

# 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 March/April 2006

Vol. 5 No. 2

DATE	TIME	CLASS	LOCATION	PAYMENT
<b>March 2006 Classes</b>				
<b>3/2/06</b> 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* Public Health-Seattle &amp; King Co.</b> 1916 Boren 2 <sup>nd</sup> floor Seattle 98101 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: SKCDPH
<b>3/13/06</b> Monday	6:30 PM – 8:30 PM	<b>*2 STARS CREDITS*</b> <b>Navigating the Web for Health and Safety Information</b> An introduction to finding and evaluating health information on the internet	<b>Childhaven – Broadway Center</b> 316 Broadway, Room 302 (Kresge Conference Room) Seattle, WA 98122-5325 (Park in garage under building) 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: SKCDPH
<b>3/15/06</b> Wednesday	7:00 PM – 9:00 PM	<b>Bloodborne Pathogens/HIV/AIDS</b>	<b>Eastgate Public Health Center</b> 14350 SE Eastgate Way Bellevue, WA 98007 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>\$10</b> Please make checks payable to: SKCDPH
<b>Thursdays</b> <b>3/16/06</b> <b>3/30/06</b> <b>4/13/06</b> <b>4/27/06</b>	7:00 PM – 9:30 PM	<b>*10 STARS CREDITS*</b> <b>Brain Development Series</b> Individual classes are 2.5 credits. Cost of individual classes is \$20. See description on p. 3.	<b>White Center Public Health Center</b> 10821 – 8 <sup>th</sup> Ave. SW Seattle 98146 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>\$80</b> Please make checks payable to: SKCDPH



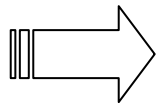
DATE	TIME	CLASS	LOCATION	PAYMENT
3/22/06 Wednesday	6:30 PM – 8:30 PM	<b>*2 STARS CREDITS*</b> <b>Preventing and Recognizing Child Abuse and Neglect</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health*</b> <b>Public Health-Seattle &amp; King Co.</b> <b>1916 Boren 2<sup>nd</sup> floor Seattle 98101</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>
3/23/06 Thursday	6:30PM – 8:30 PM	<b>Food Safety in Child Care/Food Handler Card Class</b> See description on page 5.	<b>Children's Home Society</b> <b>4338 Auburn Way North</b> <b>Auburn, WA 98002</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>	See p. 5 for payment information
<b>April 2006 Classes</b>				
4/1/06 Saturday	9:00 AM – 3:30 PM	<b>*6 STARS CREDITS*</b> <b>Fuel and Play the Healthy Way</b> (See enclosed flyer for more information)	<b>Highline Community College</b> <b>Highline Student Union (Bldg. 8)</b> <b>2400 S. 240<sup>th</sup> St.</b> <b>Des Moines, WA 98198</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>\$25</b> Please make checks payable to: <b>SKCDPH</b>
4/5/06 Wednesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Communicable Disease: What every child care provider should know</b>	<b>Shoreline Community College</b> <b>Building 1900</b> <b>16101 Greenwood Ave. North</b> <b>Shoreline, WA 98133</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>
<b>Directions</b>		From Greenwood Ave. N. (near N. 160 <sup>th</sup> ) angle West onto Innis Arden Way. Turn right into second college entrance (West Gate). Go to end of cul de sac. Bldg. 1900 will be in front of you. Free parking on left.		
4/6/06 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 98101</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>
4/15/06 5/6/06 6/17/06 Saturdays	9:00 AM – 12 Noon	<b>Nutrition and Food Safety Series</b> See description on page 4.	<b>Eastgate Public Health Center</b> <b>14350 SE Eastgate Way</b> <b>Bellevue, WA 98007</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>\$24 per class or \$72 for the series plus Food Handler Class fees (optional)</b>
4/19/06 Wednesday	7:00 PM – 9:00 PM	<b>First Aid for Child Care Providers</b>	<b>Eastgate Public Health Center</b> <b>14350 SE Eastgate Way</b> <b>Bellevue, WA 98007</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 \$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.

