

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 February 2005

Vol. 4 No. 2

DATE	TIME	CLASS	LOCATION	PAYMENT
1/18/05 Tuesday	6:30 PM – 9:00 PM	*2.5 STARS CREDITS* Emergency Preparedness for Child Care Providers: Excellence Award Series Part 1 (see p. 3 for details)	This series will be held in Bellevue. Please see p. 3 for details. For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	Please see p. 3 for cost and registration information
2/3/05 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
2/10/05 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Caring for Infants: Attachment, Infant Cues and Developmental Milestones	Kid's Country 17855 – 1st Ave. South Normandy Park 98148 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
2/15/05 Tuesday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Communicable Disease Prevention: Everything a Child Care Provider Needs to Know	Wallingford Child Care (Wallingford United Methodist Church) 2115 N. 42nd, Seattle 98103 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
2/16/05 Wednesday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Infant Feeding: What you should know about breast and bottle feeding, as well as the introduction and progression of solid foods	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

*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).



February 2005 Classes, continued...

DATE	TIME	CLASS	LOCATION	PAYMENT
2/16/05 Wednesday	7:00 PM – 9:00 PM	HIV/AIDS/Bloodborne Pathogens	Eastgate Public Health 14350 SE Eastgate Way Bellevue For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH
2/24/05	7:00 PM – 9:00 PM	*2 STARS CREDITS* Terrific Toddlers: Developmental Milestones and Behavior	Kid's Country 17855 – 1st Ave. South Normandy Park 98148 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
Registration is now open for this March Class:				
March 3/03/05 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

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

Announcing...

WEAVING TOGETHER

What: A day of workshops, vendors and networking at Seattle Pacific University...featuring Gloria DeGaetano, noted author and educator as keynote speaker.

When: Saturday, February 19, 2005. STARS credits available.

For more information call: (206) 367-8293

Sponsored by the Puget Sound Association for the Education of Young Children.



Save the Date!

"Childhood Matters Conference"

Saturday, April 23, 2005
7:30 am – 4:00 pm
Renton Technical College

For registration information call (425) 235-2352 x5741

Sponsored by: Renton Technical College



Emergency Preparedness for Child Care Providers: Excellence Award Series

This class is designed for both child care center 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, supplies needed, 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." This is a four part series. The series of 4 classes is \$64 and offers 10 STARS credits. **Please register for the entire series.** If necessary, someone else from your program can substitute for one or more classes (a program must have at least 1 staff person at each class in order to be eligible for the Excellence Award).

Tuesday, Jan. 18

- Emergency Preparedness for Child Care Providers
Location: Room 301 on the third floor of Bellevue Square.
Take the Glass Elevator from Center Court to the 3rd floor.

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

Tuesday, Feb. 15

- Creating Effective Training Programs for Staff, Parents and Kids: Effective Drills and Exercises
Location: Bellevue City Hall, Council Chambers
11511 Main Street, Bellevue

Tuesday, March 15

- Disaster Preparedness and the Parent Connection
Location: Bellevue City Hall, Council Chambers, 11511 Main Street, Bellevue

Tuesday, April 26 (Please note date change from that listed in the January 2005 Child Care Health Connection newsletter).

- Creating a Safe Environment for Child Care Programs
Location: Bellevue City Hall, Council Chambers, 11511 Main Street, Bellevue





Make the "Moo"ve to 1% or Fat Free Milk *

Switching to 1% or fat free milk is one of the easiest ways to assure that children over the age of 2 years get the calcium and vitamin D that they need, while reducing their saturated fat intake and heart disease risk. 1% and fat free milk have the same great nutrition as whole and 2% milk--- just less fat!!!!

Whole and 2% milk are leading sources of fat in children's diets. Did you know that one cup of whole milk has the same amount of saturated fat as 5 strips of bacon, or two donuts or a hot dog or a fast food hamburger? 2% milk is not low fat. One cup has as much unhealthy fat as 3 strips of bacon. Only 1% and fat free milk are low fat.

Developing healthy eating habits in childhood helps prevent health problems such as obesity, heart disease, cancer and stroke. The Dietary Guidelines for Americans recommends that children over 2 years of age choose a diet low in total fat, saturated fat, and cholesterol. Remember children between the ages of 12 and 24 months need the fat from whole milk or breast milk to develop a healthy nervous system.

So you may ask how do I get children to try 1% or fat free milk? Consider conducting milk taste tests. Have small cups of different types of milk available for tasting. Blindfold the children and have them tell you which type of milk they think they are drinking. They will be surprised to find that without looking at the milk they will have a hard time tasting the difference between the types of milk.

So make the "moo"ve to 1% or fat free milk!!! Contact you Child Care Health Program Nutrition Consultant for more information on making the "moo"ve.

*(for children over 2 years of age)





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 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.

- **Energie Brand Girls' Hooded Sweaters with Drawstrings** manufactured by Norton McNaughton of Squire, Inc.
- **Extra-Duty and Heavy-Duty Swing Seats** manufactured by Swing-N-Slide® Corp.
- **Children's Necklaces with Medallions** manufactured by Raymond Geddes Co. Inc.

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.



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.

