

# 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 October 2004

Vol. 3 No. 10

DATE	TIME	CLASS	LOCATION	PAYMENT
10/7/04 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> <b>Public Health-Seattle &amp; King Co.</b> <b>1916 Boren, 2<sup>nd</sup> Floor, Seattle</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>\$16</b> Please make checks payable to: SKCDPH
10/12/04 Tuesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Stress Management for Child Care Providers</b> Learn to identify the stress response and ways to relax	<b>Building Blocks</b> <b>520 – 15<sup>th</sup> Street SW</b> <b>Auburn</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>\$16</b> Please make checks payable to: SKCDPH
10/14/04 Thursday	6:45 PM – 8:45 PM	<b>*2 STARS CREDITS*</b> <b>The Body and the Brain: Exercises to do with Children in Child Care</b>	<b>Columbia Health Center</b> <b>4400 – 37<sup>th</sup> Ave. South</b> <b>Seattle</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>\$16</b> Please make checks payable to: SKCDPH
10/19/04 Tuesday	6:30 PM – 9:00 PM	<b>*2.5 STARS CREDITS*</b> <b>Emergency Preparedness for Child Care Providers: Excellence Award Series (See p. 3 for details!)</b>	<b>Eastgate Public Health</b> <b>14350 SE Eastgate Way</b> <b>Bellevue</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>\$16</b> Please make checks payable to: SKCDPH
10/20/04 Wednesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Toddler Growth and Development</b>	<b>Eastgate Public Health</b> <b>14350 SE Eastgate Way</b> <b>Bellevue</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>\$16</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 \$2 or on the street (meters are free after 6 PM).



Schedule Continued on Page 2...

## October classes, continued

DATE	TIME	CLASS	LOCATION	PAYMENT
10/21/04 Thursday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Calming Ourselves in Stressful Moments:</b> Learn practical and fun ways to help children calm themselves	<b>Eastgate Public Health</b> <b>14350 SE Eastgate Way</b> <b>Bellevue</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>\$16</b> Please make checks payable to: SKCDPH

## There is still space available in these September classes:

DATE	TIME	CLASS	LOCATION	PAYMENT
<u>September</u> 9/28/04 Tuesday	6:30 PM – 8:30 PM	<b>*2 STARS CREDITS*</b> <b>Behavior, Environments and Family Style Meals</b>	<b>Whizz Kids Academy/Lake Forest Park</b> <b>18512 Ballinger Way NE</b> <b>Seattle</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>\$16</b> Please make checks payable to: SKCDPH
<u>September</u> 9/30/04 Thursday	6:30 PM – 9:00 PM	<b>*2.5 STARS CREDITS*</b> <b>Emergency Preparedness for Child Care Providers: Excellence Award Series</b> (See p. 3 for details!)	<b>Eastgate Public Health</b> <b>14350 SE Eastgate Way</b> <b>Bellevue</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>\$16</b> Please make checks payable to: SKCDPH

## Registration is now open for these November classes:

<u>November</u> 11/4/04 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.</b> <b>1916 Boren, 2<sup>nd</sup> Floor, Seattle</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>\$16</b> Please make checks payable to: SKCDPH
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- **To register for a class, please use the registration form on page 7 of this newsletter.**

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.



## Announcing....

# 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

- **Creating a Healthy Outdoor Environment for Children**  
**Saturday, Oct. 9**

Please see blue registration flyer enclosed in this newsletter. Registration is now open for this conference.

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- **Nurturing Babies – Caregiving in the Infant Room**  
**Saturday, Oct. 23**

Please see gold registration flyer enclosed in this newsletter. Registration is now open for this conference.

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- **Brain, Behavior and Nutrition**  
**Saturday, Nov. 13, Highline Community College**

Come join us for a look at how the brain develops, nutritional needs of the brain, and behavior. Behaviors related to food and nutrition will be discussed. Registration is now open for this class.

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**Time:** 9:00 AM – 1:00 PM  
**STARS Credits:** 4  
**Cost:** \$32

- **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 upcoming newsletters.

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

Registration is now open for this class.

**Time:** 9:00 AM – 1:00 PM  
**STARS Credits:** 4  
**Cost:** \$32

**Location:**

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

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

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.





## STARS Scholarships Are Available!

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

- Π When you take STARS classes you can submit a “Reimbursement Application” and receive a scholarship to cover your classes.
- Π Up to \$100 per child care provider is available.
- Π Please visit [www.waeyc.org](http://www.waeyc.org) and click on “WA STARS” for more information.

## Another STARS Training Opportunity....



Child Care Health is also teaching a class for Child Care Resources:

What: **Understanding and Helping Children with Challenging Behaviors**  
When: Saturday , Oct. 30, 2004 from 9:00 AM – 3:00 PM  
Where: Redmond Family Resource Center  
16225 NE 87<sup>th</sup> St., Building B, Redmond  
To Register: Pre-registration is required. **Call Sandy at 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.





