

# 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 2007

Vol. 6 No. 1

**DATE                      TIME                      CLASS                      LOCATION                      PAYMENT**

<b>March 2007 Classes</b>				
3/01/07 Thursday	6:00 PM – 8:00 PM	<b>*2 STARS CREDITS*</b> Illness and Medication Management	Damascus Child Care Center 5237 Rainier Avenue South Seattle 98118 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>	\$20 Please make checks payable to: SKCDPH
3/08/07 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> Public Health – Seattle & King Co. 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>	\$20 Please make checks payable to: SKCDPH
3/09/07 Friday	1:30 PM – 3:00 PM	<b>*2 STARS CREDITS*</b> Recognizing and Preventing Child Abuse and Neglect for School Age Providers	<b>Latona School Associates Program</b> John Stanford International School 4057 – 5 <sup>th</sup> Ave. Seattle 98105 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>	\$20 Please make checks payable to: SKCDPH
3/14/07 Wednesday	7:00 PM – 9:00 PM	<b>HIV/AIDS/Bloodborne Pathogens for School Age Providers</b>	<b>Child Care Health*</b> Public Health – Seattle & King Co. 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>	\$20 Please make checks payable to: SKCDPH



DATE	TIME	CLASS	LOCATION	PAYMENT
3/24/07 Saturday	9:00 AM – 3:30 PM	<b>*6 STARS CREDITS*</b> Fun and Safe Learning Spaces Please see green flyer in this newsletter for more information.	Lake WA Technical College West Bldg., 4 <sup>th</sup> Floor Auditorium, Room W404 11605 – 132 <sup>nd</sup> Ave. NE Kirkland 98034 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>	\$30 Please make checks payable to: SKCDPH
<b>April 2007 Classes</b>				
4/05/07 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> Public Health – Seattle & King Co. 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>	\$20 Please make checks payable to: SKCDPH
4/19/07 Thursday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> Cooking in the Classroom	<b>Legacy Montessori Child Care</b> 10406 NE 37 <sup>th</sup> Circle Kirkland 98033 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>	\$20 Please make checks payable to: SKCDPH
4/21/07 Saturday	8:00 AM – 3:30 PM	<b>*7 STARS CREDITS*</b> (in Administration) Disaster and Emergency Preparedness for Child Care Providers: Excellence Award Series Please see gold flyer in this issue for details.	<b>Student Activities Center</b> Central Seattle Community College 1718 Broadway Seattle 98122 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>	\$70 Please make checks payable to: SKCDPH
4/26/07 Thursday	7:00 PM – 9:00 PM	<b>First Aid for Child Care Providers</b>	<b>Bethel Christian Center</b> 414 SW 312 <sup>th</sup> Federal Way, WA 98023 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>	\$20 Please make checks payable to: SKCDPH
<b>May 2007 Classes</b>				
5/3/07 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> Public Health – Seattle & King Co. 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>	\$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.

## 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](http://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 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).

- **Baby greendog® girl's knit coveralls** made in and sold at Macy's stores nationwide from August 2006 through October 2006 for about \$30.
- **Holiday Time™ Stuffed Christmas Beagles** made in China and sold at Wal-Mart stores nationwide from September 2006 through December 2006 for about \$3.
- **Children's Hooded Sweatshirts with Drawstrings** made in China, imported by Seena International and sold at various clothing stores, including Ross Stores & Gordman's, from September 2006 through December 2006 for about \$25.
- **"See Kai Run" Brand Children's Boots** made in China by See Kai Run and sold at children's shoe stores, department stores, boutiques and Web retailers nationwide from November 2004 through November 2006 for about \$40.
- **Brio Bell Rattles** made in China by BRIO AB and sold by mail order, Internet and specialty to stores nationwide from February 2005 through April 2006 for about \$5.
- **Gemco® Lemonade Jars** made in China, imported by Lifetime Brands Inc. and sold by retailers nationwide from April 2004 through November 2006 for about \$16.

**List continues on p. 7...**



## Lead Poisoning and Children: The Need to Stay Aware

Lead is a useful and common metal that has been used by humans for thousands of years. Even so, it is a very dangerous poison, particularly for children, when it is accidentally inhaled or ingested. Unfortunately, lead poisoning is all too common. Nationally, about 310,000 children have elevated blood lead levels.

Lead has no known purpose in our body. It contributes to learning disabilities resulting in decreased intelligence, to behavior issues, to decreased physical growth and more. Extremely high levels of lead cause death and tragically several U.S. children have died in the last couple of years.

