

# 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 December 2004

Vol. 3 No. 12

DATE	TIME	CLASS	LOCATION	PAYMENT
12/02/04 Thursday	6:30 PM – 9:00 PM	<b>First Aid for Child Care Providers</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health*</b> <b>Public Health-Seattle &amp; King Co.</b> <b>1916 Boren, 2<sup>nd</sup> Floor, Seattle</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>
12/4/04 Saturday	9:00 AM – 2:00 PM	<b>*5 STARS CREDITS*</b> <b>Seize the Moment: Encouraging Literacy through Daily Classroom Activities</b>	<b>Greenacres Day Care Center Bldg.</b> <b>1826 S. 240<sup>th</sup> St.</b> <b>Des Moines, WA</b> See enclosed blue flyer for more information and directions.	<b>\$20</b> Please make checks payable to: <b>SKCDPH</b>
12/09/04 Thursday	6:30 PM – 8:30 PM	<b>*2 STARS CREDITS*</b> <b>Signing for Infants</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health*</b> <b>Public Health-Seattle &amp; King Co.</b> <b>1916 Boren, 2<sup>nd</sup> Floor, Seattle</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>
12/11/04 Saturday	9:00 AM – 2:00 PM	<b>*5 STARS CREDITS*</b> <b>Culturally Relevant Mealtimes and Menu Planning</b>	<b>Duwamish Center, Bldg. A</b> <b>South Seattle Community College</b> <b>6770 E. Marginal Way S., Seattle</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$40</b> Please make checks payable to: <b>SKCDPH</b>
12/14/04 Tuesday	6:30 PM – 9:00 PM	<b>*2.5 STARS CREDITS*</b> <b>Emergency Preparedness for Child Care Providers: Excellence Award Series Part 4 (see p. 3 for details)</b>	<b>Eastgate Public Health</b> <b>14350 SE Eastgate Way</b> <b>Bellevue</b> For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>

\*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).



➤ **Registration is now open for this January 2005 Class!**

DATE	TIME	CLASS	LOCATION	PAYMENT
January 1/06/05 Thursday	6:30 PM – 9:00 PM	<b>First Aid for Child Care Providers</b> ☆ Please arrive on time because the door will be locked at 6:45.	Child Care Health* Public Health-Seattle & King Co. 1916 Boren, 2 <sup>nd</sup> Floor, Seattle For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	\$16 Please make checks payable to: SKCDPH

➤ **To register for a class, please use the registration form on page 7 of this newsletter.**

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.

## STARS Scholarships Are Available!



Do you know that scholarships are available to child care providers to cover the cost of your STARS classes?

- ☆ When you take STARS classes you can submit a “Reimbursement Application” and receive a scholarship to cover your classes. **Please note that the Child Care Health Program does not accept STARS vouchers for classes.**
- ☆ Up to \$100 per child care provider is available.
- ☆ Please visit [www.waeyc.org](http://www.waeyc.org) and click on “WA STARS” for more information.

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.



## Emergency Preparedness for Child Care Providers: Excellence Award Series

This class is designed for both child care center providers and family child care home providers. The City of Bellevue Fire Department and Public Health – Seattle & King County have joined together to provide a series of 4 classes designed to help child care providers develop a comprehensive disaster plan. The series 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, what and how much supplies you need, educating and recruiting parent volunteers, parent/child reunion, and effective drills. Participants will leave with sample forms and an organizational plan for response.

Participants completing the program and homework assignments will be eligible to apply for the “Excellence Award for Child Care Programs.”

Each class is \$16 and earns 2.5 STARS credits. The series of 4 classes is \$64 and offers 10 STARS credits. It is recommended that you attend all of the classes (a program must have at least 1 staff person at each class in order to be eligible for the Excellence Award).

### **Thursday, Sept. 30**

- Emergency Preparedness for Child Care Providers

### **Tuesday, Oct. 19**

- Creating Effective Training Programs for Staff, Parents and Kids: Effective Drills and Exercises

### **Tuesday, Nov. 9**

- Disaster Preparedness and the Parent Connection

### **Tuesday, Dec. 14**

- Creating a Safe Environment for Child Care Programs

☆ Watch for details about our next 2005  
Emergency Preparedness for Child Care Providers:  
Excellence Award Series in the January 2005  
Newsletter.

All classes will be  
6:30 PM to 9:00 PM  
at  
Eastgate Public Health  
14350 SE Eastgate Way  
Bellevue



# Announcing the Third Annual FACES North Conference

## “Crib to Classroom: Playing to Learn”

Saturday, January 22, 2005  
Shoreline Center

A day long conference for parents, caregivers and staff on the “latest and greatest” strategies to enhance development during the early years.



