

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 January 2005

Vol. 4 No. 1

DATE	TIME	CLASS	LOCATION	PAYMENT
1/6/05 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 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
1/12/05 Wednesday	6:30 PM – 8:30 PM	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. 4.	The New School 8825 Rainier Ave. South Seattle 98118 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	Please see p. 4 for STARS and food handler card costs .
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
1/20/05 Thursday	7:00 PM – 9:00 PM	HIV/AIDS/Bloodborne Pathogens	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	\$10 Please make checks payable to: SKCDPH
1/20/05 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Just for You...Family Home Providers Come discuss health topics that are important to you!	Little Tots Family ChildCare 2503 S. Edmunds St. Seattle, WA 98108 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).



January 2005 Classes, continued...

DATE	TIME	CLASS	LOCATION	PAYMENT
1/27/05 Thursday	7:00 PM – 9:00 PM	First Aid for Child Care Providers	Curiosity Corner 1015 SW 128 th St. Burien 98146 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 February Class:				
<u>February</u> 2/03/05 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, 2 nd Floor, Seattle 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 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.

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



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.”

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.
If you need directions to Bellevue Square, please visit our website
or call us at (206) 296-2770.

www.metrokc.gov/health/childcare

Tuesday, Feb. 15

Location to be Announced

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

Tuesday, March 15

Location to be Announced

- Disaster Preparedness and the Parent Connection

Tuesday, April 19

Location to be Announced

- Creating a Safe Environment for Child Care Programs



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.

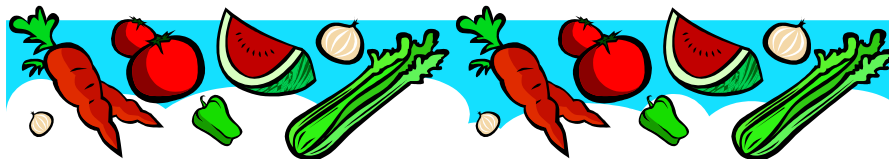
When: Wednesday, January 12, 2005 6:30 PM – 8:30 PM
Where: The New School, 8825 Rainier Ave. S., Seattle 98118

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 8:30 pm and send us a **registration payment of \$18.**
- Option 2 To receive a Food Handler Card only:**
Plan to stay until 8:30 pm and send us a **registration payment of \$10.**
- Option 3 To receive 1.5 STARS credits only:**
Plan to stay until 8:00 (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.



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.





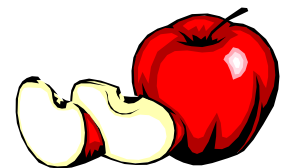
WHEN FAMILIES WANT TO SEND FOOD (SNACKS) TO CHILD CARE

Your program may allow families to bring snacks to your child care center -

- To provide children with familiar foods including ethnic or cultural foods
 - To reduce costs
 - To educate families

As a child care provider if **YOU CHOOSE** to have families bring snacks *either daily for their own child or once or twice a month for the entire classroom or center* **YOU ASSUME RESPONSIBILITY:**

1. For the sanitation, safety, and quality of the foods served in your program and that the WAC regulations are met.
2. For assuring that the snacks provided are limited to those store-purchased, such as uncut, whole, fruits and vegetables or foods pre-packaged in the original manufacturer's container.
3. For planning the menu 1 week in advance.
4. For assuring that the snacks meet the WAC regulations for adequate nutrition:
 - Vitamin C source daily
 - Vitamin A source three times a week
 - Each snack must have 2 components from different food groups (e.g., orange wedge and raisin toast)
 - Each snack must include a beverage which can be water
5. For assuring foods are age-appropriate and are served in the proper amounts. *Foods served and portion sizes for each age group must be written on the menu or otherwise documented. Examples of age appropriate foods are:*
 - *Applesauce or peeled apples for toddlers*
 - *Apple slices for pre-school*
 - *Whole apples for school-age*
(Families can bring apples or commercial applesauce.)
6. For keeping food on hand to meet the planned menu for those times a family forgets or brings the wrong foods. *If changes are made you must record the changes on the menu.*
7. For developing a policy for families about how often, what kind and how much food to bring and how food is to be handled.
8. For assuring that a child with special dietary needs is accommodated.



IF A FOODBORNE OUTBREAK HAPPENS IN YOUR CENTER YOU WILL BE HELD LEGALLY RESPONSIBLE, EVEN IF THE FOOD WAS PREPARED BY A PARENT.

REMEMBER: AS A LICENSED CHILD CARE FACILITY, YOU ARE RESPONSIBLE!

PROTECT your business and yourself! **Have parents bring food in the original containers (as purchased in the store). If the planned snack was apples and cheese then the parent would bring in “X” pounds of apples and cheese (in the original container). You would then cut the apples and cheese into proper age-appropriate portions and sizes, and serve.**

REMEMBER: You are responsible for making sure the children are fed safely.



A word about the few “special” days a year when parents bring food.



You should have a policy stating what foods you will accept. Suggestions for things you may want to include in your policy:

- You will only take baked goods from commercial sources and in their original packages. ***You cannot know the food safety skills of the parent who made the food. Most home baked cookies, cakes, etc. contain potentially hazardous foods like milk and/or eggs. Not everyone handles foods in a safe and sanitary manner. Can you afford the risk?***
- A policy that parents bring in non-food items and you supply the snack served with 100% fruit juice or milk. *(Serve low-fat milk to children 2 years of age and older.)*
- Suggestions for parents about non-food items for birthdays and other special occasions, such as:
 - Colorful stickers
 - Streamers
 - Cultural materials
 - A game to play
 - Special art projects
- An invitation to parents to visit and teach a special skill or bring something to observe and learn about. Celebrating the special day in a unique way is often a learning experience for both children and parents.

Adapted from material originally prepared in cooperation with Washington State Department of Health and Public Health – Seattle & King County Child Care Health Program. CCHP/HE 7/04





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.

- **Okie Dokie Alligator Football Pajama Sets** are being recalled by J.C. Penney Corporation Inc. because the heat-sealed patches on the front of the garment can detach, posing a possible choking hazard to young children. For more information, contact J.C. Penny at (888) 333-6063 or www.icpenney.com.
- **Children's Bathrobes** manufactured by Petit Bateau USA Inc. are being recalled because they fail to meet children's sleepwear flammability standards. Contact Petit Bateau at (888) 897-2872 or www.petit-bateau.com for information and instructions on returning the recalled bathrobes.



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.

