

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 July/August 2007

Vol. 6 No. 4

DATE TIME CLASS LOCATION PAYMENT

July 2007 Classes				
7/11/07 Wednesday	8:00 AM – 4:00 PM	*7 STARS CREDITS* (in Administration) Disaster and Emergency Preparedness for Child Care Providers Please see flyer in this issue for details.	The 2100 Building 2100 – 24 th Avenue South Seattle, WA 98144 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$70 Please make checks payable to: SKCDPH
7/12/07 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	\$20 Please make checks payable to: SKCDPH
7/18/07 Wednesday	7:00 PM – 9:00 PM	Bloodborne Pathogens/HIV/AIDS	Eastgate Public Health Center 14350 SE Eastgate Way Bellevue, WA 98007 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$20 Please make checks payable to: SKCDPH
7/24/07 Tuesday	7:00 PM – 9:00 PM	First Aid for Child Care Providers	A Country Garden Montessori 38722 Enumclaw Black Diamond Rd Enumclaw, WA 98022 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$20 Please make checks payable to: SKCDPH



DATE	TIME	CLASS	LOCATION	PAYMENT
7/25/07 Wednesday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Caring for Infants Co-sponsored by the Education Department of Highline Community College	Highline Community College Building 23, Room 115 2400 S. 240 th St. Des Moines 98198 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$20 Please make checks payable to: SKCDPH
7/26/07 Thursday	7:00 PM – 9:00 PM	Food Safety in Child Care/Food Handler Card Class See class description on page 3.	Bright Horizons 3635 – 150 th Ave NE Redmond, WA 98052 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	See p. 3 for payment information
August 2007 Classes				
8/14/07 Tuesday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Medication Management	A Country Garden Montessori 38722 Enumclaw Black Diamond Rd Enumclaw, WA 98022 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$20 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 \$3 or on the street (meters are free after 6 PM). The Child Care Health Program entrance is on the southeast side of the building.

Class Registration Information

Pre-registration is required for all classes. 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.** 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
1916 Boren Ave, Suite #200, Seattle, WA 98101

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.

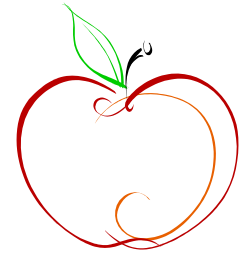
Our Class Cancellation Policy

- ☆ 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.



Do you...

- **Have Questions about Food Safety?**
- **Need a Food Handler Card?**
- **Need Some STARS Credits?**



This class on Food Safety in Child Care includes the option to take the test to get a Food Handler Card:

When: Thursday, July 26, 2007 7:00 PM – 9:00 PM

Where: Bright Horizons
3635 – 150th Ave NE
Redmond, WA 98052

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.

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

Revised Model Health Policy Now Available

The 2007 Revised Model Health Policies for centers and for out-of-school-time care programs are now available on the Child Care Health Program website. Visit www.metrokc.gov/health/childcare to download the revised policies. Please note that the Model Health Policy published in the Department of Early Learning's Child Care Licensing Guidebook is based on the older version. The Child Care Health Program recommends using the revised website version to develop or revise your program's health policy.



Important Changes to Child Restraint Law Effective June 1st, 2007



Washington State has two motor vehicle occupant protection laws: a seat belt law and a child restraint law.

The Seat Belt Law requires that:

- All vehicle occupants must be **properly restrained** in all seating positions;
- The driver is responsible for properly securing all children under the age of 16.
- Passengers 16 years of age and older are responsible for themselves. They may receive their own citation if they are not properly restrained.

Buckling one seat belt around two people or placing the seat belt under the arm or behind the back is dangerous, can cause death or serious injury, and is a violation of the law.

On June 1st, 2007 Washington's Child Restraint Law changed to require that:

- Children under 13 years old be transported in the back seat where it is practical to do so.
- Children up to their 8th birthday, unless they are 4'9" tall (which ever comes first), must ride in a child restraint. (For example a child car seat, booster seat, vest, or other restraint that is federally approved for use in the car.)
- The restraint system must be used correctly according to the car seat AND vehicle manufacturer's instructions.
- Vehicles equipped with lap-only seat belts are exempt from the requirement to use a booster seat.
- Children 8-years of age or at least 4'9" who wear a seat belt **MUST** use it correctly (never under the arm or behind the back) or continue to use a booster.

Always follow the manufacturers' instructions and guidelines for both the child restraint and the vehicle.

From the Washington State Safety Restraint Coalition. For more information visit www.800buckleup.org.



