

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 2004

Vol. 3 No. 9

DATE	TIME	CLASS	LOCATION	PAYMENT
9/2/04 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
9/15/04 Wednesday	7:00 PM – 9:00 PM	First Aid for Child Care Providers	Northshore Public Health 10808 NE 145th Bothell For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
9/16/04 Thursday	7:00 PM – 9:00 PM	*2 STARS CREDITS* Toddler Growth and Development Stages of development, toilet training tips and behavior management	Kids Country/Burien 14400 Ambaum Blvd. SW #R Burien For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
9/18/04 Saturday	9:00 AM – 1:00 PM	*4 STARS CREDITS* Challenges of the School Aged Child: Growing, Emerging, Testing and Trying A discussion based look at bullying, sexuality, communication and nutrition	Duwamish Apprenticeship and Education Center, Building A 6770 E. Marginal Way South Seattle For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$32 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...



CHILD CARE HEALTH PROGRAM CLASS REGISTRATION FORM



Name: _____ Phone (work): _____ (home): _____

Class Name and Date: _____

STARS Identification Number _____ (Required for STARS credit)

Center or Home Address: _____

**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

September 2004 Classes, Continued

DATE	TIME	CLASS	LOCATION	PAYMENT
9/22/04 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
9/28/04 Tuesday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Behavior, Environments and Family Style Meals	Whizz Kids Academy/Lake Forest Park 18512 Ballinger Way NE 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
9/30/04 Thursday	6:30 PM – 9:00 PM	*2.5 STARS CREDITS* Emergency Preparedness for Child Care Providers: Excellence Award Series (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

October 2004 **Registration is now open for these classes:**

<u>October</u> 10/7/04 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, 2 nd 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>October</u> 10/7/04 Thursday	6:30 PM – 8:30 PM	*2 STARS CREDITS* Caring for Children in Changing Families: Divorce, behavior, and what you can do to care for children whose families are changing	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



More classes on pages 3 & 4...

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 training programs designed to help child care providers develop a comprehensive disaster plan. Participants completing the program and homework assignments will be eligible to apply for the “Excellence Award for Child Care Providers.” This is the first class in the series.

In this program, participants will learn the steps to creating a comprehensive disaster plan and the criteria for the Excellence Award. The remainder of 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.

Thursday, September 30
6:30 PM – 9:00 PM
at
Eastgate Public Health
14350 SE Eastgate Way
Bellevue

Cost \$16

**2.5 STARS
Credits
Available**



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.



Fall 2004 Saturday Conferences and Classes

➤ **Challenges of the School Aged Child: Growing, Emerging, Testing and Trying
Saturday, September 18**

This class will provide a discussion-based look at bullying, sexuality, communication and nutrition for child care providers who serve school aged children. Registration is now open for this class.

Location:

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

Time: 9:00 AM – 1:00 PM

STARS Credits: 4

Cost: \$32

➤ **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.

➤ **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.

➤ **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.

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

Registration is now open for this class

Location:

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

Time: 9:00 AM – 1:00 PM

STARS Credits: 4

Cost: \$32

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



Babies Were Born to be Breastfed

Did you know that World Breastfeeding Week was August 1-7? Public Health - Seattle & King County promotes breastfeeding because of the overwhelming benefits of breastfeeding for both mother and child, including the prevention of serious disease. The Child Care Health Program encourages child care providers to support parents who breastfeed.

Breastmilk is the ideal food for infants: It nourishes them and protects them from illness. Exclusive breastfeeding provides ideal nutrition and is sufficient to support optimal growth and development for the first 6 months of life. Gradual introduction of solid foods in the second half of the first year should complement the breast milk diet. Continued breastfeeding is recommended throughout the first year and thereafter as long as is mutually desired.

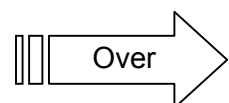
Breastfed children have reduced risks for:

- ear infections
- upper and lower respiratory infections
- diarrhea
- sudden infant death syndrome (SIDS)
- obesity
- juvenile diabetes
- allergies, asthma and eczema
- some types of childhood cancer
- Crohn's disease and ulcerative colitis



Breastfeeding is good for mothers because it:

- helps them get their bodies back in shape after pregnancy
- helps them feel good about themselves
- takes less time than using infant formula
- saves money.



