

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 2005

Vol. 4 No. 7

DATE	TIME	CLASS	LOCATION	PAYMENT
7/7/05 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
7/13/05 Wednesday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Summer Safety in the Park: Field trips, food safety, summer hazards	Community Children's Center 8345 – 166 th Ave. NE Redmond 98052 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
7/14/05 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Guiding Children's Behavior: Limit setting, consequences and developmental considerations in child care settings	Bethel Christian Center 414 SW 312 th Federal Way 98023 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
7/21/05 Thursday	6:30 PM – 8:30 PM	Food Safety in Child Care 1.5 STARS Credits PLUS option of taking test to obtain your Food Handler Card . See class description on p. 3	Smart Start Day Care 29928 Pacific Highway S. Federal Way 98003 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

*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
7/28/05 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Caring for Infants: Attachment, Infant Cues and Developmental Milestones	ACAP Child and Family Services 1102 “J” St. SE Auburn 98002 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 August class:				
August 8/4/05 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 7.**

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.

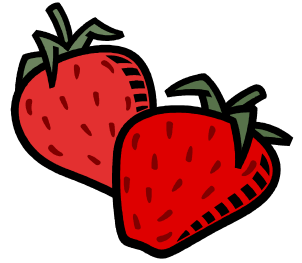
STARS Scholarships Are Available!



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 and click on “WA STARS” for more information.





➤ **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: Thursday, July 21, 2005 6:30 PM – 8:30 PM
Where: Smart Start Day Care, 29928 Pacific Highway S., Federal Way 98003

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 and send us a **registration payment of \$18.**
- Option 2 To receive a Food Handler Card only:**
Plan to stay until 8:30 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.



Please Post for
Parents



Swim Safely and Stay Healthy at Beaches and Pools this Summer

As the weather warms up and children and adults begin to flock to area beaches and pools to enjoy fun in the sun and physical activity, Public Health-Seattle & King County reminds swimmers to avoid swimming areas without lifeguards and to stay healthy by practicing good water hygiene to avoid recreational water illnesses and swimmers' itch.

Recreational Water Illness

Recreational water illnesses are caused by germs such as Cryptosporidium, Giardia, Shigella, and E. coli 0157:H7 that have the potential to infect a person who accidentally swallows or has contact with contaminated water.

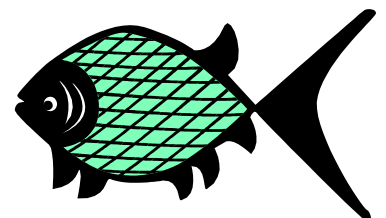
Public Health recommends:

- ☆ Don't swallow the water. Keep lake water out of your mouth.
- ☆ Cover diapers with tight plastic pants or use diapers designed for swimming.
- ☆ Do not swim in a pool or lake if you've had a fever, diarrhea, or nausea within the past 24 hours.
- ☆ Take a shower before swimming.
- ☆ Change diapers in a bathroom. Wash your hands after using the toilet or changing diapers.
- ☆ Take your children on bathroom breaks often.

Occasionally Public Health closes swimming beaches when bacteria levels in the water rise about established standards. To check the status of swimming beaches monitored by King County visit: <http://dnr.metrokc.gov/wlr/waterres/swimbeach/default.aspx>

Public pool operators are required to maintain pools and spas that are continually chemically treated to kill harmful germs, as well as have safety features in place. It is the patron's responsibility to follow all posted rules at pools and spas, including showering before use, wearing tight-fitting plastic pants over diapers, and avoiding use when sick. Pool owners and operators must ensure that fences and gate latches are working properly, and disinfectant levels are correct. For more information visit: www.metrokc.gov/health/pools.

(Over)



Swimmer's Itch

While the water quality of King County beaches is generally good, many ducks and geese share lakes with people. Swimmers' itch is an itchy skin condition caused when parasites from water fowl burrow into a swimmer's skin and die. While not contagious or long lasting, the parasite may cause itchy red bumps for about a week, and can become infected with excessive scratching.

To avoid swimmers' itch, all lake swimmers and waders should:

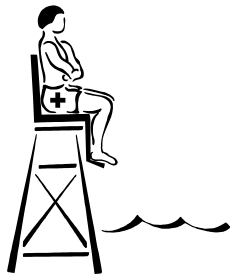
- ☆ Liberally apply a waterproof sunscreen prior to swimming, which may provide some protection.
- ☆ Briskly dry off with a towel as soon as you come out of the water, including skin under swimsuits.
- ☆ Shower immediately if facilities are available.