**To register for a class, please use the registration form on p. 9.**



**Announcing...**



**The 4<sup>th</sup> Annual Childhood Matters Conference**

Saturday, April 22, 2006  
 8:00 am – 4:00 pm  
 Renton Technical College

**For more information, call 425-235-2352 x5741**

★ **Brain Development Series** ★

We are offering a 4 part series of classes on Brain Development at White Center Public Health Center. You may register for all of the four part series, or just sign up for a part of the series. Please register early as we expect these classes to fill quickly!

DATE	TIME	TOPIC	LOCATION	PAYMENT
<b>Part 1.</b> 3/16/06 Thursday	7:00 PM – 9:30 PM	<b>Brain Development: The Basics</b> <b><u>*2.5 STARS CREDITS*</u></b>	<b>White Center Public Health Center</b> <b>10821 – 8<sup>th</sup> Ave. SW</b> <b>Seattle 98146</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>\$20 per session,</b>  <b>\$80 for the 4 part series</b>
<b>Part 2.</b> 3/30/06 Thursday	7:00 PM – 9:30 PM	<b>Promoting Speech Development in Young Children</b> <b><u>*2.5 STARS CREDITS*</u></b>		<b>Please make checks payable to: SKCDPH</b>
<b>Part 3.</b> 4/13/06 Thursday	7:00 PM – 9:30 PM	<b>The Brain and Physical Development</b> <b><u>*2.5 STARS CREDITS*</u></b>		
<b>Part 4.</b> 4/27/06 Thursday	7:00 PM – 9:30 PM	<b>Social Emotional Needs of Young Children</b> <b><u>*2.5 STARS CREDITS*</u></b>		



## **Nutrition and Food Safety Series**

**(Classes may be taken individually)**

### **Session I**

#### **Setting up your nutrition program.**

**Planning nutritious menus that are low cost, easy to prepare and taste good!**

9:00 AM – 12 Noon

Saturday, April 15, 2006

3 STARS credits

### **Session II**

#### **Managing food safety in child care: Using the HACCP method to identify risks and prevent problems**

9:00 AM – 12 Noon

Saturday, May 6, 2006

3 STARS credits



Following Session II we are offering the

#### **Food Safety in Child Care/Food Handler Card Class and test**

12:00 Noon – 2:00 PM

Additional fees are charged for this class. Please see page 5 of this newsletter for information about fees and STARS credits for Food Safety in Child Care/Food Handler Card classes.

### **Session III**

#### **Incorporating special dietary needs into your menus, plus... Ergonomics in the kitchen**

9:00 AM – 12 Noon

Saturday, June 17, 2006

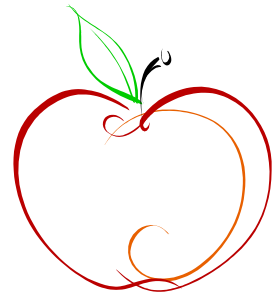
3 STARS credits

All classes will be held at:

**Eastgate Public Health Center  
14350 SE Eastgate Way  
Bellevue, WA 98007**

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.





## ➤ Do You Have Questions about Food Safety?

## ➤ Need a Food Handler Card?

## ➤ Need Some STARS Credits?

We are offering 2 classes on Food Safety in Child Care which includes the option to take the test to get your Food Handler Card.

### **Food Safety in Child Care**

- When: March 23, 2006, 6:30 PM – 8:30 PM
- Where: Children's Home Society  
4338 Auburn Way North  
Auburn, WA 98002

### **Food Safety in Child Care**

- When: May 6, 2006, 12 Noon – 2:00 PM
- Where: Eastgate Public Health Center  
14350 SE Eastgate Way  
Bellevue, WA 98007

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 for the full 2 hours and send us a **registration payment of \$18.**
- Option 2 To receive a Food Handler Card only:**  
Plan to stay for the full 2 hours and send us a **registration payment of \$10.**
- Option 3 To receive 1.5 STARS credits only:**  
Plan to stay for 1½ hours (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.