Healthy Gardening with Children: Tips for Safety and Success



Gardening with children can be a wonderful opportunity for learning. Children can learn how soil is prepared and cultivated. They can count out seeds and plant them; and they can watch as plants mature and produce flowers, fruits, or vegetables. Older children can help design the garden. Children are more likely to eat fruits and vegetables that they have grown themselves, and gardening can also help them learn good soil safety habits. Here are a few ideas for gardening with children, some safety hints, and resources for more information.

Finding Space for a Garden

If you have even a small space which receives plenty of sunshine, you can plant a child's garden. Vegetables and flowers can also be grown in containers on a patio or balcony. In fact, for young children, a large garden may be overwhelming. A few plants for children to plant, water, and watch will be attractive to a younger child. Good container plants include herbs, lettuce, patio tomatoes and many flowers.

Choosing Interesting Plants that are Easy to Grow

Select plants that are attractive to children and easy to grow. Herbs (lavender, rosemary), flowers, and textured plants such as lambs ears, woolly thyme or succulents engage a child's senses. Easy to grow vegetables include radishes, leaf lettuce, peas, summer squash (e.g. zucchini), and snap beans. Flowers such as cosmos, California poppies, and nasturtiums are easy to grow and their bright colors appeal to children. Sunflowers are always a favorite, and many dwarf varieties are now available for the small garden. If you have room, try planting some strawberries.

Avoid poisonous plants because children may put parts of the plant in their mouths. Common poisonous plants include foxglove, lily of the valley, monkshood (aconitum), and leaves of the rhubarb plant. More information about poisonous plants is available from the Washington Poison Center at www.wapc.org or 1-800-222-1222.

Choose plants with a short growing season, as children will see the results of their gardening efforts more quickly. Plants that are disease and pest-resistant will keep pesticides out of your garden. Talk with staff at a nursery if you are unsure what your "best bets" are. They can provide good advice for our climate.

Encouraging Children to Participate

Depending on age, children can help prepare the soil, select plants, plant seeds, weed their garden, and pick flowers or harvest the "crop." Young children should be closely supervised when gardening, especially when tools are being used, and always remember to follow soil safety guidelines.



Soil Safety Guidelines

There may be unseen hazards in your garden. Arsenic and lead are two toxic substances that we know are in Puget Sound soils due to natural and human sources. Arsenic is linked to cancer and lead causes developmental delay and lowered IQ in children. The amounts we have found in our soils are not enough to be an immediate health risk for most people. However, children are most at risk from contaminated soil because they tend to put dirty hands and objects in their mouths. Also, children's bodies are more easily hurt by chemicals. Other harmful substances in the garden may include pesticides, animal droppings, and allergens. To lower the chances that you and your children accidentally breathe in or eat dirt or dust, we suggest you follow these guidelines while gardening:

- Wash hands and face after playing in soil, especially before eating.
- Use a scrub brush to clean dirt from under nails.
- Dampen soil before gardening to control dust.
- Do not eat or drink while gardening.
- Wear gloves and shoes when gardening.
- Use a rough door mat to wipe shoes and take shoes off when you go indoors.
- Wash fruits and vegetables picked from the garden well (scrub with a brush) and peel root vegetables.
- Don't grow food near old painted structures (older paint may contain lead) or under a roof overhang.
- Eat a healthy diet. Good nutrition keeps the body strong and helps prevent toxins from being absorbed.

Gardening with children can be a fun and educational activity. With a little planning, a trip to a nursery, proper soil preparation, careful watering and weeding, and attention to soil safety guidelines, children can experience what may become a lifelong interest.

Additional Resources

Soil Safety

Public Health – Seattle & King County

Environmental Health Division

www.metrokc.gov/health/tsp/arseniclead.htm

(206) 205-4394

Child Care Health Program

www.metrokc.gov/health/childcare

(206) 296-2770

Gardening with Children

WSU King County Extension

Master Gardener Hotline: (206) 296-3440

www.metrokc.gov/dchs/csd/wsuo%2Dce/Gardening

Washington State University

Master Gardener Program

<http://gardening.wsu.edu>



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: _____

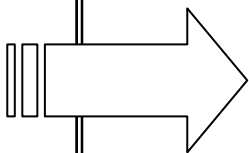
Is this a center? ____ Or a family child care home? ____ Program's phone #: _____

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 many recalls these past two months that involve products relating to children. Please visit the CPSC web site 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. The website also allows you sign up receive e-mails from the CPSC when children's products are recalled.

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.



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Seattle, WA 98101-1467

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CHANGE SERVICE REQUESTED



July/August 2007

In this issue of the *Child Care Health Connection*:

- Healthy Gardening with Children
- Classes and Workshops Available
 - Food Safety in Child Care/Food Handler Card Class
 - Medication Management
 - Disaster and Emergency Preparedness for Child Care Providers
 - Caring for Infants

