

# 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 2007

Vol. 6 No. 3

**DATE            TIME            CLASS            LOCATION            PAYMENT**

May 2007 Classes				
5/10/07 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>	<b>\$20</b> Please make checks payable to: SKCDPH
5/12/07 Saturday	9:00 AM – 2:30 PM	<b>*5 STARS CREDITS*</b> <b>Child Care and Mental Health – Working Together</b> Please see flyer in this issue for details.	<b>Bellevue Community College</b> Building B, Room B104 3000 Landerholm Circle SE 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>\$50</b> Please make checks payable to: SKCDPH
5/16/07 Wednesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Medication Management</b>	<b>Millennium Kids</b> 15801 Ambaum SW Burien, WA 98168 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</b> Please make checks payable to: SKCDPH
5/30/07 Wednesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Caring for Infants</b>  Co-sponsored by the Education Department of Highline Community College	<b>Highline Community College</b> Building 23, Room 115 2400 S. 240 <sup>th</sup> St. Des Moines 98198 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</b> Please make checks payable to: SKCDPH



DATE	TIME	CLASS	LOCATION	PAYMENT
<b>June 2007 Classes</b>				
6/07/07 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* Public Health – Seattle &amp; King Co. 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>\$20</b> Please make checks payable to: SKCDPH
6/09/07 Saturday	9:00 AM – 3:30 PM	<b>*6 STARS CREDITS*</b> <b>Fuel and Play the Healthy Way</b> Please see flyer in this issue for details.	<b>Highline Community College Highline Student Union (Building 8) 2400 S. 240<sup>th</sup> St. Des Moines 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>\$30</b> Please make checks payable to: SKCDPH
6/27/07 Wednesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Toddlers: Why They Do What They Do</b> Co-sponsored by the Education Department of Highline Community College	<b>Highline Community College Building 23, Room 115 2400 S. 240<sup>th</sup> St. Des Moines 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>\$20</b> Please make checks payable to: SKCDPH
6/28/07 Thursday	6:30 PM – 8:30 PM	<b>Food Safety in Child Care/Food Handler Card Class</b> See description on page 3.	<b>Fauntleroy Children’s Center 9131 California Ave. SW Seattle, WA 98136</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. 3 for payment information
<b>July 2007 Classes</b>				
7/12/07 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* Public Health – Seattle &amp; King Co. 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>\$20</b> 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



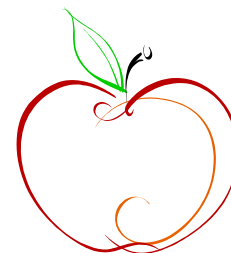
check will be returned to you. If a money order or cashier's check is used as payment, we will issue a refund. To avoid disrupting the class, and to receive full credit, please try to arrive on time. We also request that you make other child care arrangements so that your attention can be focused on 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.

### Do you...

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



This class on Food Safety in Child Care includes the option to take the test to get a Food Handler Card:

**When:** Thursday, June 28, 2007 6:30 PM – 8:30 PM

**Where:** Fautleroy Children's Center  
9131 California Ave. SW  
Seattle, WA 98136

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 \$20.**

**Option 2 To receive a Food Handler Card only:**  
Plan to stay until 8:30 and send us a **registration payment of \$10.**

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



**Please Post for Families!**

## **What to Say? When Play Mimics Real World and Media Violence**

By Lenore Rubin, Ph.D., Child Psychologist,  
Child Care Health Program, Public Health – Seattle & King County

Play has always been the language of childhood. Through play children try to master the things that make them anxious, rehearse new ideas so they can feel more competent, and work out solutions to conflicts with peers. Children bring a great deal of energy and enthusiasm to their play, especially when they are using play to understand feelings and learn about the world.

So, it is not surprising that sometimes the content of children's play turns to themes of power and control, aggression and loss. Given the violent images that fill today's world, it is not unusual for children to use violent content as the prop for exploring important issues. Most of us remember playing "shoot 'em up" or "capture" games complete with bad guys and dungeons. We might even remember the cute holster sets with silver revolvers proudly worn by many a child. Today, however, the images have changed to powerful superheroes engaged in mortal combat with frightening villains and weapons of mass destruction.

What can parents do when children's play focuses on war or the exploits of superheroes, and generally has violent content? Should violent play or the props of this kind of play be allowed? Instead of banning an entire segment of play choices for children, observation and intervention are likely better options for parents. Here are some suggestions:

- ❖ If a child seems focused on violent play perhaps additional support is needed for the child to feel safe and competent. For example, 7 year old James was turning his play into a violent scenario complete with "killers out to get him." James had been exposed to violent video games as well as movies with violent content. In school James also witnessed some bullying. His own fears about his safety created a need to be excessively powerful and he was using play to deal with his fears.  
  
James' parents decided to limit his access to violent media and reassured him that the images were not real. They also talked with James about how he could keep himself safe, and how the adults in his life would also keep him safe. Classroom bullying was addressed with his teacher.
- ❖ Intervene early if you notice that the themes of children's play become more aggressive and out of control. Set rules with children before they begin playing that reinforce the pretend nature of play and the need for everyone to be and feel safe. Enlist the children's help in establishing the boundaries for play. These boundaries could include not touching a friend's body and not aiming weapons directly at a friend.
- ❖ Try to limit children's exposure to violent themed or frightening media images including TV news reports and cartoons. When your children do watch superhero programs, sit



with them and talk about the program. These programs often have similar plots and are without much variation. Ask your child if the super hero could have solved the problem another way or if there was anything the bad guy could have done differently. Then, when your child repeats these themes in his/her play, raise the same questions and contribute some ideas about other possible solutions.