Breastfeeding is good for child care providers because they have:

- babies with less colic and spitting up
- diapers that do not smell bad
- babies who are sick less often
- breastmilk that does not stain clothes
- mothers who feel good about child care because they can continue to breastfeed their babies.

Breastfeeding helps everyone because it:

- leads to healthier people
- lowers food costs for families because they don't need to buy infant formula
- makes less trash and pollution because there are fewer cans to throw away.

In Washington State, less than a third of babies are breastfed for six months; among African Americans the rate is even lower, as only one in five babies is breastfed.

How can child care providers help?

- Talk about why breastfeeding is so good for babies.
- Tell parents that you want to care for breastfed babies.
- Let parents know that you want to give expressed breastmilk to their babies.
- Tell parents about other places in the community they can go for help with breastfeeding.

To learn more...call the Child Care Health Program at (206) 296-2770 and ask to speak with a Nutrition Consultant.

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.



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 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.

Summerville™ Toy Truck Sets are being recalled by Target Corp. because the components on the trucks could detach, posing a choking and sharp point hazard to young children. Sold at Target stores as Summerville four-piece truck sets, the multicolored trucks are about 4.5-inches long. Various types of trucks were sold in the sets including dump trucks, cement trucks, utility trucks, garbage trucks, box trucks, fuel trucks, and tow trucks. The item number "204 02 0458" is written on the packaging. Consumers should return the recalled trucks to Target for a refund. Consumers can contact Target at (800) 440-0680 or visit www.target.com.

Travel Lite™ Swings are being recalled by Graco Children's Products because the swing's carrying handle can fail to stay in place properly and drop or be pushed down, hitting a child in the head. Additionally, the 3-point seatbelt can fail to prevent a child from leaning forward or to either side, posing a risk that the child can fall forward and strike his/her head on the floor or the swing's frame. The recalled Travel Lite portable swings have an adjustable reclining seat, a rotating handle and a canopy and include model numbers 1850JJP, 1850JGB, and 1870DAL. Both the model number and a serial number between 050503 and 121103 can be found on a white label underneath the seat. Consumers who have a Travel Lite swing with a 3-point seatbelt (waist belt and crotch strap) only or a Travel Lite swing without a red handle release button should stop using it immediately and contact Graco at (800) 345-4109 or www.gracobaby.com for a free repair kit.

Pool Pump Water Guns are being recalled by Kmart Corp. because the cone-shaped nozzle can unexpectedly come off the water gun and be propelled causing injury. The 15-inch-long water guns are shaped like giant syringes. When placed in a pool, they fill with water when the handle at the top of the device is pulled, and shoot water when pushed. They have either an orange tube with green handle and nozzle or a yellow tube with blue handle and nozzle. Consumers should stop using the water guns and return them to a Kmart store for a full refund. For more information contact Kmart at (866) KMART4U.

Metal Toy Jewelry Sold in Vending Machines is being recalled by four toy jewelry importers. The Consumer Products Safety Commission (CPSC) has determined that about half of the 150 million pieces of toy jewelry sold in vending machines across America contains dangerous levels of lead, posing a risk of lead poisoning to children. Young children sometimes mouth or swallow items like these, and lead can leach from the jewelry into the child's body. The four importers have advised the CPSC that they have stopped importing toy jewelry with lead. Made in India, the recalled toy metal jewelry involves various styles of rings, necklaces and bracelets. Photos are available by visiting www.toyjewelryrecall.com or <http://www.cpsc.gov/cpsc/pub/prerel/prhtml04/04174.html>. Consumers should throw away recalled jewelry. For more information contact the Toy Jewelry Recall Hotline at (800) 441-4234 or www.toyjewelryrecall.com.



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

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Gregory J. Nickels, Mayor



King County
Ron Sims, Executive



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.