Lead is found frequently in our environment. For example, lead is commonly found in houses built before 1978. While leaded paint chips and dust probably contribute most to the lead children have in their bodies, there are many other ways that children can be exposed to lead. Imported candies, drinking water, soil, and imported pottery are just a few sources of lead. In fact, one of the children who died in the U.S. was a young boy who swallowed a piece of jewelry containing lead.

Over the past two decades regulations have been established to reduce or eliminate lead in products like gasoline and paint. In other words, while lead used to be a common ingredient in gasoline and paint they are now generally manufactured without lead. This has greatly reduced the number of lead-poisoned children. Despite these new rules, lead is still a **real** problem that continues to poison thousands of children.

To learn more about lead and ways to reduce the risk to you and your children, contact Nicole Thomsen at Public Health – Seattle & King County at 206-296-3916 or by e-mail at [nicole.thomsen@metrokc.gov](mailto:nicole.thomsen@metrokc.gov).

You can also attend the “Fun and Safe Learning Spaces” conference being held at Lake Washington Vocational Technical College on Saturday, March 24, 2007. Please see the green flyer in this issue for more information.



### STARS Scholarships are Available!



Do you know that scholarships are available to child care providers to cover the cost of your STARS classes? Please call (253) 854-2565, ext. 16 or visit [www.waeyc.org](http://www.waeyc.org) and click on “WA STARS” for more information.



# Real Fresh Air Doesn't Come in a Can

## The facts about air fresheners

We all love fresh air. And if you define fresh air as unpolluted outdoor air, the ideal indoor “air freshener” is an open window. But that’s not always practical for child care providers. To cover up the not-so-pretty smells you may experience occasionally, you might turn to the kind of air freshener you buy at a store.

You’re not alone. About \$9 billion worth of air fresheners and related fragrance products for homes are sold every year. The companies that sell air fresheners constantly introduce creative new products with names like Country Berries, Hawaiian Breeze and Suddenly Spring. Or, if you really want to get down to business, you could try the one called Super Odor Killer.

But some of these products may compromise the health of the children and staff at your child care. An extensive 1999 study by researchers at the University of Bristol in England reported that, in private homes where air fresheners were used most days, babies less than six months old had 30 percent more ear infections than those where air fresheners were used less than once a week. This study also noted that mothers suffered from 25 percent more headaches and 19 percent more depression in homes where aerosols and air fresheners were used frequently.

Last May, University of California at Berkeley researchers reported that three of the four air fresheners they sampled contained substantial quantities of terpenes, chemicals that may react with ozone (also commonly found in indoor air) to produce a number of toxic compounds. Many experts also believe air fresheners can worsen asthma symptoms.

Small children face additional risks from simply having these types of products around them. They can get spray or oils in their eyes, for example. Local poison control centers in the U.S. reported a total of 16,242 incidents of toxic exposures from air fresheners in 2004, says the American Association of Poison Control Centers. More than 80 percent of those exposures involved children under six years old.

The State of Montana’s Department of Public Health and Human Services specifically recommends avoiding the use of air fresheners and scented candles at child care centers.

Some air fresheners pose more of a risk than others. But the total chemical composition of most of these products remains a closely-guarded secret. The federal government’s Household Products Database (see Resources box) does provide useful information, by product name, about some air fresheners. For instance, you will learn that aerosol air fresheners often contain the flammable propellants butane and propane. But many air fresheners do not list any specific ingredients, neither in the database nor on product labels and packaging.

One line of home “air sanitizer” products claims to be better than air fresheners, since it kills odor-causing bacteria in the air rather than just covering up odors. But an aerosol version of this product consists of 25 to 35 percent “liquefied, sweetened petroleum gases,” and is highly flammable, according to the Household Products Database.



In addition to the questionable chemicals in some air fresheners, the newest products often have an additional cost, both environmentally and financially: You need batteries or electricity to run them. Several products have fans, and Procter & Gamble offers an air freshener unit for around \$30 that plays “scent discs,” using a concept similar to a CD player.

Even with less expensive air fresheners, the cost of buying sweet smells can quickly add up. Aerosol sprays commonly sell for \$1.79 to \$4, while plug-ins and fan-operated units may cost \$5 to \$15, plus the additional cost of the fragrance refills.

**Rather than masking odors as most air fresheners do, try to remove odors at the source.**

Experts from the Local Hazardous Waste Management Program in King County recommend using baking soda to absorb smells on carpets or in garbage cans. You can also reduce odors simply by taking the trash out more often. If mold is the issue, work on getting rid of it, because health issues associated with mold can go far beyond the unpleasant smell. Open a screened window for at least part of the day, if that option is open to you. If you are in a building with a heating, ventilating, and air conditioning (HVAC) system, make sure vents are not blocked, air flow is adequate, and filters are changed regularly.

