

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 November 2004

Vol. 3 No. 11

DATE	TIME	CLASS	LOCATION	PAYMENT
11/04/04 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, 2nd Floor, Seattle For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/04//04 Thursday	6:30 PM – 8:30 PM	Food Safety in Child Care 1.5 STARS Credit PLUS option of taking test to obtain your Food Handler Card . See class description on p. 5.	Grace Lutheran Church 22975 – 24th Ave. South Des Moines For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	Please see p. 5 for STARS and food handler card costs.
11/9/04 Tuesday	6:30 PM – 9:00 PM	*2.5 STARS CREDITS* Emergency Preparedness for Child Care Providers: Excellence Award Series Part 3 (see p. 3 for details)	Eastgate Public Health 14350 SE Eastgate Way Bellevue For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/9/04 Tuesday	7:00 PM – 9:00 PM	First Aid for Child Care Providers	Child Time 135 South 312th Federal Way For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/10/04 Wednesday	7:00 PM – 9:00 PM	HIV/AIDS/Bloodborne Pathogens	Eastgate Public Health 14350 SE Eastgate Way Bellevue For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH



DATE	TIME	CLASS	LOCATION	PAYMENT
11/10/04 Wednesday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Child Care Health “Poker” Learn and Play, Play and Learn (Note: no money will be involved in this poker game)	Damascus Child Care Center 5237 Rainier Ave. South Seattle, WA For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/13/04 Saturday	9:00 AM – 1:00 PM	*4 STARS CREDITS* Brain Behavior and Nutrition	Highline Community College, Building 3, Room 102 2400 S. 240th St., Des Moines For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/17/04 Wednesday	7:00 PM – 9:00 PM	First Aid for Child Care Providers	Northshore Public Health 10808 NE 145th St. Bothell, WA 98011 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/18/04 Thursday	6:00 PM – 8:00 PM	*2 STARS CREDITS* A Brain, Behavior and Nutrition Follow-up: A more in-depth look at some of the more challenging children in our care	Highline Community College, Building 3, Room 103 2400 S. 240th St., Des Moines For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
11/18/04 Thursday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Recognizing and Reporting Child Abuse and Neglect	Child Care Health* Public Health-Seattle & King Co. 1916 Boren, 2nd Floor, Seattle 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 is now open for these December classes:

<u>December</u> 12/2/04 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, 2nd Floor, Seattle For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
<u>December</u> 12/11/04 Saturday	9:00 AM – 2:00 PM	*5 STARS CREDITS* Culturally Relevant Mealtimes and Menu Planning	Duwamish Center South Seattle Community College 6770 E. Marginal Way S., Seattle For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$40 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).

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

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.



Emergency Preparedness for Child Care Providers: Excellence Award Series

This class is designed for both child care center providers and family child care home providers. The City of Bellevue Fire Department and Public Health – Seattle & King County have joined together to provide a series of 4 classes designed to help child care providers develop a comprehensive disaster plan. The series will teach child care providers how to plan for taking care of children and staff for an extended time due to severe weather or a disaster. Topics will include: writing the emergency plan, maximizing staff for effective emergency response, what and how much supplies you need, educating and recruiting parent volunteers, parent/child reunion, and effective drills. Participants will leave with sample forms and an organizational plan for response.

Participants completing the program and homework assignments will be eligible to apply for the “Excellence Award for Child Care Programs.”

Each class is \$16 and earns 2.5 STARS credits. The series of 4 classes is \$64 and offers 10 STARS credits. It is recommended that you attend all of the classes (a program must have at least 1 staff person at each class in order to be eligible for the Excellence Award).

Thursday, Sept. 30

- Emergency Preparedness for Child Care Providers
 - Creating a comprehensive disaster plan
 - Criteria for the Excellence Award

Tuesday, Oct. 19

- Creating Effective Training Programs for Staff, Parents and Kids: Effective Drills and Exercises
 - Making drills more challenging and fun
 - Evaluating drills to improve disaster and emergency response

Tuesday, Nov. 9

- Disaster Preparedness and the Parent Connection
 - Creating a communications plan with your parents
 - Emergency reunion procedures and forms

Tuesday, Dec. 14

- Creating a Safe Environment for Child Care Programs
 - Reducing earthquake hazards
 - What supplies do you need?
 - How to store supplies safely and effectively

All classes will be
6:30 PM to 9:00 PM
at
Eastgate Public Health
14350 SE Eastgate Way
Bellevue



Fall 2004 Saturday Conferences and Classes

➤ **Seize the Moment! Encouraging Literacy through Daily Classroom Activities**
Tentative date: Saturday, Dec. 4

Location to be announced. 5 STARS credits. Watch for more information and registration flyer in the December newsletter.