## A Special Opportunity from Public Health's Environmental Health Division!

Have you ever wondered:

“Are these art supplies and cleaners I use safe?”  
“My paint is peeling – should I worry?”

It's sometimes tough to know whether you're worrying about the right things when it comes to protecting the children in your care from environmental toxins. Newspapers and TV are always telling us about the newest wrinkle and last word on environmental danger – but should you worry?

Beginning very soon, our partners in the Local Hazardous Waste Management Program in King County will be visiting 400 child care centers and homes serving young children as part of a child care study.

When complete, we will have a clearer picture of how we all can better protect children from toxic chemical exposure in childcares.

Staff conducting these visits will be asking questions and making observations on items relating to cleaning, building maintenance and care, art supplies and other areas which can be considered environmental issues for children. Child care staff will also have the chance to ask questions of an environmental health professional.

These concerns are because children under the age of 6 and especially under the age of 3 are extremely vulnerable to even small amounts of chemicals.

Children are more affected by toxins because their bodies are still growing. Children eat more, drink more and even breathe more for their body size in comparison to adults. Children are also closer to the ground than adults and often play on the floor where lots of toxins can be found.

One of our goals is to make financial assistance available to child care programs for disposing of their hazardous materials. These resources have been used to help other businesses and industries in King County as well.



**For more information on this project,  
contact Tracee Mayfield at 206-296-3928  
or Sharon Schoenfeld at 206-296-3991.**



## Varicella (Chickenpox) Vaccine Required Starting July 1, 2006

Beginning July 1<sup>st</sup> 2006, all children 19 months through 12 years of age who attend a licensed child care or preschool in Washington State will be required to receive the varicella (chickenpox) vaccine. Children entering kindergarten or 6<sup>th</sup> grade will also be required to receive the vaccine before starting school. Each school year, one additional grade will be added until all children 12 years of age and younger have received the vaccine. Children who have already had chickenpox disease will not be required to receive the vaccine.

The varicella vaccine has been available in the United States since 1995. It can safely be given to most children (age 12 months and older), adolescents, and adults who have never had chickenpox. The varicella vaccine is highly effective in protecting against chickenpox and its related complications, such as pneumonia and skin infections. Prior to the availability of the varicella vaccine over 4 million cases of chickenpox occurred in the United States each year resulting in approximately 100 deaths due to complications of chickenpox.

Also included in this newsletter is a new sample chickenpox letter for parents and guardians. One important addition to the letter is the information that **varicella (chickenpox) vaccine given within three days of exposure to chickenpox, and possibly for up to five days, may prevent chickenpox or reduce the severity of disease.** You will need to customize this letter by entering the dates that the person with chickenpox was at child care while contagious. The contagious period for chickenpox begins two days before rash onset, and continues until all the blisters have dried and formed scabs. If you have any questions or concerns about how and when to use this letter, please contact your Public Health Nurse at (206) 296-2770.

More information about this new immunization requirement can be found at [www.doh.wa.gov/cfh/immunize](http://www.doh.wa.gov/cfh/immunize). If you have questions about chickenpox disease or the varicella vaccine, please contact Public Health – Seattle & King County Communicable Disease and Immunization Section at (206) 296-4774 or your Public Health Nurse at (206) 296-2770.

For more information on the varicella vaccine see:  
<http://www.immunize.org/vis/varic99.pdf>



Dear Parent or Guardian,

A person in our childcare program has been diagnosed with chickenpox. If your child was at child care on the following dates, he/she may have been exposed to chickenpox\*:

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(Dates)

**What causes chickenpox?**

Chickenpox is caused by an infection with the varicella virus.

**What are the symptoms of chickenpox?**

The symptoms of chickenpox are: feeling ill, fever and a skin rash, which is often itchy. The rash begins on the chest, back, underarms, neck and face. It starts out as red bumps which turn into blisters within several hours. These blisters scab over after a few days.