Don't believe all the advertising about air fresheners. The children and staff at your child care will be safer, and healthier, without them.

*The author of this article is Tom Watson who manages the EcoConsumer project for King County Solid Waste Division. Tom adapted this article from a column he wrote that first appeared in the Oct. 6, 2006 Seattle Times.*

## RESOURCES

**Montana Department of Public Health and Human Services checklist for indoor air quality at day cares:** [www.dphhs.mt.gov/epht/daycarechecklist122005.pdf](http://www.dphhs.mt.gov/epht/daycarechecklist122005.pdf)

**Local Hazardous Waste Management Program in King County:**  
[www.govlink.org/hazwaste/house/alternatives](http://www.govlink.org/hazwaste/house/alternatives)

**Organic Consumers Association:** [www.organicconsumers.org/2006/article\\_279.cfm](http://www.organicconsumers.org/2006/article_279.cfm) Scroll down to “Air Fresheners.”

**Household Products Database:** [www.householdproducts.nlm.nih.gov](http://www.householdproducts.nlm.nih.gov)



Information in this newsletter is available in alternate formats upon request by people with disabilities. Reasonable accommodations at workshops and trainings are available up 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 \_\_\_\_\_

## Important Recalls (continued from p.3)

- **Children's Powerpuff Girls necklaces** made in China, imported by Rhode Island Novelty and sold at carnivals, amusement parks, family entertainment centers, small discount stores nationwide and at [www.rinovelty.com](http://www.rinovelty.com), from March 2003 through Nov. 2006 for about \$1.
- **Bright Starts Star Teether Beads and Bright Starts Teether Beads** made in China, distributed by Kids II Inc. and sold at discount department and juvenile specialty stores nationwide from June 2006 through Jan. 2007 for \$1 - \$3.
- **Children's Butterfly Necklaces** made in China, imported by U.S. Toy Co., Inc. and sold at U.S. Toy Company retail stores and children's and small discount stores nationwide and online at [www.ustoy.com](http://www.ustoy.com) from Aug. 2006 through Dec. 2006 for about \$4 per dozen.
- **Plush Baby Rattles and Photo Frame Ornaments** made in China by Target and sold at Target stores exclusively nationwide from Nov. 2006 through Dec. 2006 for \$1.
- **Graco Contempo Highchairs** made in China by Graco Children's Products Inc. and sold by Babies "R" Us, Toys "R" Us, Target, Target.com, Wal-Mart, Wal-Mart.com, Burlington Coat Factory, Shopko, AAFES, USA Baby and various specialty retailers nationwide from Dec. 2005 through Dec. 2006 for \$100 - \$130.
- **MagneBlocks™ Magnetic Construction Toys** made in China, distributed by Geometix International LLC and sold at discount department and toy stores, Web sites, and other toy and arts and crafts stores nationwide. The MagneBlocks™ magnetic building sets were sold from Jan. 2004 through Nov. 2006 for \$20 - \$120. Sets currently for sale have improved warning labels.
- **Phil & Teds e3 Strollers with doubles seats** made in China by Regal Lager Inc. and sold by baby furniture and baby products stores nationwide, and Internet retailers from July 2005 through Nov. 2006 for about \$380.
- **BABYBJORN® Feeding Spoons** made in Sweden, imported by BabySwede LLC and sold at specialty juvenile product stores, catalogs and Internet sites from Jan. 2001 through Nov. 2006 for about \$9.



# Disaster and Emergency Preparedness for Child Care Providers: Excellence Award Series

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. This class is a condensed version of our 10 hour Disaster and Emergency Preparedness training. Participants will be encouraged to use their new knowledge and materials to prepare their child care site for a disaster and to apply for the "Child Care Excellence Award in Disaster Preparedness."

When: Saturday, April 21, 2007 8 AM – 3:30 PM (Lunch will be provided)

Where: Student Activity Center at Seattle Central Community College  
1718 Broadway, Seattle 98122  
(Directions and map on reverse)

Cost: \$70.00



**\*7 STARS Credits in Administration will be provided\***



## CLASS REGISTRATION FORM

Class Name & Date: Disaster and Emergency Preparedness April 21, 2007

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 – 1916 Boren Ave, Suite 200 Seattle, WA 98101