➤ **Culturally Relevant Mealtimes and Menu Planning**
Saturday, Dec. 11

Time: 9:00 AM – 2:00 PM

STARS Credits: 5

Cost: \$40

Widen your horizons and make your menus more exciting with unique and wonderful ideas to create kid friendly, teacher pleasing menus. Serving diverse foods makes the world a friendlier, more understandable place for children. Registration is now open for this class.

Location:

Duwamish Apprenticeship and Education Center
6770 E. Marginal Way South, Seattle

Need Directions? Please call (206) 296-2770 or visit our web site @
www.metrokc.gov/health/childcare.



STARS Scholarships Are Available!

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

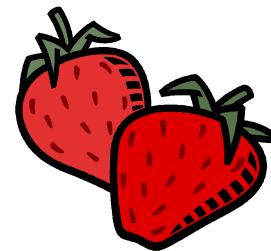
- ☆ When you take STARS classes you can submit a “Reimbursement Application” and receive a scholarship to cover your classes. **Please note that the Child Care Health Program does not accept STARS vouchers for classes.**
- ☆ Up to \$100 per child care provider is available.
- ☆ Please visit www.waeyc.org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



Do you...

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



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

When: Thursday, November 4, 2004 from 6:30 PM – 8:30 PM
Where: Grace Lutheran Church
22975 – 24th Ave. South, Des Moines

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 pm and send us a **registration payment of \$18.**
- Option 2** **To receive a Food Handler Card only:**
Plan to stay until 8:30 pm and send us a **registration payment of \$10.**
- Option 3** **To receive 1.5 STARS credits only:**
Plan to stay until 8:00 (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.



Another STARS Training Opportunity...

Child Care Health is also teaching two classes for Child Care Resources:

What: **Menu Planning for the Picky Eater** on Nov. 20, 9:00 AM – 11:30 AM
 Cooking in the Classroom on Nov. 20, 12:30 PM – 3:00 PM
Where: Northshore Family Center, 18315 Bothell Way NE, Bothell
To Register: Pre-registration is required. **Call Child Care Resources (206) 329-1011, ext. 0 for registration and cost information.** PLEASE DO NOT SEND YOUR REGISTRATION FOR THIS CLASS TO THE CHILD CARE HEALTH PROGRAM.



Head Lice

➤ What are head lice?

Lice are tiny insects that live on and crawl through the hair. They are gray, brown, or black and can be difficult to see. Lice need human blood to survive and will die within 24 hours if they cannot find a “meal.” They lay eggs (nits) on hair close to the scalp. It takes about 6 days for the nits to hatch. Head lice are not a health hazard or a sign of uncleanliness, and do not cause the spread of any disease. The scalp may itch, and scratching can cause skin sores and skin infections.

➤ How are they spread from one person to another?

Most often head lice are spread by head-to-head contact with another person who has lice. Lice can be spread by wearing another person’s hat or clothing, by using another person’s comb, brush, or bedding, or by placing clothing worn by someone who has lice in a shared clothing storage compartment, locker, or a cloak room. Pets do not carry human lice.

➤ How can head lice outbreaks be prevented?

Do not share combs, brushes, towels, bedding, hats or clothing. Provide separate storage areas for each person’s clothing and other personal articles. Put personal articles in individual bins or sacks. Assign sleeping mats and bedding to only one person and store these separately. Ask parents to check children’s hair regularly for lice and nits. Children with lice or nits are required by WAC to be excluded from child care.

➤ What should I do if a child in my care has lice?

Lice and nits are most effectively removed by using a combination of combing and chemical-free treatments. The most important step in successfully treating lice is thorough, careful combing of the hair for lice and nits at least daily for 21 days. Detailed instructions for families to follow are available at (EPA school parent packet). It is important that families complete all of the steps recommended for treating head lice. Otherwise, the lice will reappear. Families may need your support in completing this process. Your Public Health Nurse is also available for assistance.

➤ Where can I find more information?

Information on the web:

- Public Health – Seattle & King County: www.metrokc.gov/health/prevcont/headlice.htm
- Environmental Protection Agency (EPA): www.epa.gov/pesticides/ipm/schoolipm/chap-11.pdf
- The EPA also has a packet for parents: www.epa.gov/pesticides/ipm/schoolipm/append-h.pdf
- Also available in Spanish at: www.metrokc.gov/health/prevcont/piojos.htm
- Lice Aren’t Nice booklet is available at: www.snohd.org/licearentnice

To speak with a Public Health Nurse, contact Child Care Health at (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



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.

- Playkids USA baby walkers manufactured by PlayKids USA
- Jaloma pacifiers manufactured by Natura Products Downey, Inc.
- Director's Chair for Children manufactured by Delta Enterprise Corp.
- Baby Bjorn Baby Carrier Active manufactured by Regal Lager, Inc.
- Reebok "Iverson/Answer" toddler shoes manufactured by Reebok International Ltd.
- Super Soaker Monster Rocket manufactured by Hasbro Inc.
- Lascal "Buggy Board" stroller attachment, manufactured by Regal Lager, Inc.



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.

