

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 April 2005

Vol. 4 No. 4

DATE	TIME	CLASS	LOCATION	PAYMENT
4/5/05 Tuesday	7:00 PM – 9:00 PM	HIV/AIDS/Bloodborne Pathogens	White Center Public Health Center 10821 – 8 th Ave. SW Seattle, WA 98146 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH
4/6/05 Wednesday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Overcoming the “NO” at Mealtime: Toddler nutrition and behavior around food	Renton Child Care Center 2834 Sunset Lane NE Renton, WA 98056 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
4/7/05 Thursday	6:30 PM – 9:00 PM	First Aid for Child Care Providers ☆ Please arrive on time because the door will be locked at 6:45.	Child Care Health* Public Health-Seattle & King Co. 1916 Boren 2 nd floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
4/20/05 Wednesday	7:00 PM – 9:00 PM	First Aid for Child Care Providers	Eastgate Public Health 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
4/21/05 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Stress Management for Child Care Providers	Enumclaw Child Development Ctr. 2501 Warner Ave. West Enumclaw, WA 98022 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH

*1916 Boren is next to Dollar Rent-A-Car between Stewart St. and Virginia St. (west of I-5 and a few blocks from REI). Parking is available in nearby lots for \$2 or on the street (meters are free after 6 PM).



DATE	TIME	CLASS	LOCATION	PAYMENT
4/23/05 Saturday	10:00 AM – Noon	Food Safety in Child Care 1.5 STARS Credit PLUS Option of taking test to obtain your Food Handler Card . See class description on p. 5	Eastgate Public Health 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	Please see p. 5 for cost and registration information
Registration is now open for this May Class:				
May 5/5/05 Thursday	6:30 PM- 9:00 PM	First Aid for Child Care Providers ☆ Please arrive on time because the door will be locked at 6:45.	Child Care Health* Public Health-Seattle & King Co. 1916 Boren 2nd floor Seattle 98101 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH

Emergency Preparedness for Child Care Providers: Excellence Award Series

This class is designed to help both child care center and family child care home providers develop a comprehensive disaster plan. The class will teach child care providers how to plan for taking care of children and staff for an extended time due to severe weather or a disaster. Topics will include: writing the emergency plan, maximizing staff for effective emergency response, supplies needed, educating and recruiting parent volunteers, parent/child reunion, and effective drills.

Participants completing the program and homework assignments will be eligible to apply for the "Excellence Award for Child Care Programs." The 2 sessions that make up this class cost \$64 and offer **10 STARS credits**. Please attend both sessions. If necessary, someone else from your program can substitute for one of the sessions (a program must have at least 1 staff person at each session in order to be eligible for the Excellence Award).

Session I

Thursday, April 14 7:00 – 9:00 PM

Session II

Saturday, April 16 8:00 – 4:30 PM

Both sessions will be held at:

Westminster Preschool
14550 Westminster Way North
Shoreline, WA 98133

Please bring a sack
lunch with you on
Saturday, April 16!

Please call us at (206) 296-2770 or
visit our website at
www.metrokc.gov/health/childcare if
you need directions.



➤ To register for a class, please use the registration form on page 5.

Pre-registration is required for all classes. Classes fill quickly so please send in the registration form and payment as soon as possible. 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. Please see the back page of the newsletter for more information about registering for classes. 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.






IMPORTANT RECALL INFORMATION

There have been several recalls this past month that involve products relating to children. We are listing the products below and strongly encourage you to stop using them and visit the CPSC web site at www.cpsc.gov and click on "Recalls/news," or call the CPSC hotline at 1-800-638-2772 for detailed information on these recalls.

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.

- **Long's Central-Vite Multivitamins** manufactured by Leiner Health Products and sold at Long's retail stores from March 2004 – December 2004.
- **Flashing Pacifier with Whistle Necklace and Flashing Pacifier Shock Baby Necklace** manufactured in China and sold through internet sales, distributors and small retail stores from January 2004 - November 2004.
- **Toy Cars** manufactured in China and sold at toy, department and discount stores from September 2004 - December 2004. The two kinds of cars being recalled are the "Funny Puzzle Car/Funny Game Car" and the "Funny Cartoon Car/Beautiful Music Car."
- **Big Save Baby Walkers** manufactured in Taiwan and sold at toy and juvenile product stores nationwide from June 1998 - December 2002 and from December 2003 - December 2004.
- **Denim Jumper Sets** manufactured by HIS International and sold at Kmart Stores nationwide from July 2004 - November 2004.
- **Reef Rocker Infant Toys** manufactured in China and sold at Wal-Mart stores from May 2004 - January 2005.
- **Dive Sticks** manufactured in China and sold at Dollar General stores nationwide from April 2004 through September 2004. The dive sticks are hard plastic in the shape of worms, fish, and seahorses.
- **Hip Hammock Child Carriers** manufactured by Playtex Products, Inc. and sold at juvenile product stores, discount stores, and catalog and internet sites from June 2004 through February 2005.
- **"Toy Tunes" Electronic Musical Toys** manufactured in China and sold at Dollar Tree and Dollar Bills stores from March 2004 through January 2005.
- **Children's Stuffed Yarn Bunnies** manufactured by Ocean Desert Sales, Inc. and sold at discount and dollar stores from February 2002 – March 2003.