Please Post for Families



## Immunizations Keep Children Safe and Healthy

Public Health – Seattle & King County is urging families to make sure all children’s immunizations are up to date. The law requires that children have current immunizations before attending a child care program.

“Immunizations are a very safe and effective way to keep our children and communities healthy,” said King County Executive Ron Sims. “Outbreaks can disrupt classes and keep children out of school,” said Dr. Alonzo Plough, Director of Public health – Seattle & King County. “However, with current immunizations for our school children, outbreaks are preventable.”

Parents or legal guardians have the right to choose not to immunize their children, based on medical, religious or philosophical reasons. Parents or legal guardians must sign the appropriate box on the Certificate of Immunization Status form to exempt their child from receiving vaccines required for child care entry. There are significant risks, however, when choosing against vaccination.

“Delaying vaccinations or not vaccinating puts children and others in the community at increased risk for preventable and potentially serious infections,” said Dr. Jeff Duchin, Chief of Public Health’s Communicable Disease, Epidemiology and Immunization Section. “In addition to the risk of becoming infected with a vaccine-preventable disease, a child who is not fully immunized may be excluded from attending school or child care during an outbreak of a vaccine-preventable disease and can spread the infection to others.”

For more facts about vaccine-preventable diseases, vaccine safety, the immune system, and how vaccines work, read “Plain Talk about Childhood Immunizations,” an internationally recognized booklet for parents:

[www.metrokc.gov/health/immunization/childimmunity.htm](http://www.metrokc.gov/health/immunization/childimmunity.htm).

For information on immunizations required for child care and immunization clinic sites and call the Public Health Hotline at 206-296-4949 or visit:

[www.metrokc.gov/health/immunization/school.htm](http://www.metrokc.gov/health/immunization/school.htm).

Please remember to bring shot records to the clinic.





# CHILD CARE HEALTH PROGRAM CLASS REGISTRATION FORM



Name: \_\_\_\_\_ Phone (work): \_\_\_\_\_ (home): \_\_\_\_\_

Class Name & Date: \_\_\_\_\_ 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: \_\_\_\_\_

Program's address: \_\_\_\_\_ (zip code) \_\_\_\_\_

Is your program located within the limits of the City of Seattle? \_\_\_\_\_

Is your program outside the City of Seattle but within King County? \_\_\_\_\_

Number of children enrolled in your program? \_\_\_\_\_

**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

The following products have recently been recalled by the Consumer Product Safety Commission (CPSC). For more information on these and other recalled products, please visit the CPSC web site at [www.cpsc.gov](http://www.cpsc.gov) and click on "Recalls/news," or call the CPSC hotline at 1-800-638-2772.

**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).**

**Schwinn Toddler Bicycle Helmets** are being recalled by PTI Sports Inc. because they do not meet Consumer Product Safety requirements. The helmets have "SCHWINN" on the back and a label inside reads, "Lot# 791913," followed by a date from "12-01-03" through "5-15-04." They were sold at Wal-Mart, Target, and other stores nationwide from Jan. 2004 through July 2004. Return the recalled helmet to the store where purchased for a replacement or refund or mail it to the PTI Sports (800-515-0074).

**Red Chairs** are being recalled by Mecor Corp. because the red paint on the chair contains excessive lead levels, posing a lead poisoning hazard to young children. The red folding chair with metal frame and vinyl padded seat back and base was sold as part of a five-piece child's table furniture set. Only red chairs with model numbers 11-88-3E1 and 11-88S3E1 and date codes H3, B4, D4 or E4 printed underneath the seat bottom are included in the recall. Stop using this red chair and contact Mecor Corp. at (800) 251-7558 or [www.mecor.net](http://www.mecor.net) for instructions on returning the chair for a free replacement.

**Nike "GET-GO" and "LITTLE GET-GO" Children's Athletic Shoes** are being recalled by Nike because the 1.5-inch to 1.75-inch rubber tab at the top of the heel can detach from the shoe, posing a choking hazard to young children. The shoes were sold in toddler and pre-school sizes 2C through 3Y from June 2004 through August 2004 for between \$35 and \$45. The shoes have one of the following numbers on a label inside the shoe just above the UPC code: 308638, 308639, 308642, and 308647. Contact Nike at (800) 344-6453 or [www.nikebiz.com](http://www.nikebiz.com) for information



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

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CHANGE SERVICE REQUESTED



City of Seattle  
Gregory J. Nickels, Mayor



King County  
Ron Sims, Executive



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## Class Registration Information

Pre-registration is required. To register, please mail the registration form on page 2. **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.

