

THE CHILD CARE HEALTH CONNECTION

Health, Safety and Nutrition News
From the Child Care Health Program



A Program of Public Health - Seattle & King County

Vol. 6 No. 6

CLASS SCHEDULE November/December 2007

New On-line Bloodborne Pathogens/HIV/AIDS Class

In partnership with Puget Sound Educational Service District, the Child Care Health Program will pilot a new on-line Bloodborne Pathogens/HIV/AIDS course beginning in September. The course will allow 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 class is open to a pilot group of participants who will be expected to complete an evaluation as part of the pilot and contact us with any difficulties they encounter in taking the class. If you are interested in being a part of the pilot group of students, please contact us at (206) 296-2770. The cost of the pilot class is \$25.

Once we have successfully piloted the course, we will offer it on an on-going basis. Providers will be able to access the course through the Child Care Health website at www.metrokc.gov/health/childcare. Please watch for it later in the fall.



November 2007 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
11/17/07 Saturday	8:30 am – 4:00 pm	*7 STARS Credits* (in Administration) Disaster and Emergency Preparedness for Child Care Providers See enclosed flyer for more information.	The 2100 Building 2100 – 24 th Avenue South Seattle, WA 98144 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$70 Please make checks payable to: SKCDPH



December 2007 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
12/5/07 Wednesday	7:00 PM – 9:00 PM	*2 STARS Credits* Caring for Infants Co-sponsored by the Education Department of Highline Community College	Highline Community College Building 23, Room 115 2400 S. 240 th St. Des Moines 98198 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$20 Please make checks payable to: SKCDPH
12/12/07 Wednesday	7:00 PM – 9:00 PM	*2 STARS Credits* Medication Management	Eastgate Public Health Center 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$20 Please make checks payable to: SKCDPH



2008 Conference

From Crib to Classroom: Setting the Stage

Saturday, February 9, 2008
8:00 am - 2:30 pm
Shoreline Conference Center
18560 - 1st Ave NE
Shoreline

Save the Date!!

A conference for early childhood educators, caregivers, and parents of young children
sponsored by FACES North (Families and Children Early Support)

For registration information, contact:
Peter Blair at 206-388-1994 or peterb@sjcc.org
(Please do not register through the Child Care Health Program)

Available in alternate formats upon request.



Children's Oral Health

Why is it Important?

Children's teeth are important for eating, speaking, socializing and general good health. Chronic dental disease can have a negative impact on a child's health and well-being.

What can childcare providers do to promote oral health?

Ask families about each child's oral health:

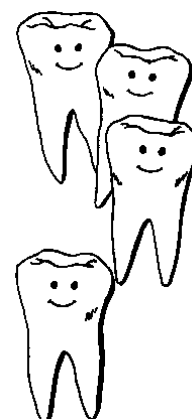
- Ask for the name, address and phone number of the child's dental provider for your records. This is important emergency information.
- What was the date of the child's last dental checkup? (Children should have their first dental exam around age 1.)

Consider beginning a toothbrushing program. For more information turn to the next page!

For help finding dental care...

If families need help finding dental care they can:

- Call Carol A. Allen at Public Health at (206) 263-8750 or e-mail her at carol.allen@kingcounty.gov
- Find lists of dentists serving low-income children at <http://www.metrokc.gov/health/kgc/abcd/#providers>. Also see pages 6 and 7 of this newsletter for a list of Public Health and other community clinic dental services which can be given to families.
- Call the Community Health Access Program (CHAP) at 1-800-322-2588. Outside of King County call WithinReach at 1-800-322-2588.



Children may be eligible for the ABCD (Access to Baby and Child Dentistry) Program which serves children 5 years old or younger who are enrolled in Medicaid or have medical coupons and live in Seattle or King County. ABCD focuses on preventive and restorative dental care for Medicaid-eligible children from birth through age five with an emphasis on the first dental visit by age one.

To link older children and those without Medicaid to a dentist call the phone numbers above.





TOOTHBRUSHING IN CHILD CARE PROGRAMS

Toothbrushing decreases the colonization of bacteria on teeth by disrupting the formation of plaque. The use of fluoridated toothpaste strengthens tooth enamel making the enamel more resistant to the acid produced by bacteria. Toothbrushing in the classroom improves the child's oral health, teaches basic hygiene and health promotion, and helps establish a lifelong prevention habit.

Fluoridated toothpaste is not recommended for children under 2 years old, or who are unable to spit out toothpaste after brushing.

Always supervise toothbrushing to insure:

- a routine which enhances learning
- proper toothpaste usage
- good toothbrushing technique
- toothbrushes are not shared and are handled properly
- children do not walk with toothbrushes in their mouths.

Teachers may want to brush their own teeth to model the desired behavior.

