

# 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 September/October 2006

Vol. 5 No. 5

| DATE                          | TIME                 | CLASS   | LOCATION  | PAYMENT  |
|-------------------------------|----------------------|---|---|--|
| <b>September 2006 Classes</b> |                      |   |   |  |
| <b>9/07/06</b><br>Thursday    | 6:30 PM –<br>9:00 PM | <b>First Aid for Child Care Providers</b><br>☆ Please arrive on time because the door will be locked at 6:45.                     | <b>Child Care Health*</b><br><b>Public Health-Seattle &amp; King Co.</b><br><b>1916 Boren 2<sup>nd</sup> floor Seattle 98101</b><br>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><br>Please make checks payable to: SKCDPH |
| <b>09/14/06</b><br>Thursday   | 6:30 PM -<br>8:30 PM | <b>*2 STARS CREDITS*</b><br><b>Hazard Mitigation for Earthquakes and Other Disasters: Creating a Safer Child Care Environment</b> | <b>Eastgate Public Health Center</b><br><b>14350 SE Eastgate Way</b><br><b>Bellevue, WA 98007</b><br>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><br>Please make checks payable to: SKCDPH |
| <b>09/20/06</b><br>Thursday   | 7:00 PM –<br>9:00 PM | <b>Bloodborne Pathogens/HIV/AIDS</b>  | <b>Eastgate Public Health Center</b><br><b>14350 SE Eastgate Way</b><br><b>Bellevue, WA 98007</b><br>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><br>Please make checks payable to: SKCDPH |



| DATE  | TIME                              | CLASS  | LOCATION   | PAYMENT  |
|---|-----------------------------------|--|--|--|
| <b>Session 1</b><br><b>9/21/06</b><br><b>Thursday</b> | Session 1<br>6:30 PM –<br>9:30 PM | <b>*6 STARS CREDITS*</b><br><b>Diabetes in Child Care</b><br><b>Session 1: The Basics:</b><br><b>What Does a Diagnosis</b><br><b>Mean?</b><br><b>Session 2: Creating a</b><br><b>Circle of Care: Family,</b><br><b>Provider and Child</b><br><i>You may register for one or</i><br><i>both sessions – please</i><br><i>indicate Session 1 and/or</i><br><i>Session 2 on the registration</i><br><i>form. Separate payment for</i><br><i>each session is preferred.</i> | <b>Eastgate Public Health Center</b><br><b>14350 SE Eastgate Way</b><br><b>Bellevue, WA 98007</b><br>For directions, please call (206) 296-2770<br>or visit our web site @<br><a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a> | <b>Session 1: \$24</b>   |
| <b>Session 2</b><br><b>9/23/06</b><br><b>Saturday</b> | Session 2<br>9:00 AM –<br>12 Noon |  |  | <b>Session 2: \$24</b><br><br><b>Please</b><br><b>make</b><br><b>checks</b><br><b>payable</b><br><b>to:</b><br><b>SKCDPH</b> |

### October 2006 Classes

|                                     |                      |   |  |   |
|-------------------------------------|----------------------|---|--|---|
| <b>10/05/06</b><br><b>Thursday</b>  | 6:30 PM –<br>9:00 PM | <b>First Aid for Child Care</b><br><b>Providers</b><br>☆ Please arrive on time<br>because the door will<br>be locked at 6:45.   | <b>Child Care Health*</b><br><b>Public Health-Seattle &amp; King Co.</b><br><b>1916 Boren 2<sup>nd</sup> floor Seattle 98101</b><br>For directions, please call (206) 296-2770<br>or visit our web site @<br><a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>                                | <b>\$16</b><br><b>Please</b><br><b>make</b><br><b>checks</b><br><b>payable</b><br><b>to:</b><br><b>SKCDPH</b> |
| <b>10/7/06</b><br><b>Saturday</b>   | 9:00 AM –<br>3:30 PM | <b>*6 STARS CREDITS*</b><br><b>Under Our Watch: How</b><br><b>Environmental Exposure</b><br><b>Affects Behavior, Body</b><br><b>and Brain</b><br><b>Please see flyer in this</b><br><b>issue for details.</b> | <b>Highline Community College</b><br><b>Highline Student Union</b><br><b>(Building 8)</b><br><b>2400 S. 240<sup>th</sup> St.</b><br><b>Des Moines, WA 98198</b><br>For directions, please call (206) 296-2770<br>or visit our web site @<br><a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a> | <b>\$24</b><br><b>Please</b><br><b>make</b><br><b>checks</b><br><b>payable</b><br><b>to:</b><br><b>SKCDPH</b> |
| <b>10/25/06</b><br><b>Wednesday</b> | 6:30 PM –<br>8:30 PM | <b>*2 STARS CREDITS*</b><br><b>Let's Get Moving:</b><br><b>Physical Activity for</b><br><b>Child Care Programs</b>  | <b>The Safeco Building</b><br><b>306 23<sup>rd</sup> Avenue</b><br><b>Seattle, 98144</b><br>For directions, please call (206) 296-2770<br>or visit our web site @<br><a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>  | <b>\$16</b><br><b>Please</b><br><b>make</b><br><b>checks</b><br><b>payable</b><br><b>to:</b><br><b>SKCDPH</b> |

### November 2006 Classes

|                                   |                      |   |   |   |
|-----------------------------------|----------------------|---|---|---|
| <b>11/2/06</b><br><b>Thursday</b> | 6:30 PM –<br>9:00 PM | <b>First Aid for Child Care</b><br><b>Providers</b><br>☆ Please arrive on time<br>because the door will<br>be locked at 6:45. | <b>Child Care Health*</b><br><b>Public Health-Seattle &amp; King Co.</b><br><b>1916 Boren 2<sup>nd</sup> floor Seattle 98101</b><br>For directions, please call (206) 296-2770<br>or visit our web site @<br><a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a> | <b>\$16</b><br><b>Please</b><br><b>make</b><br><b>checks</b><br><b>payable</b><br><b>to:</b><br><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). The Child Care Health Program entrance is on the southeast side of the building.



