

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 2008

Vol. 7 No. 2

On-line Bloodborne Pathogens/HIV/AIDS Class

In partnership with Puget Sound Educational Service District, the Child Care Health Program has created an on-line Bloodborne Pathogens/HIV/AIDS course. The course allows child care providers to complete their Bloodborne Pathogens/HIV/AIDS course requirement at home or work at their convenience. Access to the internet is required. The cost of the class is \$25. To register for the class visit www.metrokc.gov/health/childcare/classes.htm.

March 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
3/20/08 Thursday	6:30 pm– 8:30 pm	Food Safety in Child Care/Food Handler Card Class See class description on page 3.	Safeco Jackson St. Center 306 – 23 rd Ave. South Seattle, WA 98144 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	See p. 3 for payment information
This class will also be offered on June 12. See page 3 for details.			Please see page 3 of this issue for class registration information.	

April 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
4/19/08 Saturday	8:30 am – 4:00 pm	*7 STARS Credits* (in Administration) Disaster and Emergency Preparedness for Child Care Providers	Tukwila Community Center (Banquet Hall) 12424 – 42 nd Avenue South Tukwila, WA 98168 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$70 Please make checks payable to: SKCDPH
Please see flyer in this issue for details!				



April 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
4/29/08 Tuesday	6:30 pm – 9:30 pm	Pediatric First Aid for Child Care Providers 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	\$35 Please make checks payable to: SKCDPH
This class is taught by trainers certified by the National Safety Council. Participants will receive a Pediatric First Aid Card from the National Safety Council and a first aid book.				

Save the Date!!!

Plan to attend **Fuel and Play the Healthy Way** on Saturday, May 31, 2008 at Highline Community College in Burien. In this fun and active workshop we'll explore ways to help children establish healthy eating and physical activity habits. Look for details and registration information in the May/June newsletter (mailed mid-April).

More STARS Classes!

Child Care Health Program Public Health Nurses and Nutrition Consultants will teach two classes with Child Care Resources in March. Pre-registration is required. For more information and to register for these classes with Child Care Resources call (206) 329-1011 or visit www.childcare.org. Please do not use the registration form in this newsletter.

Let's Get Moving! Physical Activity for Child Care Programs

10 am – 12 noon on Saturday, March 8, 2008
Child Care Resources (Seattle)
1225 South Weller, Suite 300
Seattle, WA 98144



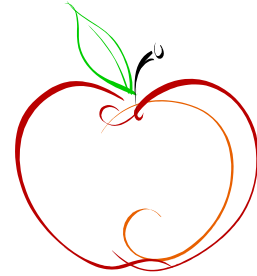
Recognizing and Reporting Child Abuse and Neglect

10 am – 12 noon on Saturday, March 22, 2008
Child Care Resources (Kent)
232 – 2nd Ave South, Suite 104
Kent, WA 98032



Do you...

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



We are offering two classes on Food Safety in Child Care this spring. Each class includes the option to take the test to get a Food Handler Card:

Thursday, March 20, 2008
6:30 PM – 8:30 PM
Safeco Jackson Street Center
306 – 23rd Ave. South
Seattle, WA 98144

Thursday, June 12, 2008
6:30 PM – 8:30 PM
Salvation Army Church/Little People
Daycare
9501 Greenwood Avenue North
Seattle, WA 98103

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.

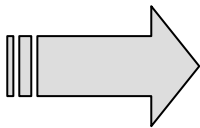
We are offering 2 different options for this class (please make checks payable to SKCDPH):

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.

Please write Option 1 or Option 2 on the registration form on page 7.

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



Important Information about Food Worker Cards in Washington State

Food Worker cards in Washington State are only valid if they are issued by the State of Washington through your local health department. Online certificates and courses from private companies/organizations are not valid in Washington State.

Available in alternate formats upon request.





Communicable Disease Update!

Updated letters to notify families about a possible exposure to an infectious disease are now available on the Child Care Health Program's website at: www.metrokc.gov/health/childcare.