**How serious is chickenpox?**

Though chickenpox is usually a mild disease, serious complications, such as pneumonia and skin infections can occur. Before chickenpox vaccine was available, there were over 4 million cases of chickenpox in the United States each year and approximately 100 people died each year of chickenpox complications.

**How does a person get chickenpox?**

People get chickenpox by exposure to the droplets that come out the nose or mouth of a person with chickenpox when that person coughs or sneezes, exposure to the saliva of a person with chickenpox (sharing a cup or a toy), or to exposure to fluid from the chickenpox blisters.

**How long does it take to come down with chickenpox after a person is exposed?**

The illness usually appears between 13 and 17 days after exposure, but can occur as soon as 10 days and up to 21 days after exposure.

**When are people with chickenpox contagious?**

A person with chickenpox is contagious from one to two days before the rash develops until all the blisters have dried into scabs, usually about six days after the rash appears.

**Can I keep my child from coming down with chickenpox?**

A vaccine which can prevent chickenpox (varicella vaccine) is available and is recommended for most children age 12 months of age or older who have not had chickenpox. If varicella vaccine is given within three days of exposure to chickenpox, and possibly for up to five days, it may prevent chickenpox or reduce the severity of disease. If your child has not received the varicella vaccine or had chickenpox, contact your child's health care provider and let them know your child may have been exposed to chickenpox.

**If my child develops chickenpox, how long must he/she stay away from childcare?**

Children who develop chickenpox must be excluded from the child care until all the blisters have dried and formed scabs (about a week after the onset of the rash).

I am pregnant. I've never had chickenpox or received the varicella vaccine, and I was exposed to someone with chickenpox. What should I do?

**A pregnant woman who has never had chickenpox and has never received varicella vaccine, who is exposed to chickenpox should consult her doctor immediately.**

\* These are the dates that the person with chickenpox was at child care while contagious. The contagious period begins two days before the onset of rash, and continues until all the blisters have dried and formed scabs.







# 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).**

**Boy's Windbreaker Jacket with Drawstring** manufactured by Hurley International in Hong Kong and sold at various department and specialty stores nationwide from July to early Dec. 2005 for \$50 - \$60.

**Plastic Siren Whistle** manufactured by Chuck E. Cheese's in China and sold at Chuck E. Cheese's nationwide from July 2005 through August 2005.

**Bounce Bounce Baby! Door Jumpers** manufactured in China, distributed by Kids II Inc. and sold at discount department and juvenile specialty stores nationwide from Jan. 2005 – Nov. 2005 for about \$20.  
**Little Tree Mini Learning Cube** manufactured in China by Maxim Enterprise, Inc., distributed by Target and sold at Target stores nationwide from June 2005 through November 2005 for about \$15.

**Children's Books - The "Amazing Baby Look and Play," the "Amazing Baby Touch and Play," and the "Rattle, Rattle" board book** manufactured in Thailand by Advantage Publishers Group and sold nationwide from May 2003 – Nov. 2005 for about \$16 for the activity books and \$6 for the board book.

**Fisher-Price® Laugh & Learn™ Musical Learning Chair™** manufactured in China by Fisher-Price and sold at discount department and toy stores nationwide from May 2005 through January 2006 for \$27.

**Aspen 3 in 1 Cribs, sold under the Graco Trademark** manufactured in China by Simplicity Inc. and sold at department stores and children's product stores from August 2003 through May 2005 for \$130.

**Children's Upper Outerwear with Drawstrings** manufactured in China, India, Pakistan and Macau, imported by Steve & Barry's University Sportswear and sold at Steve & Barry's University Sportswear stores nationwide from January 2004 through December 2005 for between \$6 and \$10.



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

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## Class Registration Information

Pre-registration is required. To register, please mail the registration form on page 5. **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.

Child Care Health Program 1916 Boren Avenue, Suite 200 Seattle, WA 98101 (206) 296-2770

Please check out our web site at <http://www.metrokc.gov/health/childcare>

### 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.

