

# 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 2005

Vol. 4 No. 10

DATE	TIME	CLASS	LOCATION	PAYMENT
10/3/05 Monday	7:00 PM – 9:00 PM	<b>Bloodborne Pathogens/HIV/AIDS</b>	<b>White Center Public Health Center 10821 – 8<sup>th</sup> Ave. SW Seattle 98146</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>\$10</b> Please make checks payable to: <b>SKCDPH</b>
10/6/05 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. 1916 Boren 2<sup>nd</sup> floor Seattle 98101</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: <b>SKCDPH</b>
PART 1 10/10/05 Monday and PART 2 10/17/05 Monday	7:00 PM – 9:30 PM	<b>*5 STARS CREDITS*</b> <b>Diabetes in Child Care: Basics, care plans, menu planning, social emotional challenges and more...</b> <i>This is a 2 session class. Please plan to attend both sessions.</i>	<b>Eastgate Public Health Center 14350 SE Eastgate Way Bellevue 98007</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>\$40</b> Please make checks payable to: <b>SKCDPH</b>
10/12/05 Wednesday	7:00 PM – 9:00 PM	<b>First Aid for Child Care Providers</b>	<b>Eastgate Public Health Center 14350 SE Eastgate Way Bellevue 98007</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: <b>SKCDPH</b>

\* 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 \$3 or on the street (meters are free after 6 PM).




10/15/05 Saturday	9:00 AM – 12:00 Noon	<b>* 3 STARS CREDITS*</b> <b>A Workable Kitchen in the Real World of Child Care</b> Effective and efficient use of the space and equipment you already have in your kitchen. Plus food preparation topic: "Lunches on the Go"	<b>Eastgate Public Health Center</b> 14350 SE Eastgate Way Bellevue 98007 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>\$24</b> Please make checks payable to: SKCDPH
10/26/05 Wednesday	6:45 PM – 8:45 PM	<b>Food Safety in Child Care</b> <b>1.5 STARS Credits PLUS</b> option of taking test to obtain your <b>Food Handler Card</b> . See class description on p. 3	<b>Westminster Child Care</b> 14550 Westminster Way North Seattle 98133 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>	Please see p. 3 for cost and registration information

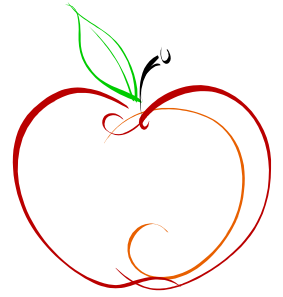
**Registration is now open for these November classes:**

<b>November</b> 11/03/05 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> 1916 Boren 2 <sup>nd</sup> floor Seattle 98101 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
<b>November</b> 11/05/05 Saturday	9:00 AM – 1:00 PM	<b>* 4 STARS CREDITS*</b> <b>The Media, Media Violence and Learning: Exploring the Relationship and its Impact on Children</b>	Please see gold flyer in this issue for details and registration information.	<b>\$26</b> Please make checks payable to: SKCDPH

➤ To register for a class, please use the registration form on p. 5.

<b>Save the Date!!!</b>			<b>Save the Date!!!</b>			<b>Save the Date!!!</b>		
<b>Culturally Relevant Mealtimes and Menu Planning</b>								
<b>6 STARS CREDITS</b>								
<b>Where:</b> Renton Technical College in Renton								
<b>When:</b> Saturday, November 19, 2005, 9 AM – 3 PM								
<b>Cost:</b> \$48								
<b>Watch for registration information in the November newsletter!</b>								





## ➤ 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: October 26, 2005 Time: 6:45 – 8:45 PM (See Options below)  
Where: Westminster Child Care Center  
14550 Westminster Way North, Shoreline 98133

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 8:45 and send us a **registration payment of \$18.**
- Option 2 To receive a Food Handler Card only:**  
Plan to stay until 8:45 and send us a **registration payment of \$10.**
- Option 3 To receive 1.5 STARS credits only:**  
Plan to stay until 8:15 (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.

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.



# Ask the Child Care Health Team...



Dear Child Care Team,

I just started working with a group of pre-schoolers who will remain in childcare for one more year before starting kindergarten. My early childhood education professors taught me that supporting children's social and emotional development is the most important thing I can do to prepare them for success in school. However, some of the parents, as well as other teachers, want me to use worksheets and workbooks so that the class resembles kindergarten. Are they correct? What should I do? I want the children to succeed!

Sincerely,

- Confused in Kent

Dear Confused,

The Child Care Team is delighted that you value what your professors taught you in school. Creating an early childhood environment that allows children to learn to get along with others, to learn empathy and respect for others, and to learn problem-solving skills is important for future success in school. Children who develop social skills, who recognize their own feelings,

build self-esteem and are supported as they face challenges with their self-control will arrive at kindergarten with the skills kindergarten teachers have identified as essential for success.

Parents are concerned about their child's school performance and may measure "knowledge" in terms of paper and pencil, letters and numbers. It may help to try to educate parents about the importance of social emotional skills by providing information about what children need to know and how to help them learn, perhaps in a newsletter, handouts, or in individual parent meetings.

Additionally READ and TALK with the children in your care. Start early by allowing infants to "chew" on and handle soft books while you read to them. Practice interactive reading techniques with young children, e.g. encourage pretend play. Parents (and other teachers) will see that learning the ABC's is integrated into your program, along with critical emotional growth and development. Being ready to learn is the most important goal for each child and a great pre-school classroom can make that happen.

Sincerely,

- Lenore Rubin, Ph.D.  
Child Psychologist

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 .....

## 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](http://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](http://www.800BUCKLUP.org).**

- **Pokemon Plush Toys** imported by Pokemon USA Inc., manufactured in China, and sold at Nintendo World in New York City and on the firm's web site from April 2005 through June 2005 for between \$8 and \$20.
- **Caroline Flower Baby Sandals** manufactured by The Gymboree Corp., and sold at Gymboree stores and web site nationwide from May 2005 through July 2005 for between \$22 and \$28.
- **Toy Boxes** manufactured by Stork Craft Manufacturing Inc. and sold at Wal-Mart and J.C. Penney web sites, and at furniture, baby and juvenile stores nationwide from December 2002 through April 2005 for about \$90.
- **Infant Carriers/Slings** manufactured by ZoloWear Inc. and sold at the ZoloWear.com web site, individual distributors, and five children's boutiques in California, Hawaii and Texas from May 2005 through August 2005 for between \$70 and \$90.
- **Children's Watches** imported by Almar Sales Co. Inc., manufactured in China and sold at Dollar General Stores nationwide from March 2005 through July 2005 for about \$2.



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

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## Class Registration Information

Pre-registration is required. To register, please mail the registration form on page 5. **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 at least 24 hours before the class, so another child care provider can attend. You may be eligible for a credit toward another class.

