

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 May/June 2006

Vol. 5 No. 3

DATE	TIME	CLASS	LOCATION	PAYMENT
May 2006 Classes				
5/4/06 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
5/6/06 Saturday	9:00 AM – 2:30 PM	*5 STARS CREDITS* Count Me In! A Workshop for School Age Care Providers See blue flyer in this issue for information.	Highline Community College Highline Student Union (Building 8) 2400 S. 240 th St. Des Moines, WA 98198 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$40 Please make checks payable to: SKCDPH
5/6/06 Saturday	9:00 AM – 12 Noon	*3 STARS CREDITS* Managing Food Safety in Child Care: Using the HACCP method to identify risks and prevent problems.	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	\$24 Please make checks payable to: SKCDPH
5/6/06 Saturday	12 Noon – 2:00 PM	Food Safety in Child Care/Food Handler Card Class and Test See description on page 4.	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	See p. 4 for payment information



DATE	TIME	CLASS	LOCATION	PAYMENT
5/11/06 Thursday	7:00 PM – 9:00 PM	Bloodborne Pathogens/HIV/AIDS	White Center Public Health Center 10821 – 8 th Ave. SW Seattle 98146 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH
5/11/06 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Stress Management Learn to recognize stress and ways to reduce and cope with stress.	ACAP 1102 J. Street SE Auburn, WA 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
5/18/06 Thursday	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	\$10 Please make checks payable to: SKCDPH
June 2006 Classes				
6/1/06 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
6/7/06 Wednesday	10:00 AM – 12 Noon	Bloodborne Pathogens/HIV/AIDS For School Age Care Providers	Brighton Elementary Child Care/Boys and Girls Club 6725 – 45 th Ave. S. Seattle 98118 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH
6/8/06 Thursday	7:00 PM – 9:00 PM	Bloodborne Pathogens/HIV/AIDS	White Center Public Health Center 10821 – 8 th Ave. SW Seattle 98146 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH
6/14/06 Wednesday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Sign Language for Infants and Toddlers	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	\$16 Please make checks payable to: SKCDPH
6/14/06 Wednesday	10:00 AM – 12 Noon	First Aid for School Age Care Providers	Brighton Elementary Child Care/Boys and Girls Club 6725 – 45 th Ave. S. Seattle 98118 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH



DATE	TIME	CLASS	LOCATION	PAYMENT
6/15/06 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Asthma and Allergies: What you need to know Includes information on completing a health plan	ACAP 1102 J. Street SE Auburn, WA 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
6/17/06 Saturday	9:00 AM – 12 Noon	*3 STARS CREDITS* Incorporating Special Dietary Needs into Your Menus, Plus...Ergonomics in the Kitchen	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	\$24 Please make checks payable to: SKCDPH
6/22/06 Thursday	6:30 PM – 8:30 PM	Food Safety in Child Care/Food Handler Card Class See description on page 4.	Happy Medium School 620 – 20 th Ave. South Seattle 98144 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	See p. 4 for payment information
6/29/06 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Caring for Infants: Growth, Development, Health and Safety Let's talk infants! Bring your questions...	Kindercare – Brown's Point 34110 Hoyt Road Federal Way, WA 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
Registration for this July class is now open!				
7/22/06 Saturday	9:00 AM – 3:00 PM	*6 STARS CREDITS* Bringing the World into your Kitchen: Culturally Relevant Mealtimes and Menu Planning See page 5 for more information!	Duwamish Apprenticeship and Education Center 6770 E. Marginal Way S. Seattle, WA 98108 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$48 Please make checks payable to: SKCDPH

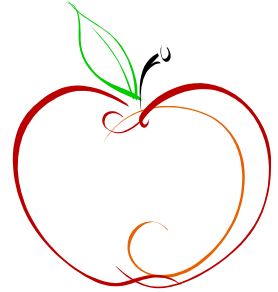
* 1916 Boren is next to Dollar Rent-A-Car between Stewart St. and Virginia St. (west of I-5 and a few blocks from REI). Parking is available in nearby lots for \$3 or on the street (meters are free after 6 PM). The Child Care Health Program entrance is on the southeast side of the building.