**For more information call (206) 461-5079.**

Sponsored by: FACES North, Child Care Resources, Puget Sound ESD, Shoreline School District, Northshore School District, United Way of King County

## Access to Baby and Child Dentistry (ABCD)

The ABCD Dental Program focuses on preventive and restorative dental care for children from birth through age six. ABCD will help families connect to local dentists who will provide children with many dental services, including an easy exam with the child in their parent’s arms (not in a dental chair). The program gives children a great start in life by making sure all baby teeth are healthy, getting children into the dentist as early as age one, and preventing tooth pain later on in life.

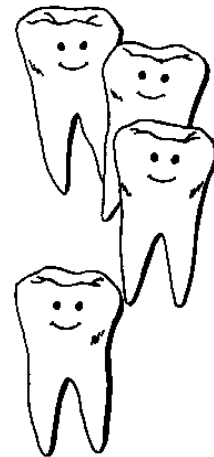
To be eligible for the ABCD program a child must be:

- Age birth to 6 years old,
- Live in King County, and
- Have Medicaid medical coupons.

The ABCD Dental Program is a partnership between Public Health – Seattle & King County, King County Health Action Plan, Seattle King County Dental Society, University of Washington, the Washington Dental Service Foundation and the Medical Assistance Administration (MAA).

For enrollment information contact:

Deborah Malone (206) 205-9276 – North King County  
Sharon Baez (206) 205-4020 – South King County,  
or the Community Health Access Program (CHAP) toll free 1-800-756-5437.



# Nutrition and Food

Cooks representing a cross-section of cultural groups came together in October to share some of their favorite recipes. We are highlighting two of these recipes in our newsletter this month in a new "Nutrition and Food" column. Food is a wonderful way to expose children to information about different cultures and can lead to interesting and educational discussions with children at meal time. Please use these recipes to celebrate the rich cultural heritages our families and children bring to the child care world.

## Chicken Fajitas (Sea Mar Child Development Center)

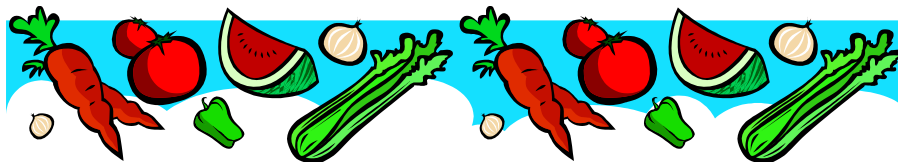
- 1 lb, 10 oz Boneless, skinless chicken breasts cut into 1x2 inch strips
- 1 ½ Tablespoons vegetable oil
- ¼ Package of Lawry's Taco Seasoning
- 2 Green bell peppers seeded and julienned
- 2 Medium onions peeled and thinly sliced
- 10 Large flour tortillas warmed

Heat large skillet over medium-high heat. Brown chicken strips in oil until no longer pink, about 4 minutes. Stir in taco seasoning. Add pepper and onion and cook, stirring occasionally, 3-4 minutes until vegetables are tender-crisp. Spoon fajita filling into warmed tortillas. Roll up and serve hot. Serves 10.

## Soy Sauce Chicken (Refugee Women's Alliance Preschool)

- 2 lbs chicken wings
- 1 cup soy sauce
- 1 cup water
- 5 pieces star anise
- 4 slices ginger root
- 1 tablespoon sugar

Rinse the chicken wings and put in pot. Add remaining ingredients and cook on stovetop over medium hot heat for 30 minutes.



## How Can I Protect Myself Against the Flu?

It is not possible to predict how severe the influenza season will be this year. With a shortage of vaccine, it is possible that some people will get the flu who would have been protected if more vaccine had been available.

To minimize the risk for getting or spreading the flu:

- ☆ Avoid contact with other people who have respiratory infections and colds.
- ☆ When you are ill, stay home from work and avoid contact with other people.
- ☆ Cover your coughs and sneezes with tissue, or cough into your shirtsleeve.
- ☆ Wash your hands frequently and after touching your nose and mouth.
- ☆ If you do develop an illness, contact your health care provider for advice about possible treatment or evaluation.

To protect the people at highest risk for severe influenza, we are relying on the public and health care providers to understand who is at highest risk for influenza complications and reserve our limited flu vaccine supplies for them.

For more information, links to other websites, and a downloadable “Cover Your Cough” poster, visit the Public Health – Seattle & King County website at:

<http://www.metrokc.gov/health/immunization/fluseason.htm>





# 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 .....

## 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](http://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](http://www.800BUCKLUP.org).**

- Toy ice cream car, toy police car and toy washing machine imported by Tai Tung International, Inc.
- Earlyears® Spirolly Rattle distributed by International Playthings, Inc.
- Care Bears Lunch Kits with Water Bottles manufactured by Sky High International
- Fargglad Multi-Color Children's Chair imported and distributed by IKEA Home Furnishings.



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

**PRSR STD**  
U.S. Postage  
**PAID**  
Seattle, WA  
Permit No. 1810

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.

