

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 2008

Vol. 7 No. 3

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.

May 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
5/17/08 Saturday	9:30 am – 12:30 pm	*3 STARS Credits* Medication Management for Child Care Providers	A Country Garden Montessori 38722 – 264 th Ave SE Enumclaw, WA 98022 (360) 825-8886 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$30 Please make checks payable to: SKCDPH
5/31/08 Saturday	9:00 am – 3:30 pm	*6 STARS Credits* Fuel and Play the Healthy Way <div style="border: 1px dashed black; padding: 5px; width: fit-content; margin: 0 auto;">Please see flyer in this issue for details!</div>	Highline Community College Highline Student Union (Blding 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	\$35 Please make checks payable to: SKCDPH



June 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
6/12/08 Thursday	6:30 pm– 8:30 pm	Food Safety in Child Care/Food Handler Card Class See class description and registration information on page 3.	Salvation Army Church/Little People Daycare 9501 Greenwood Avenue North Seattle, WA 98103 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	See p. 3 for payment information

More STARS Classes!

Child Care Health Program Public Health Nurses and Nutrition Consultants will teach two classes with Child Care Resources in June:

- **Environmental Health in the News! on June 10 in Kent**
- **Recognizing and Reporting Child Abuse and Neglect on June 28 in Seattle**

Please watch for registration information on the Child Care Resources website at www.childcare.org (at press time the classes had not yet been posted) or call Child Care Resources at (206) 329-1011. Please do not use the registration form in this newsletter to register for these classes.

We are looking for places to teach classes!

The Child Care Health Program is looking for facilities where we can hold classes. We especially want to identify places outside of the City of Seattle. If your program has a space which can seat at least 15 - 20 participants in adult size chairs and you would be interested in hosting a class please contact Anne Curtis at (206) 205-2860.

Important Recall Information

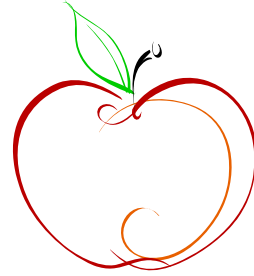
The Child Care Health Program recommends that all child care providers visit the Consumer Product Safety Commission's (CPSC) website at www.cpsc.gov and click on "Recalls and Product Safety News" or call the CPSC hotline at 1-800-638-2772 for detailed information on recalls. Remember to check the website for recalls when buying used furniture and toys.

Available in alternate formats upon request.

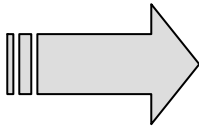


Do you...

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



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



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.

Food Prices Study Seeks Family Child Care Home Providers

Researchers at the University of WA (UW) want to learn about how food prices and other issues affect home child care providers who are part of the Child and Adult Care Food Program (CACFP). They are especially interested in learning more about the cost of food and the time it takes to plan, shop and prepare food for young children in Tier 2 homes. They are looking for family child care home providers to participate in the study. The study has been funded as part of a national effort to learn more about CACFP. Participants will make a total time commitment of 5-7 hours over the course of five weeks. Participants will complete a total of two questionnaires and take part in a semi-structured interview with a research assistant that will help assess factors that contribute to dietary patterns. Participants will collect and record grocery receipts for four weeks and record all foods and beverages served to the children in the child care home for five days; they will also keep track of their time spent related to serving meals and snacks to the children. Providers will be reimbursed \$200 for their time once they complete all five study weeks. The researchers hope that the results of this study will result in improvements in CACFP. Please call 206-616-1569 if you are interested in learning more.



Baby Food: To Heat or Not to Heat?



A common issue raised by infant room teachers is how to heat up baby food brought from home for older babies. It is easy when parents send jars of commercially produced baby food that haven't been opened. All you need to do is pop open the jar, transfer the food to a bowl and serve! It becomes more challenging when a parent sends leftover food from home that they want re-heated the next day for their baby's meal.

We never recommend the use of microwave ovens to heat baby food or formula. Microwaves heat unevenly and can create "hot spots" that will scald an infant. They also destroy some of the vital proteins in breast milk and are therefore never recommended for heating breast milk or formula. Often food heated in microwaves continues to get hotter even when removed from the microwave.

One approach that can solve the problem of re-heating infant food is to have your child care program provide food from its kitchen for older babies. Many items from a child care menu can be safely modified to be safe textures and sizes for older babies to eat. For example, if the menu for the day lists macaroni and cheese, green beans, apple slices and milk...the cook can send the macaroni and cheese and cooked green beans into the infant room for their meal. Instead of apple slices, the cook can send applesauce. This makes an excellent meal for an older infant and doesn't require parents to send food from home.