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

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

Food Safety in Child Care

- When: June 22, 2006, 6:30 PM – 8:30 PM
- Where: Happy Medium School
620 – 20th Ave. South
Seattle 98144

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.



We are once again offering this exciting class celebrating the varied foods served in our region...



Bringing the World into your Kitchen: Culturally Relevant Mealtimes and Menu Planning

Widen your horizons and make your menus more exciting with unique and wonderful ideas to create child friendly, teacher pleasing menus. Serving diverse foods makes the world a friendlier, more understandable place for children. In this fast paced class, we'll learn to prepare (and sample!) a variety of foods.

When: Saturday, July 22, 2006 9:00 AM – 3:00 PM

Where: Duwamish Apprenticeship and Education Center
6770 E. Marginal Way S.
Seattle, WA 98108
(Map and directions on back)

Credits: 6 STARS Credits

Cost: \$48 (Includes lunch and materials)
Please make checks payable to: SKCDPH

**Registration is now open for this class.
Please use the registration form on page 9.**

For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare A campus map is available at: www.rtc.edu/ContactUs/BuildingGuide/ Directions will also be available in the July/August issue of this newsletter.





SOIL SAFETY PROGRAM STARTS IN LATE SUMMER

A new program is coming to help protect children from arsenic and lead in the soil. The Tacoma Smelter Plume project will provide free soil sampling of outside play areas. Child care programs in a certain service area (e.g. coastal southeast King County, Vashon-Maury Island, northeast and coastal mainland Pierce County) will receive the free soil sampling.

If a child care program has arsenic and lead in amounts that are a concern – the Washington Department of Ecology will pay for actions that will make the child care a healthier and safer place for children.

Stay tuned! Public Health – Seattle & King County will start contacting eligible child care programs in late summer 2006. Tacoma – Pierce County Health Department will start contacting eligible child care Programs in winter 2007.



For more information, contact Mark Kastenbaum, Ecology's Soil Safety Program Coordinator at 360-407-6262 or Mkas461@ecy.wa.gov. A service area map and more information can be found on the Soil Safety Program website at http://www.ecy.wa.gov/programs/tcp/sites/tacoma_smelter/ts_hp.htm

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 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.**

Recalled products include:

- Primary Sounds Toy Vehicles
- Children's Jewelry sold at American Girl Stores
- Child Guidance Toy Pliers

(Product list continued on page 8...)



SIDS RISK REDUCTION IN CHILD CARE

By Keri Wagenaar, MPH, Executive Director of the SIDS Foundation of Washington

Most child care providers would agree that having an infant in their care die of SIDS (Sudden Infant Death Syndrome) is one of the worst things they can imagine. The bad news is that SIDS remains the leading cause of death in infants from one month to one year of age. For every 1,000 babies born in Washington, one will die from SIDS. But there is good news also. Much research has been done on factors that increase a baby's risk of dying of SIDS. We now know that following the latest risk reduction steps will dramatically decrease the likelihood that you will ever have to deal with a SIDS death. It is important to remember that following these steps will not *prevent* all SIDS deaths, because we still do not know the cause of SIDS. But the steps do significantly reduce the risk of SIDS, and they do save lives every day.

The most well-known SIDS risk reduction recommendation is "Back to Sleep." Since 1994, when the American Academy of Pediatrics began recommending that babies sleep on their backs, the rate of SIDS in the United States has dropped by half. It is crucial that babies sleep on their back for every single nap or nighttime sleep. SIDS has happened in our state when parents or providers placed a baby on the tummy "just this once" thinking it would help the baby sleep better. Some parents may fear that their baby will choke if she sleeps on her back. Doctors used to think that could happen, but we now know that this is not the case. In fact,

there have been no deaths due to choking since the Back to Sleep recommendation was made over ten years ago.