Water Safety

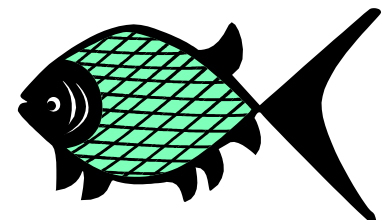
Stay safe this summer at pools, beaches, and rivers by learning how to protect yourself and your family from preventable drowning or near drowning. Drowning is the second leading cause of death for children under the age of 14, so follow these rules and suggestions:

- ☆ Always provide supervision for children when they are in or near water.
- ☆ Ensure sober adults are present and able to provide immediate rescue to children in need.
- ☆ Choose swimming areas where lifeguards are present.
- ☆ Nine Seattle beaches have lifeguards from June 25 through late summer.
- ☆ Suburban cities in King County with life guarded beach programs beginning in late June include Bellevue, Kirkland, Redmond, Mercer Island, Renton, Sea Tac, Kent Federal Way, Maple Valley and Sammamish.
- ☆ Ensure your whole family knows how to swim.
- ☆ Wear a life jacket when swimming or boating in open water where a lifeguard is not present; all children under 12 must have an approved life jacket in vessels under 19 feet.



For more information on drowning prevention and opportunities for swimming lessons visit:

- ☆ King County Pool Program www.metrokc.gov/parks/pools/pools1.htm
- ☆ American Red Cross of King and Kitsap Counties www.seattlredcross.org
- ☆ Seattle Parks and Recreation www.seattle.gov/parks/Aquatics/index.htm



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.

- **Fisher-Price® Grow-To-Pro® Pogo Sticks** manufactured by Fisher-Price and sold by discount department and toy stores nationwide from January 2002 through August 2004 for between \$25 and \$30.
- **Fisher-Price Lil' Wagster Dragster Push Toys** manufactured by Fisher-Price and sold at discount department stores and toy stores nationwide from December 2002 through February 2005 for about \$13.
- **Metal Heart-Shaped Pendants** distributed by Dollar General Corp., manufactured in China and sold at Dollar General stores nationwide from May 2003 through April 2005 for about \$1.
- **Lemon Meringue Wooden Push Toys** manufactured by Pamela Drake Inc. and sold at toy and hobby stores nationwide from February 2005 through March 2005 for \$15 - \$24.
- **Lov's Decorated Orthodontic Pacifiers** distributed by Delta Enterprise Corp., manufactured in Thailand, and sold at small retail stores from November 2001 through December 2004 for about \$1.
- **White Lancaster Cribs** manufactured by Simplicity Inc. and sold at department stores, children's product stores and Target.com from June 2004 through April 2006 for about \$200.
- **Children's Folding Chairs** distributed by Summit Marketing International LLC, manufactured in China, and sold at hardware, discount department, toy, grocery and drug stores nationwide from September 2002 through May 2005 for about \$10 individually and for about \$45 for a set.

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 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

The Child Care Health Program: What Can We Do for You?

Who would you call if you had a question about a child's health problem or wanted help in addressing a child's behavior? Do you need help creating a health policy or a disaster plan for your program? Do you have concerns about nutrition, menu planning, or food safety?

Help with these concerns and more is available from the Child Care Health Program at Public Health – Seattle & King County. Our staff includes public health nurses who can provide consultation on health and safety issues. Our child psychologist provides expertise and workable solutions for child behavior issues. Nutritionists and health educators complete the team, providing you with consultation, nutrition advice and expertise, as well as training opportunities and a variety of health and safety education materials.

People who work with children on a daily basis are often the first to identify a health or safety concern. Child care providers may not always know exactly *what* the problem is; but they usually know *when* there is a problem. Our goal is to identify children who need more intervention (based on your observations), find the right services for them, and provide the child care provider with assistance to keep the child in their care. We work with child care programs to provide a safe and healthy environment for the children in their care.

If you have a health or safety question or concern, please call the public health nurse for your area. Don't know who your nurse is? Call (206) 296-2770 and our receptionist will connect you with your nurse. For additional health and safety information (and the most up-to-date class information), check out our web site at www.metrokc.gov/health/childcare.



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.