## Map and Directions

### FROM Interstate 5 Northbound

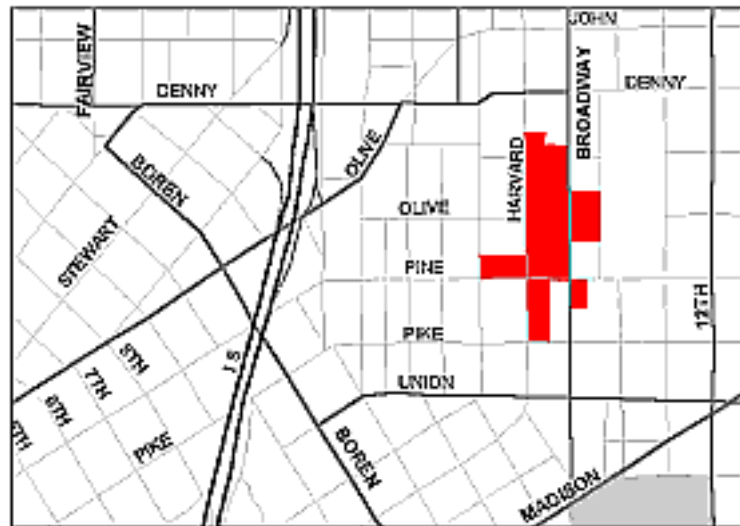
Take Olive Street exit (under the Washington State Convention and Trade Center) and follow Olive Way east to Denny Street and turn right on Denny. Go up the hill and turn right on Broadway. Continue south on Broadway. The Student Activity Center (1718 Broadway) will be on your left (the east side of Broadway).

### FROM Interstate 5 Southbound

Take Denny Way exit and go straight through the first light. At the second light, turn left onto Denny Way. Follow Denny Way east to Broadway. Turn right on Broadway. Continue south on Broadway. The Student Activity Center (1718 Broadway) will be on your left (the east side of Broadway).

### PARKING

Parking is on the street (most are metered) or in pay lots. There is a campus parking garage at Harvard and Pine: Continue south on Broadway to Pine, turn right, and go one block west to the Parking Garage located at Harvard and Pine.



## Disaster and Emergency Preparedness for Child Care Providers



# Fun and Safe Learning Spaces

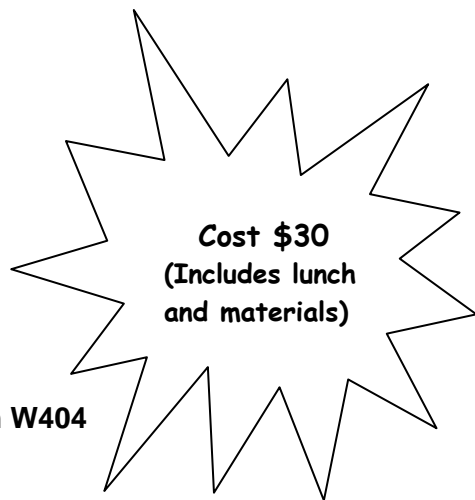
- Learning Landscapes: Designing safe, interactive play spaces for children
- Childhood Lead and Arsenic Poisoning Prevention: What it is, why it's so important, and what to do about it
- Healthy yard care for safer outdoor play



**SATURDAY, March 24, 2007**

**9:00 AM – 3:30PM**

(Check-in opens at 8:30 AM)



**Lake Washington Technical College  
West Building, 4<sup>th</sup> Floor Auditorium, Room W404  
11605 – 132<sup>nd</sup> Ave. NE  
Kirkland 98034**

Sponsored by:  
 Environmental Health Division, Public Health – Seattle & King County  
 Child Care Health Program, Public Health – Seattle & King County  
 U.S. Environmental Protection Agency



**For more information contact the Child Care Health Program at (206) 296 2770.**

**Fun and Safe Learning Spaces** Registration – **Pre-registration is required.** Please make checks payable to SKCDPH. Please register early as workshops fill quickly!

**NAME** \_\_\_\_\_ **PHONE (work)** \_\_\_\_\_ **(home)** \_\_\_\_\_

**STARS ID #** \_\_\_\_\_

**YOUR ADDRESS** \_\_\_\_\_ **(Zip code)** \_\_\_\_\_

**CHILD CARE PROGRAM NAME** \_\_\_\_\_ **PROGRAM PHONE #** \_\_\_\_\_

**CENTER OR CHILD CARE HOME ADDRESS** \_\_\_\_\_ **(Zip code)** \_\_\_\_\_

**PROGRAM E-MAIL ADDRESS** \_\_\_\_\_ **# CHILDREN ENROLLED** \_\_\_\_\_

Is this a center?  or a child care home?  Is your program located in Seattle? Yes  No

I am requesting a vegetarian lunch. Yes  No  I'd like a Spanish language interpreter. \* Yes  No

\*Please respond by March 1 so we can invite an Spanish language interpreter.

**MAIL REGISTRATION FORM AND CHECK TO:  
 Child Care Health Program, Attn: Conference Registration  
 1916 Boren, Suite 200, Seattle WA 98101**

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

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