Replacing the now out-of-date "Caregiver Parent Health Connection Communicable Disease Handbook," these letters advise staff and families on how to limit the spread of the disease, symptoms to look for, and whether a child may attend child care if affected. These letters can help you maintain a healthier child care environment; they also satisfy the posting requirement in WAC 170-295-3030.

If you have questions about the letters, exclusion from child care due to illness, or other communicable disease concerns, please contact the Child Care Health Program at 206-296-2770 to speak with a public health nurse.

Please remember that when an unusual number of children and/or staff from your program are ill, you should call the Child Care Health Program (206-296-2770) and also Public Health's Communicable Disease Program at 206-296-4774. A good guideline to use: If greater than 10% of children in your program, or more than a few children in the same room, are out ill with similar symptoms, you should make the calls. Based on the information you provide, you may be offered important suggestions for reducing transmission of the illness. This also helps Public Health compile important disease tracking information.

If your program's health policy is based on the Child Care Health Program's Model Health Policy, please see the "Communicable Disease Reporting" page for this and more information.





Safety and Health Alert for Flavorings and Flavoring Ingredients

Many brands of butter substitutes, when heated, release vapor from a chemical additive called diacetyl. When inhaled this vapor has been linked to a serious lung disease called bronchiolitis obliterans. Eating products cooked in butter substitutes containing diacetyl is not a concern. Diacetyl is only a concern when it is inhaled into the lungs after it has been heated.

The diacetyl vapors from some of the products are released in such a volume that they could pose a risk to cooks who spend a lot of time over hot skillets or grills in poorly ventilated kitchens. There may also be a concern for other staff and children in child care programs that use these products.

Avoid products labeled “butter flavored” as they may contain diacetyl. While product labeling does not often indicate the presence of diacetyl, some products are now using labeling that indicates that the product is “diacetyl free” or “low diacetyl.” Consider choosing these products instead of other “butter flavored” foods. The Seattle P-I did an analysis of the diacetyl content of specific brands of butter substitutes which was published in an article “Flavoring Additive Puts Professional Cooks at Risk” on 12/21/07. The article is now available online at <http://seattlepi.nwsource.com> (search for diacetyl to locate the article).

Classroom Oral Health Education Available for 3 - 5 Year Old Children in Child Care

Did you know that dental decay is the single most common chronic disease of early childhood — 5 times more common than asthma? Did you know that it's infectious?

Children of color and those in low income families are at least twice as likely, and in Seattle are three times as likely, to have untreated decay. Children who do not speak English are about twice as likely to have untreated decay.

The good news is that cavities are highly preventable!

The Children's Health Initiative, part of Public Health- Seattle & King County, is offering free oral health education to preschool children in child care programs. The trainer was a preschool teacher for 30 years.



Classroom education includes dental care and nutrition, plus each child receives a dental goody bag with tooth brush, tooth paste, timer, stickers, pencil, etc.

If you are interested in learning more about the oral health education program for 3 – 5 year olds, please contact Cam Do Wong at (206) 263-8748, or camdo.wong@kingcounty.gov.



Please Post
for Families!

GET DENTAL CARE FOR YOUR KIDS IN KING COUNTY!

The KC KIDS dental program provides dental care coverage at no cost to children who qualify.

YOU ARE LIKELY TO BE ELIGIBLE IF:

- You live in King County, Washington.
- Your children are under the age of 20.
- Your income meets our program guidelines.
- Your children have no other dental coverage.

Family Size	Household Monthly Income*
2	\$2,852 - \$3,423
3	\$3,577 - 4,293
4	\$4,308 - \$5,163
5	\$5,027 - \$6,033
6	\$5,752 - \$6,903
7	\$6,477 - \$7,773
8	\$7,202 - \$8,643
9	\$7,928 - \$9,513
10	\$8,653 - \$10, 383

(Toll Free) 1-866-839-9466
www.kckidsdental.org

* If your income is below these guidelines, contact the Community Health Access Program to learn about other programs. Call (206) 296-4841 or visit www.whf.org/programs/chap.aspx

IMPORTANT RECALL INFORMATION

There have been a large number of recalls these past two months that involve products relating to children. The Child Care Health Program recommends that all child care providers visit the Consumer Product Safety Commission's (CPSC) website 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. Remember to check the website for recalls when you buy used furniture and toys.