Toothbrushes

- Each child must have his/her own toothbrush with his/her name clearly marked on the handle with a marker. Children must not share or borrow toothbrushes.
- Use small toothbrushes with soft, rounded nylon bristles that are short and even.
- Replace toothbrushes every 3 months or sooner if the bristles become splayed or the toothbrush is contaminated.
- Do not disinfect toothbrushes or put in the dishwasher.
- Store toothbrushes so that they will not contaminate each other:
 - open to air with the bristles up
 - unable to drip on one another
 - not in contact with each other or any other thing.



Toothbrushing Procedure

Toothbrushing at a Table (Recommended)

- Teacher(s) assisting with toothbrushing wash hands.
- As children finish eating, they are given a small paper cup with a small amount of water in the bottom and their toothbrush.
- Teacher dispenses toothpaste in a manner that eliminates cross-contamination, e.g., via pea-sized dots of toothpaste around the rim of a paper plate or top of cup).
- Child begins brushing on the biting surface, and then moves from area to area (left-to-right and top-to-bottom) around the mouth.
- Brushing continues for at least one minute. (Exposure to fluoridated toothpaste is beneficial even with unsatisfactory brushing technique).
- Child takes small sip of water and then spits water and toothpaste residue back into paper cup.
- If desired, child may then be given a cleansing drink of water from another cup.
- Child holds the toothbrush over the designated rinse container and the teacher pours water from a clean water source over the toothbrush to rinse it.
- The child hands the toothbrush to the teacher, who replaces it in the drying rack.
- Child throws the paper cup away.
- Table is cleaned with the 3-step process (clean, rinse, sanitize).

Toothbrushing at a Classroom Sink

- Teacher(s) assisting with toothbrushing wash hands.
- Sink and faucet are cleaned, rinsed, and sanitized.
- Water from a clean water source is obtained.
- Teacher hands each child a small cup of water and his/her toothbrush.
- Teacher dispenses toothpaste in a manner which eliminates cross-contamination, e.g. via pea-sized dots of toothpaste around the rim of a paper plate or at top of cup.
- Child begins brushing on the biting surface, and then moves from area to area (left-to-right and top-to-bottom) around the mouth.
- Brushing continues for a least one minute. (Exposure to fluoridated toothpaste is beneficial even with unsatisfactory brushing technique.)
- When brushing is completed, child spits excess toothpaste into sink and rinses his/her mouth with a drink from the cup of water.
- Child holds the toothbrush over the sink and the teacher pours water from a clean water source over the toothbrush to rinse it.
- If desired, child may then use their paper cup and be given a cleansing drink of water from a clean water source.
- The child hands the toothbrush to the teacher, who replaces it in the drying rack.
- Child throws the paper cup away.
- Classroom handwashing sink is cleaned with 3-step process after all the children are finished.



DENTAL RESOURCES

King County Area

KidCare – Community Health Access Programs

For help finding health care...

We can help you:

- Find a dentist, doctor or nurse
- Find help if you are worried about your child's development
- Find help for your child who has special needs
- Find quality health care you can afford (including Medicaid/Healthy Options and Washington Basic Health Plan)

Our service is free. Call us.

(206) 284-0331

or

(800) 756-5437

Interpreters are available

Healthy Options, Basic Health Plus or Medical Coupons pay for dental care for children.

These clinics may also charge on a sliding scale, if child has no coverage.

PUBLIC HEALTH-SEATTLE & KING COUNTY

LOCATION	PHONE	AGES
Downtown Health Center 2124 Fourth Ave. Seattle, WA 98121	(206) 205-0577	1 through 18 years 60 years and over
North Health Center 12359 Lake City Way NE Seattle, WA 98125	(206) 205-8580	1 through 18 years 60 years and over
Columbia Health Center 4400 37th Avenue S. Seattle, WA 98118	(206) 296-4625	1 through 18 years
Renton Health Center 10700 SE 174th, Suite 101 Renton, WA 98056	(206) 296-4955	1 through 18 years 60 years and over
Eastgate Health Center 14350 SE Eastgate Way Bellevue, WA 98007	(206) 296-9726	1 through 18 years

For additional information go to Public Health Oral Health Services Website at www.metrokc.gov/health/oralhealth.



