

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 2005

Vol. 4 No. 5

| DATE | TIME | CLASS | LOCATION | PAYMENT |
|--------------------------------|----------------------|---|---|---|
| 4/30/05 (April) Saturday | 9:00 AM – 2:30 PM | <u>*5 STARS CREDITS*</u> Children and Their Environment ➤ Please see green flyer with registration information in this issue. | Highline Community College 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 | \$25 Please make checks payable to: SKCDPH |
| 5/5/05 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 |
| 5/11/05 Wednesday | 7:00 PM – 9:00 PM | First Aid for Child Care Providers | Northshore Public Health 10808 NE 145 th St. Bothell, WA 98011 | \$16 Please make checks payable to: SKCDPH |
| 5/18/05 Wednesday | 7:00 PM – 9:00 PM | HIV/AIDS/Bloodborne Pathogens | Eastgate Public Health 14350 SE Eastgate Way Bellevue 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 |
| 5/21/05 Saturday | 9:00 AM – 2:30 PM | <u>*5 STARS CREDITS*</u> Making Connections! ➤ Please see pink flyer with registration information in this issue. | Wing Luke Elementary School 3701 S. Kenyon St. Seattle 98118 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare | \$25 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 \$2 or on the street (meters are free after 6 PM).



Registration is now open for this June Class:

| | | | | |
|--|-----------------------------|--|---|---|
| <p>June 6/2/05 Thursday</p> | <p>6:30 PM- 9:00 PM</p> | <p>First Aid for Child Care Providers ☆ Please arrive on time because the door will be locked at 6:45.</p> | <p>Child Care Health* Public Health-Seattle & King Co. 1916 Boren 2nd floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare</p> | <p>\$16 Please make checks payable to: SKCDPH</p> |
|--|-----------------------------|--|---|---|

➤ **To register for a class, please use the registration form on page 7.**

Upcoming Saturday Conference

Children and their Environment

Saturday, June 25
The 2100 Building
2100 – 24th Ave. South
Seattle, WA

Watch for registration details in the June issue of the Child Care Health Connection!

STARS Scholarships Are Available!



Do you know that scholarships are available to child care providers to cover the cost of your STARS classes?

- ☆ When you take STARS classes you can submit a “Reimbursement Application” and receive a scholarship to cover your classes. **Please note that the Child Care Health Program does not accept STARS vouchers for classes.**
- ☆ Up to \$100 per child care provider is available.
- ☆ Please visit www.waeyc.org and click on “WA STARS” for more information.

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.



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.

How much physical activity is recommended for young children?

The National Association for Sport and Physical Education (NASPE) has established guidelines for physical activity for infants, toddlers and preschoolers. These can be found on p. 5 of this issue.

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.

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.

(Over)



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.

Homemade Equipment

Play games using homemade equipment:

- ☆ Use newspaper to squish into a ball shape and secure with tape. Practice tossing and catching or throwing over something. Make a round “target” on the floor with masking tape. Throw balls at the target.
- ☆ Or make yarn balls by wrapping yarn 200 times around a 5 inch square piece of cardboard. Slip off cardboard and secure middle with a zip tie. Cut through loops to form a fluffy, lightweight ball.

And remember to limit time spent watching television or movies and playing video games.

Have fun and be active!!!



National Association for Sport and Physical Education (NASPE) Guidelines for Physical Activity in Infants, Toddlers and Preschoolers

Infants

1. Infants should interact with parents and/or caregivers in daily physical activities that are dedicated to promoting the exploration of their environment.
2. Infants should be placed in safe settings that facilitate physical activity and do not restrict movement for prolonged periods of time.
3. Infants' physical activity should promote the development of movement skills.
4. Infants should have an environment that meets or exceeds recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of infants should be aware of the importance of physical activity and facilitate the child's movement skills.

