care environment?

How Toxins in the Environment Can Affect Behavior and How Your Behavior Can Protect You

- ▲ Learn about effects of toxins and environmental pollutants on children's development and behavior
- ▲ Find out how to protect yourself and the children in your care
- ▲ Discover safe and fun ways to explore the outdoor environment with children

▪ **SATURDAY, November 15, 2008**
9:00 AM – 3:30 PM 6 STARS Credits!
(Check-in opens at 8:30 AM)

Sponsored by:

- Public Health – Seattle & King County, Environmental Health Division and Child Care Health Program
- Washington State Department of Ecology

▪ **Cost is \$40. Participants will take home free lesson plans, doormats, nailbrushes and other resources. Lunch is included.**

at

New Holly Community Center
7054 – 32nd Ave. South, Seattle 98118
(Directions on back)



For more information contact the Child Care Health Program at (206) 296-2770.

Toxins in the Environment November 15 Registration – **Pre-registration is required.** Please make checks payable to SKCDPH. Please register early as workshops fill quickly!

NAME _____ PHONE (work) _____ (home) _____

STARS ID # _____ **NEW! I'd like a Spanish language interpreter. *Yes ___ No ___**

YOUR ADDRESS _____ (Zip code) _____

CHILD CARE PROGRAM NAME _____ PROGRAM PHONE # _____

CENTER OR CHILD CARE HOME ADDRESS _____ (Zip code) _____

PROGRAM E-MAIL ADDRESS _____ # CHILDREN ENROLLED _____

Is this a center? ___ or a child care home? ___ Is your program located in Seattle? Yes ___ No ___

I am requesting a vegetarian lunch. Yes ___ No ___

*Please respond by November 3 so we can invite a Spanish language interpreter.

MAIL REGISTRATION FORM AND CHECK TO:
Child Care Health Program, Attn: Conference Registration
2124 – 4th Avenue, 4th Floor, Seattle, WA 98121

How Toxins in the Environment Can Affect Behavior and How Your Behavior Can Protect You

Directions to New Holly Community Center

Directions to New Holly Community Center (Gathering Hall) from the South:

Drive North on I-5. Take the Swift Ave. exit, exit 161 toward Albro Place. Turn right onto Swift Ave. South. Swift Ave. South becomes South Myrtle St. Turn Left onto 32nd Ave. South. End at the Community Center (adjoins the Van Asselt Playground).

Directions to New Holly Community Center (Gathering Hall) from the North:

Drive South on I-5. Take the Albro Place exit, exit 161, toward Swift Ave. Turn left onto S. Albro Pl. Turn Right onto Swift Ave. S. Swift Ave S. becomes S. Myrtle St. Turn Left onto 32nd Ave. S. End at the Community Center (adjoins the Van Asselt Playground).

Metro Bus Riders

Take the #106 bus and get off at 32nd Ave. S. For schedule information and connections to the #106 bus, call the Metro Rider Information office (206) 553-3000 or visit <http://transit.metrokc.gov>