Sign up to be notified about recalls

To sign up to receive e-mails from the CPSC when children's products are recalled go to www.cpsc.gov and click on "Recalls and Product Safety News." Scroll down and click on "Join our recall notification list" (on lower left hand side of screen). Check the "Infant/Child" product box when you sign up and you will receive e-mails when children's products are recalled.

Recalled car seats and booster seats

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.





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 – 2124 – 4th Ave., 4th Floor, Seattle, WA 98121**

 Please cut here

Class Registration Information

Pre-registration is required for all classes. To register, please mail the registration form above. The registration form is also available on our website at www.metrokc.gov/health/childcare. **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
2124 – 4th Avenue, 4th Floor, Seattle, WA 98121

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.



Child Care Health Program
Public Health – Seattle & King County
2124 – 4th Ave., 4th Floor
Seattle, WA 98121

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CHANGE SERVICE REQUESTED



Child Care Health Connection
March/April 2008

Public Health 
Seattle & King County

In this issue of the Child Care Health Connection:



- Communicable Disease Update
- Safety Alert for Flavorings and Flavoring Ingredients
- Dental Care for Families
- Classroom Oral Health Education Available
- Classes:
 - Food Safety/Food Handler Card
 - Disaster and Emergency Preparedness
 - Pediatric First Aid
 - Online Bloodborne Pathogens/HIV/AIDS training



Disaster and Emergency Preparedness for Child Care Providers

This class is designed for child care center directors and other in-charge center staff. Seattle Emergency Management and Public Health – Seattle & King County have joined together to provide a program designed to help child care providers develop a comprehensive disaster plan (as required by WAC) and effectively prepare for everything from earthquakes to pandemic flu. The training has 5 main components:

- Developing a plan
- Stocking appropriate supplies
- Educating staff, children, and parents about disasters and your disaster plan
- Planning, running, and evaluating effective drills
- Identifying and mitigating hazards

Take-away items include a modifiable plan, sample forms, and a response flip chart. Participants will be encouraged to use their new knowledge and materials to prepare their child care site for a disaster.

When: Saturday, April 19, 2008 8:30 AM – 4:00 PM (Sign in begins at 8:00 am)

Where: Tukwila Community Center (Banquet Hall)
12424 – 42nd Avenue South
Tukwila, WA 98168
(Directions on back of this page)

Cost: \$70.00 (Lunch is included)



7 STARS Credits in Administration will be provided



CLASS REGISTRATION FORM

Class Name & Date: Disaster and Emergency Preparedness April 19, 2008

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: _____

I am requesting a vegetarian lunch Yes No

Please Register Early! Enclose your payment & return this registration form to:
Child Care Health Program – Class Registration – 2124 – 4th Ave., Suite 400, Seattle, WA 98121

Directions to the Tukwila Community Center

12424 – 42nd Avenue South
Tukwila, WA 98168
(206) 768-2822

Southbound on I-5

Take Exit #156 (Tukwila/Interurban Ave.)
Turn RIGHT onto Interurban Ave.; proceed NORTH
At stop light at 42nd Ave. S., turn RIGHT
Cross River and Community Center is immediately on your RIGHT

Northbound on I-5

Take Exit #156 (Tukwila/West Marginal Way)
Take the Tukwila Exit; turn LEFT onto Interurban Ave.
Move to the RIGHT lane
At stop light at 42nd Ave. S. turn RIGHT
Cross River and Community Center is immediately on your RIGHT

From International Boulevard/Pacific Highway/Hwy 99

Turn EAST onto S. 130th
At Macadam Road, turn LEFT
Cross Interurban Avenue.
Cross River and Community Center is immediately on your RIGHT

Eastbound on SR-518/I-405

Take I-5 North exit and move to right land. Follow directions above for Northbound on I-5

Westbound on I-405

Take I-5 North exit. Follow directions above for Northbound on I-5

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