The following clinics are not operated by Public Health – Seattle & King County

LOCATION	PHONE	AGES
45 th St. Clinic 1629 North 45 th Street Seattle, WA 98103	(206) 548-2964	Limited Access
Auburn Community Dental 126 Auburn Ave., South 100 Auburn, WA 98002	(253) 804-8713	All ages Call for more information
Central Area Dental 2101 East Yesler Way Seattle, WA 98122	(206) 461-7801	All Ages
Eastside Community Dental 16345 NE 87th St. -#C2 Redmond, WA 98052	(425) 883-8000	All ages Call for more information
Federal Way Community Clinic 33431 13 th Place S. Federal Way, WA 98003	(253) 874-7646	All ages Call for more information
Georgetown Dental clinic 6200 13th Avenue S. Seattle, WA 98108	(206) 461-6943	All ages
Harborview Medical Center 325 9th Avenue Seattle, WA 98104	(206) 731-3189	18 years and older Children over 13 – emergencies only
High Point Dental Clinic 6020 35th Ave. SW Seattle, WA 98126	(206) 461-6966	0 thru 18 years Emergencies -all ages
Holly Park Dental International Community Health Services 3815 S Othello Seattle, WA 98118	(206) 461-4948	All ages No Emergency Care
Indian Health Board 611 12th Ave. S. Seattle, WA 98144	(206) 324-9360 Ext. 2301	All ages
International District Dental Clinic International Community Health Services 720 8 th Ave. S., Suite 100 Seattle, WA 98104	(206) 461-8568 Ext. 3002	All Ages No Emergency Care
Kent Community Dental Clinic 403 E. Meeker Suite 100 Kent, WA 98032	(253) 796-4071	All ages Call for more information
Lake Washington Technical College Dental Clinic 11605 132nd Ave. N. E. Kirkland, WA 98034	(425) 739 -8130	3 years and over
Odessa Brown Clinic 2101 East Yesler Way Seattle, WA 98122	(206) 987-7200	0 through 18 years (must be Seattle resident)
Sea-Mar Dental Clinic 8915 14th Avenue S. Seattle, WA 98108	(206) 762-3263	All ages
Sea-Mar Dental Clinic – White Center 9650 15 th Ave. SW Seattle, WA 98106	206-965-1000	0 through 18 years
Sea-Tac Occupational Skills Center 18010 8 th Ave. S. Burien, WA 98148	(206) 433-2242	All ages
Seattle Central Dental Hygiene Clinic Seattle Vocational Institute 2120 S. Jackson Seattle, WA 98144	(206) 344-4423	14 years and older
Southeast Dental Clinic 3800 S. Myrtle Seattle, WA 98108	(206) 461-6981	All ages
University of Washington School of Dentistry Seattle, WA 98105	(206) 685-9014 (Adult emergency) (206) 616-6996 (Adult new patient) non emergency (206) 543-3525 (Children)	All ages

IMPORTANT RECALL INFORMATION

There have been a large number of recalls these past two months that involve products relating to children. Many of these were for toys that were found to contain lead. 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 you buy used furniture and toys.

Sign up to be notified about recalls

To sign up to receive e-mails from the CPSC when children's products are recalled go to www.cpsc.gov and click on "Recalls and Product Safety News." Scroll down and click on "Join our recall notification list" (on lower left hand side of screen). Check the "Infant/Child" product box when you sign up and you will receive e-mails when children's products are recalled.

Recalled car seats and booster seats

Information on recalled car seats and booster seats is posted on the website of the Safety ssestraint Coalition, Washington's Child Passenger Safety Program: Please visit www.800BUCKLUP.org.

Recent Crib Recalls

Simplicity Cribs made in China and sold in department stores, children's stores and mass merchandisers nationwide from January 1998 through May 2007 for between \$100 and \$300. The recalled Simplicity crib models include: Aspen 3 in 1, Aspen 4 in 1, Nursery-in-a-Box, Crib N Changer Combo, Chelsea and Pooh 4 in 1. The recall also involves the following Simplicity cribs that used the Graco logo: Aspen 3 in 1, Ultra 3 in 1, Ultra 4 in 1, Ultra 5 in 1, Whitney and the Trio.

The recalled cribs have one of the following model numbers, which can be found on the envelope attached to the mattress support and on the label attached to the headboard: 4600, 4605, 4705, 5000, 8000, 8740, 8910, 8994, 8050, 8750, 8760, and 8996.

"Moderne" and "Loft" Cribs made in Poland for NettoCollection LLC and sold in Juvenile furniture stores nationwide from October 2003 through June 2005 for about \$1,350.





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
2124 – 4th Ave., 4th Floor
Seattle, WA 98121

PRSR STD
U.S. Postage
PAID
Seattle, WA
Permit No. 1810

CHANGE SERVICE REQUESTED



November/December 2007

In this issue of the Child Care Health Connection:

- Children's Oral Health
- Toothbrushing in Child Care Programs
- Dental Resources for Children
- Important Recall Information
- Classes and Workshops Available
 - Disaster and Emergency Preparedness for Child Care Providers
Saturday, November 17, 7 STARS Credits
 - Caring for Infants
Wednesday, December 5, 2 STARS Credits
 - Medication Management
Wednesday, December 12, 2 STARS Credits
 - Bloodborne Pathogens/HIV/AIDS PILOT On-line Class

