



September 2012

E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)
510-204-0932 • www.ucsfchildcarehealth.org



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Do you have a question that you would like to

ask other CCHCs working in the field? Or do you have a comment to share with the group? To post your comments or questions on the CCHP-CCHC listserv [click here](#).



Like

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The CCHP-CCHC eNews is a monthly newsletter that provides timely information about resources, reports, and research that inform the work of Child Care Health Consultants (CCHCs) working to improve the health and safety of children in early childhood education settings in California. Past issues are available at www.ucsfchildcarehealth.org/html/pandr/enews.htm. To subscribe: www.ucsfchildcarehealth.org/listserve/subscribe.html.

Policy and Advocacy

Transition of Nearly 900,000 Children from Healthy Families to Medi-Cal

The final California state budget eliminated Healthy Families, and children covered by Healthy Families will eventually be moved into the state's Medi-Cal insurance program. Until then, Healthy Families will continue to provide health insurance. The informational flyer *What Families Should Know about Changes to the Healthy Families Program* is available in English, Spanish and Chinese to explain the changes and help parents understand that their children will still have health coverage.

www.100percentcampaign.org/whatsnew/release.php?_c=10tnteqda2ztyck&1=1&id=10qlnkl451bdibq&done=.10tntz8s1vu16r2

Many Are Not Meeting Car Safety Guidelines for Children

Even though car crashes are the leading cause of death for children older than three years, and more than 140,000 children in the U. S. are sent to the emergency room each year because of automobile accidents, new research finds that many are still not following car seat recommendations.

[www.ajpmonline.org/article/S0749-3797\(12\)00388-1/abstract](http://www.ajpmonline.org/article/S0749-3797(12)00388-1/abstract)

To promote car seat safety, use these tip sheets from Safekids, available in six languages: www.safekids.org/educators/educational-tip-sheets.html.

Resources

Get Moving Today Activity Calendar from Head Start Body Start

These ideas for age-appropriate physical activities are perfect for curriculum planning, sending home for parents, posting to bulletin boards or featuring in newsletters:

English: www.aahperd.org/headstartbodystart/activityresources/

[activityCalendar/upload/Cal_eng.pdf](#)

Spanish: [www.aahperd.org/headstartbodystart/activityresources/activityCalendar/upload/Cal_spn.pdf](#)

Breastfeeding Help for New and Expecting Moms

As of August 1, the Affordable Care Act covers some services to support breastfeeding. New moms may be able to get breastfeeding help like counseling and supplies. For more information and resources about breastfeeding: [www.healthfinder.gov/prevention/ViewTopicFull.aspx?topicID=50](#).

Nutrition and Physical Activity Tools and Resources for After-school Programs

These new tools and resources can help create a healthy after school program. The colorful materials were supported by CalFresh and the California Department of Public Health. [www.afterschoolnetwork.org/nutrition-and-physical-activity/new-network-healthy-california-tools-and-resources](#)

USDA's Child and Adult Care Food Program (CACFP) Meal Patterns

CACFP makes child care more affordable and improves nutrition for many low-income families. Meal patterns can be found on the USDA website: [www.fns.usda.gov/cnd/care/programbasics/meals/meal_patterns.htm](#).

Strengthening Families: An Introduction to the Protective Factors Training Opportunity

Strengthening Families is an evidence-based framework to reduce child abuse and neglect. Professional development is available to learn practical ways to incorporate the five protective factors (Parental Resilience, Social Connection, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, Social and Emotional Competence of Children) into programs. For more information about training in California: [www.familyresourcecenters.net/protectivefactors101](#).

Child Care Center Guidelines for Waivers, Exceptions and Exemptions

Exceptions or exemptions to California Child Care Licensing regulations may be needed when caring for a child with special health needs. Before licensing will consider granting a waiver and/or exception it must be determined that the intent of the regulations for safe, healthful, and adequate services are met. This guide provides definitions of waivers, exceptions and exemptions, and basic information about how to make a request.