If you are already placing all infants in your care on their backs to sleep, that's a wonderful first step in reducing their risk of SIDS. But it is not enough. There are other recommendations that need to be followed to keep babies alive. One important one is overheating. Babies are not as good as adults at regulating their body temperature and we know from investigations of SIDS deaths that getting too hot raises a baby's chances of falling victim to SIDS. Make sure babies' faces, heads and hands always remain uncovered. Do not place many layers of clothing and/or blankets on the baby, and do not allow the room where babies are sleeping to become too warm. The room temperature should be between 65 and 70 degrees. If a baby arrives at your center asleep and has been bundled for travel outside, remove the baby's coat, hat, and any other extra layers before placing him in a crib to sleep.

Speaking of putting baby in a crib, what makes a safe sleep environment for baby? A safe crib is a boring crib: Just a safety-approved crib with a firm mattress and tight-fitting sheet. No bumper pads, no pillows, no stuffed animals, no blankets. All of these items raise the risk not only of SIDS but of accidental suffocation. The best choice is to not have any blankets in the crib. If a parent



insists on a blanket for their child, it should be a very lightweight blanket and the baby should be “feet to foot.” Place the baby’s feet right at the foot of the crib, put the blanket no higher than baby’s chest, and tuck it in on the sides and bottom. This reduces the risk of the blanket covering the baby’s face. Babies should not nap in car seats or swings and should never sleep on couches, recliners or adult beds.

You may have heard in the news recently about pacifiers being recommended for SIDS risk reduction. This is a new recommendation based on research that has shown that falling asleep with a pacifier reduces the risk of SIDS. This is of course a personal decision, but if a parent uses a pacifier for their baby, offer it to the infant when placing her for sleep. If she spits it out after she falls asleep, there is no need to repeatedly reinsert the pacifier. Pacifiers should not be attached to babies’ clothing with strings or ribbons.

Remember tummy time when babies are awake and supervised. You may have heard, “Back to sleep, tummy to play.” It is very important for infants to get daily time on their tummies to develop their muscles and prevent a flat head. Just be sure that you are watching the baby at all times, and return them to the crib if they should fall asleep.

The SIDS Foundation of Washington is a nonprofit organization based in Seattle serving the state of Washington. We would be happy to send materials to you for display in your child care or to share with parents. You can call Keri at the SIDS Foundation of Washington with any questions about SIDS, and you can also give our contact information to parents. We never charge for any of our services, and you can call toll-free at 1-800-533-0376 or email

ExecDirector@SIDSoFWA.org.

Remember, if you follow the risk reduction steps outlined above, you will greatly reduce the likelihood of SIDS happening to an infant in your care. Together we will save babies’ lives.



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

RECALLED PRODUCT LIST (Continued from page 5)

- Pelican Power Brick Battery Charger
- Reebok Heart-Shaped Charm Bracelets
- Dollar Tree Mood Necklace and Ring, Glow-in-the Dark Necklace and Ring, UV Necklace and Ring
- "U.S. Polo Association" Hooded Sweatshirt with Drawstring
- Simplicity Cribs with Graco Logo
- SunTome Baby Walker
- Bike Pro Baby Walker
- Han Baby Walker
- Black Dog Children's Hooded Sweatshirts with Drawstrings
- Art Accentz Changlz Metal Charms
- Next Marketing Youth Hooded Fleece with Drawstring
- The Little Times Co. Glowin' Dino and Glowin' Doggy Animal Flashlights
- Chicken Limbo Electronic Party Game
- "Girl Favors" Children's Toy Jewelry
- iPlay My First Mobile Phone
- BRIO's Pull-along Snails
- Primary Sounds Toy Vehicles
- All Magnetix Magnetic Building Sets
- LandRoller "Terra 9" Roller Skates
- InMotion Trampolines



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 9. **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.