- ❖ Encourage creative and open-ended play by reading with your child and playing imaginative games. Instead of purchasing toys with pre-set themes (like action figures), provide materials that allow children to develop their own ideas. Even everyday household items can allow children the flexibility to be creative. (Remember using blankets to make “tents” for secret hideaways?)

Adults can influence children’s behavior by role modeling a peaceful problem solving approach to conflict resolution, and helping children develop warm, healthy and close relationships with others. The capacity to love and respect other human beings is certainly the best defense against violence in our world.

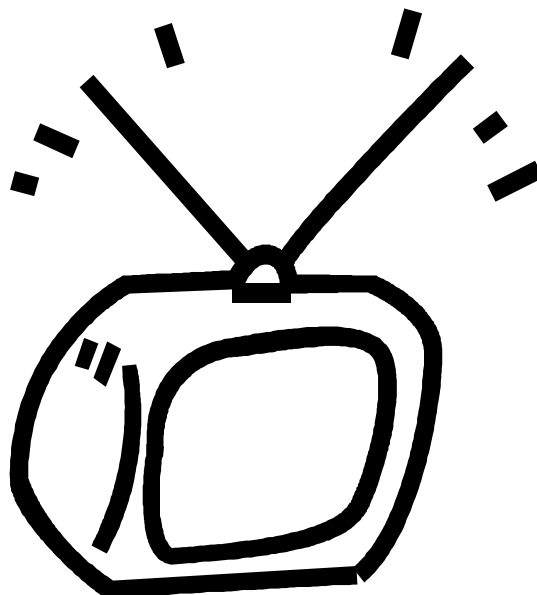
For more information:

National Association for the Education of Young Children  
<http://www.naeyc.org/ece/critical/violence.asp>

Levin, D.E. 2003. Beyond banning war and superhero play: Meeting children’s needs in violent times. *Young Children* 58(3): 60-64.

Media Awareness Network  
[www.media-awareness.ca](http://www.media-awareness.ca)

Action for Media Education (AME)  
[www.action4mediaeducation.com](http://www.action4mediaeducation.com)



## 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 the models involved in 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).

- **Orange Stuffed Fun Balls** manufactured by Regent Products Corp.
- **Triax PK7 and Vertical PK7 Bicycles** sold at Target Stores
- **Children's Necklaces** sold at Claire's Boutiques, Inc.
- **Children's Mood Necklaces** imported by Rhode Island Novelty
- **Children's Mood Necklaces** sold at Accessories Palace
- **"Elite Operations" Toy Sets** sold at Toys "R" Us stores
- **Boy's Jackets with an Attached Compass** sold at H & M stores
- **Cobmex Youth Jackets with Drawstrings** sold at children's clothing and uniform stores
- **Children's Hooded Sweatshirts with Drawstrings** imported by Seena International and sold at various clothing stores
- **Bright Starts Star Teether Beads and Bright Starts Teether Beads** sold at discount department and juvenile specialty stores
- **Children's Butterfly Necklaces** imported by U.S. Toy Co. Inc. and sold at U.S. Toy Company retail stores and children's and small discount stores
- **Plush Baby Rattles and Photo Frame Ornaments** manufactured and sold by Target
- **Graco Contempo Highchairs** sold by various specialty retailers
- **MagneBlocks Magnetic Construction Toys** sold at discount department and toy stores and web sites, and other toy and arts and crafts stores nationwide.
- **Easy-Bake Ovens** sold at Toys R Us, Wal-Mart, Target, KB Toys and other retailers
- **Children's "Rachael Rose Kidz" Rings** sold at Family Dollar stores
- **Battery Packs for Toy Vehicles** manufactured by JAKKS Pacific Inc. and sold at toy stores, discount department stores and internet retailers
- **Heavyweight Outerwear Jackets** manufactured by Samara Brothers LLC and sold at major department stores and discount department stores
- **Children's Hooded Sweatshirts and Windbreakers with Drawstrings** imported by Vacation Clothing dba Basix U.S.A. and sold at discount department stores
- **"Laugh and Learn" Learning Bunny Toys** imported by Fisher-Price and sold at discount department stores and toy stores
- **Link-N-Lite™ Magnetic Light-Up Puzzles** sold at Target, Kohl's and on Amazon.com
- **Children's "Kidsite" Necklace and Earring Sets** sold at Kmart stores
- **"Claudia Jublot" Children's Rings** sold at Big Lots! stores nationwide
- **Inflatable Bounce Houses** distributed by Sportcraft Ltd. and sold at Academy Sports and Outdoors and Sport Chalet stores
- **Mirraco Bicycles** sold at authorized Mirraco dealers
- **SlingRider Infant Carriers** sold at Target Stores, Babies R Us, BJ's Wholesale Club, Modcraft and other retailers, as well as by catalog and online
- **Baby Trend Back Pack Carriers** sold at discount department and juvenile products stores
- **Children's "Groovy Grabber" Bracelets** made by A&A Global Industries and sold in vending machines



# 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: \_\_\_\_\_

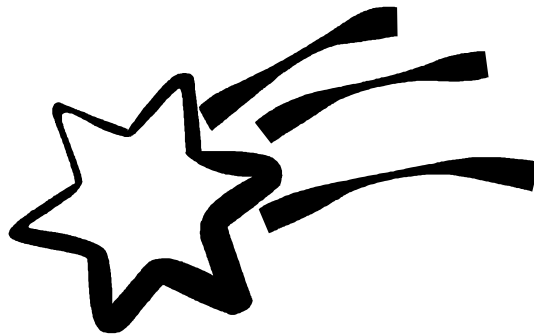
Is your program in Seattle? Yes  No  Number of children enrolled: \_\_\_\_\_

**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 \_\_\_\_\_

## 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.



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

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CHANGE SERVICE REQUESTED



**In this issue of the Child Care Health Connection:**

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