Toddlers and Preschoolers

1. Toddlers should accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes.
2. Toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
3. Toddlers should develop movement skills that are building blocks for more complex movement tasks; preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.
4. Toddlers and preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.



IMPORTANT RECALL INFORMATION

There have been several recalls this past month that involve products relating to children. We are listing the products below and strongly encourage you to stop using them and visit the CPSC web site at www.cpsc.gov and click on "Recalls/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.

- **Soother Baby Pacifiers** imported by The Elegant Kids 2000 Inc., manufactured in Thailand, and sold at gift shops and discount retail stores from March 2000 through January 2005 for between \$.50 and \$1.
- **Arizona® Boys' Zip-Up Cardigan Sweater (toddler and infant sizes)** manufactured by J.C. Penney Corp. and sold at J.D. Penney stores from September 2004 and January 2005 for \$15 - \$17.
- **Portable Cribs** manufactured by Delta Enterprise Corp. and sold at juvenile furniture stores nationwide from January 2004 through February 2005 for about \$100.
- **Graco Toddler Bed** manufactured by Graco Children's Products Inc. and sold at discount, department and juvenile product stores nationwide from February 1994 through March 2001 for between \$50 and \$70.
- **Reebok Children's Windwear and Fleece Jacket and Pant Sets** manufactured by Adjmi Apparel Group and sold at Gordmans, Fred Meyer, Kids R Us, Ross, Gottschalks and Reebok Corporate Headquarters retail store between August 2004 and February 2005 for between \$15 and \$20.
- **Bratz™ Stylin' Scooter™** manufactured by Jurong Dumar Bicycle, Inc. and sold at toy and discount chain stores nationwide from September 2003 through November 2004 for about \$30.
- **Flashing Pacifiers or 2-in-1 Flashing Pacifiers with Whistle Necklace** imported by Solar Inc., manufactured in China and sold at small retail stores, distributors, dollar stores and on Solar's Web site from January 2004 through February 2005 for about \$1.

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

The Child Care Health Program: What Can We Do for You?

Who would you call if you had a question about a child's health problem or wanted help in addressing a child's behavior? Do you need help creating a health policy or a disaster plan for your program? Do you have concerns about nutrition, menu planning, or food safety?

Help with these concerns and more is available from the Child Care Health Program at Public Health – Seattle and King County. Our staff includes public health nurses who can provide consultation on health and safety issues. Our child psychologist provides expertise and workable solutions for child behavior issues. Nutritionists and health educators complete the team, providing you with consultation, nutrition advice and expertise, as well as training opportunities and a variety of health and safety education materials.

People who work with children on a daily basis are often the first to identify a health or safety concern. Child care providers may not always know exactly *what* the problem is; but they usually know *when* there is a problem. Our goal is to identify children who need more intervention (based on your observations), find the right services for them, and provide the child care provider with assistance to keep the child in their care. We work with child care programs to provide a safe and healthy environment for the children in their care.

If you have a health or safety question or concern, please call the public health nurse for your area. Don't know who your nurse is? Call (206) 296-2770 and our receptionist will connect you with your nurse. For additional health and safety information (and the most up-to-date class information), check out our web site at www.metrokc.gov/health/childcare.



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 7. **Classes fill quickly so send in the registration form and payment as soon as possible.** Please make your check payable to: SKCDPH (Seattle – King County Department of Public Health) & return the attached registration form along with your 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. Register early or call us at (206) 296-2770 to check for class openings. **Please check out our web site at <http://www.metrokc.gov/health/childcare>**

Child Care Health Program 1916 Boren Avenue, Suite 200 Seattle, WA 98101 (206) 296-2770

Our office is in Seattle at 1916 Boren (between Stewart and Virginia) on the second floor.

The entrance is located on the southeast side of the building.

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.
- ☆ Remember, our classes fill quickly. If you register for a class and find you cannot attend, please notify us at (206) 296-2770 as soon as possible, so another child care provider can attend. You may be eligible for a credit toward another class.