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

## **Class Registration Information**

Pre-registration is required for all classes. To register, please mail the registration form on page 3. **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  
1916 Boren Ave, Suite #200, Seattle, WA 98101.

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.

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. 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.

## **How can I encourage physical activity in my childcare program?**

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.

Outdoor and indoor play can provide lots of opportunity for physical activity. Both unstructured and structured playtimes are important. Try some of the following ideas:

- **Obstacle Course**  
Create an obstacle course that children can climb over, under, around and through-using chairs, pillows, cardboard, etc.
- **Turn On 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.

For more ideas and information, sign up for our October 25<sup>th</sup> class, Lets Get Moving.





## PEDESTRIAN SAFETY: WALK WITH CARE EVERYWHERE!

Fall means the start of school and shorter days. This is a good time to review pedestrian safety rules with children. Young children are especially vulnerable to traffic related accidents because:

- ❖ **Children are shorter than most adults** so it can be difficult for drivers to see them, especially around or between parked or moving cars, buses, and tall bushes.
- ❖ **Children's peripheral vision is narrower** than an adult's so they don't see a car approaching from the right or left as quickly as an adult.
- ❖ **Children have difficulty judging a car's speed and distance** and think that a car can stop instantly. They think that if they can see the driver the driver can see them.

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### CROSSING THE STREET SAFELY

The safest way for children under 10 to cross a street is with an adult. To be seen by drivers, children should wear brightly colored clothing in the daytime and reflective clothing or materials at twilight or after dark.

It also important for children to learn basic traffic safety rules at an early age:

- ❖ **Cross at the corner or at a crosswalk** – Never cross or enter the street from between parked cars or buses.
- ❖ **Stop before you cross and look both ways** - Watch for turning cars from both the left and the right. If you see a car coming wait until it goes by, then look to the left and right again.
- ❖ **Always walk when crossing the street** – Don't run across the street or through parking lots.
- ❖ **Walk on the sidewalk** if there is one – If you have to walk on the road, walk on the left side facing oncoming traffic so you can see cars coming.
- ❖ **Don't chase or follow balls or other toys into the street.**
- ❖ At intersections with traffic lights and pedestrian signals wait until you see **WALK** and follow the basic crossing rules. A flashing **DON'T WALK** means you should not start to cross the street. If you have started to cross the street when the **don't walk** starts to flash, continue to walk. **The walk signal and green light indicate it is your turn to cross but they do not mean it is safe to cross. Remember to look both ways before crossing!**

### CLASSROOM ACTIVITIES

- ❖ Set up a "pedestrian safety course". Let children make a miniature neighborhood with shoe box houses or stores, parked cars, buses and crossings with stop signs, traffic lights, etc. and practice "pedestrian safety."
- ❖ Set up a true/false discussion: "You can always cross at a corner even if there is no crosswalk," "It is all right to run across the street if no cars are coming," etc.
- ❖ Take a walk around the neighborhood looking for safe/unsafe places to cross.





# 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**

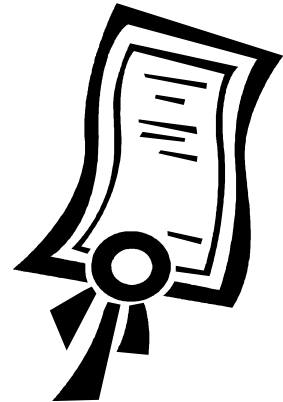
✂ Please cut here .....

## Child Care Programs Receive Excellence Award in Disaster Preparedness!

Congratulations to those programs who have recently achieved our Excellence Award in Disaster Preparedness in Child Care! These programs have taken significant steps toward being prepared for disasters and emergencies:

- ☆ Learning Way School and Daycare
- ☆ Coe Child Care at Ballard Boys & Girls Club

We hope to see your program on the list soon! If you have attended one of our Disaster/Emergency Preparedness trainings, contact your public health nurse to schedule a follow-up consultation. If you haven't taken this acclaimed training, sign up for it today!



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  
1916 Boren Ave., Suite 200  
Seattle, WA 98101-1467

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## IMPORTANT RECALL INFORMATION

There have been many recalls these past two months that involve products relating to children. Please visit the CPSC web site at [www.cpsc.gov](http://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 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).**

Curious Buddies Children's Books  
Sam & Libby Girl's Thong Sandals  
Reebok Children's Windsuit

Toy Guitars (Guitar Series JC856, Sino Trading Group  
Warm Mist CareFree Humidifier

Save the Date!!!

Save the Date!!!

Save the Date!!!

### **Protect the Children in Our Care: Get the Lead Out!**

Saturday, Dec. 2 at the Center for Urban Horticulture, Seattle, WA

### **Disaster & Emergency Prep for Child Care: Excellence Award Series**

Thursday, Nov. 16<sup>th</sup> & Saturday, Nov. 18<sup>th</sup>

**Watch for registration flyers in the November/December Issue!!!**