[www.cclld.ca.gov/res/pdf/ChildCareCenterWaiversExceptionsGuide.pdf](#)

Public Playground Safety Handbook from the Consumer Products Safety Commission (CPSC)

Every year in the U.S. more than 200,000 injuries are estimated to occur on public playgrounds resulting in emergency department visits. This handbook presents guidelines and safety information for public playgrounds used by children ages 6 months through 12 years including schools and child care facilities, [www.cpsc.gov/CPSCPUB/PUBS/325.pdf](#).

Reports and Research

Early Intervention in Pre-school and Kindergarten Settings for Children with Autism

Children with autism who received early intervention services in community settings like preschool and kindergarten scored significantly higher on all scales of adaptive behavior compared to the control group. They showed significant improvement after one year of treatment, and this change continued into the second year of treatment, but to a lesser degree. www.sciencedirect.com/science/article/pii/S175094671100153X

Obese Children Have Higher Rates of Heart Disease Risk Factors

This study assessed the heart disease risk factors of high blood pressure, high blood sugar levels, diabetes and cholesterol in severely obese children, aged 2 to 18 years. Researchers found that 62 percent of children aged 12 and younger had one or more heart disease risk factors. www.adc.bmj.com/content/early/2012/07/12/archdischild-2012-301877.abstract

State-by-State Obesity Rates, Rankings, and Trends from Robert Wood Johnson Foundation

A dozen states have adult obesity rates over 30 percent, to view the rates: www.rwjf.org/childhoodobesity/product.jsp?id=74723&cid=XEM_A6297.

Happily, California ranks with ten states with the lowest rates of adult obesity. To see the ten States with the lowest adult obesity rates: www.rwjf.org/files/images/pr/figures/top10_bottom10_maps_v2-02rev.jpg.

Babies and Toddlers Fed a Healthy Diet Have Slightly Higher IQs by Age 8

Breastfeeding at 6 months and home-made contemporary patterns of food preparation (herbs, legumes, cheese, raw fruit and vegetables at 15 and 24 months) were associated with a 1-to-2 point higher IQ at age 8. This study suggests that dietary patterns from 6 to 24 months may have a small but persistent effect on IQ.

www.springerlink.com/content/j3086542453r3360/

The Impact of Oral Health on the Academic Performance of Disadvantaged Children

This study showed that students with toothaches were almost 4 times more likely to have a low grade point average, more likely to miss school, and more likely to have their parents miss work.

www.ajph.aphapublications.org/doi/abs/10.2105/AJPH.2011.300478

American Academy of Pediatrics (AAP) Clinical Report: Psychological Maltreatment

Psychological or emotional maltreatment of children may be the most challenging and prevalent form of child abuse and neglect. Sensitive parent-child interaction is recognized as being necessary for optimal child development.

www.pediatrics.aappublications.org/cgi/content/abstract/130/2/372

Snoring in Preschool Children: Predictors and Behavioral and Developmental Correlates

Persistent snoring was associated with higher rates of problem behaviors, like hyperactivity, depression, and inattention. Socioeconomic status, tobacco exposure and duration of breastfeeding were predictors of snoring.

www.pediatrics.aappublications.org/content/early/2012/08/08/peds.2012-0045

A New Framework for Childhood Health Promotion: The Role of Policies and Programs in Building Capacity and Foundations of Early Childhood Health

Lifelong health foundations are formed in early childhood. This report outlines a framework for investments to optimize opportunities for health promotion in early childhood.

www.ajph.aphapublications.org/doi/abs/10.2105/AJPH.2012.300687

Two New Reports from Child Care Aware of America

Effective Inspection Policies Promote Children's Safety and Healthy Development in Child Care

Most services such as dog groomers, beauty salons and restaurants are regularly inspected. Children attending child care programs deserve at least the same level of protection. This report promotes licensing and regular inspection to ensure that child care programs meet minimum health and safety requirements:

www.naccrra.org/sites/default/files/default_site_pages/2012/inspections_white_paper_august_16.pdf

Why Aren't We Outraged? Children Dying in Child Care across America discusses preventing children's deaths in child care. The report suggests improvements in reporting of deaths, minimum training for child care providers, and more effective monitoring by

states. www.naccrra.org/sites/default/files/default_site_pages/2012/why_arent_we_outraged_july_22.pdf

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