The Model Health Policy developed by the Child Care Health Program recommends using either a crock pot (with a temperature less than 120 degrees) or infant bottle warmer to heat baby food. The food needs to be placed in a container that is safe for re-heating and covered so that the food doesn't spill and water does not enter the food. Do not leave the item in hot water for more than 5 minutes and serve it promptly. Be sure to check the temperature of the item before it is served to the infant.

An even better option is to have a policy that requires all baby food brought from home to be served at cool temperatures. In this way, the food could be safely stored in the refrigerator and simply removed from the refrigerator and transferred to a serving bowl to feed to the baby. Young children can learn to accept food at cool temperatures and it still satisfies their nutritional needs and relieves hunger. Many times, infant room staff doesn't have the time it takes to re-heat each infant's individual food item. This approach saves time and protects the infants from burns caused by food that is too hot.

If you have questions about creating such a policy for the infant room, feel free to contact your Public Health Nurse Consultant or Nutrition Consultant by calling the Child Care Health Program at (206) 296-2770. We would be happy to work with your program to draft a policy that meets your needs.



The Power of Physical Activity

What's so great about physical activity?

The evidence is building and is more convincing than ever!!! Physical activity can improve health and well-being. Regular physical activity in childhood has many benefits: it improves strength and endurance, builds healthy bones and muscles, develops motor skills and coordination, reduces depression and stress and promotes well-being. Most children naturally love physical activity because it's fun, they can do it with friends, and it helps them learn, stay in shape, and feel better.

What is physical activity?

Physical activity is any movement that uses energy. Physical activity includes a wide range of activities from running, jumping, biking, and swimming to jumping rope, dancing, skating and walking.

Why are healthy lifestyles important for young children?

Early childhood is a key time for promoting the development of lifelong healthy habits such as physical activity. Families and caregivers can be positive role models for young children by participating in physical activity themselves and by participating in physical activity with children.

How can I encourage physical activity in my childcare program?

A recent study designed to identify factors associated with physical activity in young children found that the activity level in the child care center had a profound effect on the child's overall physical activity. These findings support a role for child care providers in promoting quality activity programs and providing space and time for young children to be active.



Outdoor and indoor play can provide lots of opportunity for physical activity. Both unstructured and structured playtimes are important. Try some of the following ideas:

Obstacle Course

Create an obstacle course that children can climb over, under, around and through—using chairs, pillows, cardboard, etc.

Turn Up the Music and Dance

Try freeze dancing where you turn off the music and have children hold their positions in place.

Creative Movement

How would you move to describe a sizzle? A splash? A hammer? How would you walk on ice? Hot sand? In a strong wind? Can you move like a duck? A horse? A dragon?

Walking

Go for a walk in the neighborhood or a nearby park. Learn about trees, plants and animals in the area.

Have fun and be active!!!



Please Share with Families...

A Resource for Families of Children with Feeding Issues

Do you know families...

Whose child is transitioning to different-textured foods? Whose child has reflux symptoms? For whom mealtimes are a battle instead of an enjoyable experience? Whose child is a picky eater? Whose child requires a feeding tube? Who have a child whose growth is being impacted by feeding difficulties? Or who have other feeding concerns, whether short or long-term?

Please tell families of children with feeding issues about the Support Group for Parents of Children with Feeding Issues at Children's Hospital and Medical Center in Seattle. Parents can attend free monthly group meetings that are facilitated by an occupational therapist and a family counselor. The informal meetings allow families to share experiences and ideas. Meetings are 2 – 4 PM on the second Saturday of every month. For more information, contact Aletha at (206) 987-3912.

The project also offers an on-line group. Look up Seattle Feeding Parent Support Group on Yahoo Groups at <http://groups.yahoo.com/group/seattlefeedingparentsupportgroup> .

At Last! A Copy Of Your Medical Information

Have you ever felt that the conversations, diagnosis, and medical treatment information between you and your doctor are difficult to recollect the moment you leave his or her office? What if you had as much access to information about your health and healthcare as you do about your checking account? Ready access to your health information means making good use of the time you have with your doctor at your next appointment by being a better prepared and knowledgeable partner in your own care.

A partnership of patients, doctors and other Washingtonians, convened by the Washington State Health Care Authority, will be testing an online personalized health record that will help patients securely gather and store their health information in one place. To deploy an online record that truly meets the needs of Washingtonians, we want to hear firsthand from the people who will use it. Are you interested in having access to your personal health information in one place? If so, what information is most important to include, and how would you use the online record? These are just a few of the questions we're looking for you to help answer.

The project is looking for volunteers to give direct input on how an online personalized health record could be useful to patients, their families and doctors on a day-to-day basis. You can participate at any level: answer a brief survey, take a telephone poll, eventually test the functionality of the online personalized health record, or something in-between. All Washingtonians are welcome to weigh in. To learn more, send an email to hcahitemr@hca.wa.gov. In the subject line please type "Volunteer".





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

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