Information in this newsletter is available in alternate formats upon request by people with disabilities. Reasonable accommodations at workshops and trainings are available upon request by people with disabilities. For information call (206) 296-2770.





Have you heard about the new Dietary Guidelines?

Issued every five years, the Dietary Guidelines for Americans is a government publication that makes recommendations for healthy eating for the American public. Taken as a whole, the new Dietary Guidelines urge most Americans to eat fewer calories, be more active and make wiser food choices. Although the guidelines are geared toward Americans over 2 years of age, there are some recommendations aimed at young children. These include:

Engage in at least 60 minutes of physical activity on most (preferably all) days of the week.

Consume whole grain products often; at least half of the grains eaten should be whole grains. (Read the label for the words “whole” or “whole grains” as the first ingredient.)

Choose fiber rich fruits and vegetables often. Preschool children should eat at least 1 cup of fruit and 1 ½ cups of vegetables each day. (The amount of fruit and vegetables to eat is based upon a person’s caloric intake.)

The intake of milk products is especially important for bone health during childhood and adolescence. Children under age 2 still need to drink whole milk. Children ages 2-8 should consume 2 cups per day of fat free or low fat milk or the equivalent.

Choose and prepare foods and beverages with little added sugars or caloric sweeteners. Reduce the incidence of dental caries by practicing good oral hygiene, and by consuming food and beverages that contain sugar and starch less frequently. Serve water instead of juice at snack time.

A fat intake of 30-35% of total calories is recommended for children 2-3 years of age and 25-35% for older children and adolescents, with most fats coming from polyunsaturated or monounsaturated fatty acids such as fish, nuts and vegetable oils. (Choose meat, poultry and milk products that are lean, low fat or fat free.) Remember that dry beans are an excellent protein source and low in fat. The entire Dietary Guidelines for Americans document is at <http://www.healthierus.gov/dietaryguidelines>.





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: _____

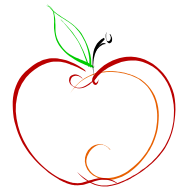
Is your program in Seattle? Yes No

Number of children enrolled: _____

**Please Register Early! Enclose your payment & return this registration form to:
Child Care Health Program – Class Registration – 1916 Boren Ave, Suite 200 Seattle, WA 98101**

✂ Please cut here

- **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 your Food Handler Card.

When: Saturday, April 23, 2005 10:00 AM – Noon
Where: Eastgate Public Health, 14350 SE Eastgate Way, Bellevue 98007

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 3 different options for this class (please make checks payable to SKCDPH):

- Option 1 To receive 1.5 STARS Credits and a Food Handler Card:**
Plan to stay until Noon and send us a **registration payment of \$18.**
- Option 2 To receive a Food Handler Card only:**
Plan to stay until Noon and send us a **registration payment of \$10.**
- Option 3 To receive 1.5 STARS credits only:**
Plan to stay until 11:30 AM (you will not have to take the food handler test) and send us a **registration payment of \$8.**

If you have questions or need more information, please call us at (206) 296-2770.



Child Care Health Program
1916 Boren Ave., Suite 200
Seattle, WA 98101-1467

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CHANGE SERVICE REQUESTED



Class Registration Information

Pre-registration is required. To register, please mail the registration form on page 7. **Classes fill quickly so send in the registration form and payment as soon as possible.** Please make your check payable to: SKCDPH (Seattle – King County Department of Public Health) & return the attached registration form along with your payment to:

Child Care Health Program – Class Registration

1916 Boren Ave, Suite #200, Seattle, WA 98101. If you have any questions, please call (206) 296-2770. Space is limited. Register early or call us at (206) 296-2770 to check for class openings. **Please check out our web site at <http://www.metrokc.gov/health/childcare>**

Child Care Health Program 1916 Boren Avenue, Suite 200 Seattle, WA 98101 (206) 296-2770
**Our office is in Seattle at 1916 Boren (between Stewart and Virginia) on the second floor.
The entrance is located on the southeast side of the building.**

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.
- ☆ Remember, our classes fill quickly. If you register for a class and find you cannot attend, please notify us at (206) 296-2770 as soon as possible, so another child care provider can attend. You may be eligible for a credit toward another class.

