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E-News for Child Care Health Consultants

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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](#).

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/healthline/enews.htm.

Greetings

The California budget impasse is more than a headline to many child care programs and providers in the state, and the families they serve. The state has withheld more than \$3 billion in payments since July to thousands of state contractors, including state run preschools and those who provide subsidized care to 142,000 low income children. Some are closing their doors, leaving low income working families without child care, and child care providers without jobs. It remains to be seen what the final budget provisions for child care will be, but in his May budget, Governor Schwarzenegger proposed to cut child care subsidies for 142,000 children. It is a sad irony that the state's Early Learning Quality Improvement System (CAEL QIS) Advisory Committee is pondering how to improve outcomes for children and reduce California's school readiness gap by addressing the quality of our early learning and care programs as the budget crisis forces the closure of, or reduced funding for, already fragile programs serving the most at-risk children.

Announcements

New Flu Vaccine Recommendations

On July 29, 2010, the CDC's *Advisory Committee on Immunization Practices (ACIP)* issued recommendations for everyone 6 months of age and older who does not have any contraindications to vaccination, to receive a flu vaccine each year, beginning this flu season. ACIP recommends that children 6 months through 8 years of age receive two doses of the 2010-2011 flu vaccine with a minimal interval of 4 weeks unless they have received:

- At least one dose of 2009 H1N1 flu vaccine last season; and
- If a child has fulfilled both of these requirements, they only need one flu vaccine.

Training Offered to Increase the Availability and Consumption of Fresh Fruits and Vegetables in Schools

The California Department of Education (CDE), Nutrition Services Division invites you to register for one of the nine *Fresh Fruit and Vegetables: A Centerpiece for a Healthy School Environment* workshops in fall 2010. This free two-day training is designed for school personnel and community partners. It provides tools to support an increase of fresh fruits and vegetables on school campuses through fun, interactive, and skill-building activities. To view the training agenda, dates, and locations, please visit the CDE SHAPE California Workshops Web page at www.cde.ca.gov/ls/nu/he/shapewkshp.asp. To access the training registration forms and for additional information, please visit the Healthy School Environment Web site at www.healthyschoolenvironment.org. For general information, contact Emily Elliott, at 916-445-9162 or by e-mail at elliott@cde.ca.gov. Early registration is encouraged as space is limited.

Lead Poisoning Webinar

Do you provide lead poisoning prevention? Are you interested in knowing which children's products and toys contain lead? If so, attend "Lead Detection: California's Lead Poisoning Prevention Training" webinar, Thursday, October 14th 1:00 PM - 2:00 PM PDT. Come and learn which children's toys and products contain lead, safe alternatives to these products, and new and innovative resources to help with lead

detection. Space is limited. Reserve your Webinar seat now at: www2.gotomeeting.com/register/524728522. For more information visit www.healthystuff.org.

Child Care Law Center

The Child Care Law Center is back as a smaller, restructured organization that will focus almost entirely on subsidized child care. The Center will:

- support local legal services programs by training, co-counseling, and generating materials
- maintain its ability to analyze state child care policy and budget proposals as they relate to California's low income families
- share its expertise on child care subsidy issues

See www.childcarelaw.org/ for more information.

The US Consumer Product Safety Commission (CPSC) Reviewing Reports of Diaper Rash Linked to Paper Diaper Use

The CPSC is reviewing consumer reports linking Pampers Dry Max diapers to diaper rash. From April through August 2010, CPSC received nearly 4,700 incident reports about diaper rash, with 85% of the complaints reported in May. CPSC staff has reviewed characteristics of the diaper, including the materials used, the construction of the diaper and heat and moisture retention issues. To date, the agency has not identified any specific cause linking Dry Max diapers to diaper rash. However, CPSC staff note that this may still be a health concern for some babies, particularly those who are sensitive and develop rashes or other skin problems. For more information, go to www.cpsc.gov/cpsc/pub/prerel/prhtml10/10331.html. Consumers are encouraged to report any health or safety incidents related to the use of a consumer product. Incident report forms are available on CPSC's Web site at www.cpsc.gov/talk.html.

Get Smart About Antibiotics Week, November 15-21

www.cdc.gov/getsmart/campaign-materials/week/index.html

Resources

Vaccines for Children Public Education Campaign

The National Association of County and City Health Officials has launched a new public education campaign, "Vaccines for Children: We've Got You Covered." The campaign aims to raise awareness among parents about the importance of childhood immunization, and the availability of free or low-cost vaccines for children through 18 years of age, via the federal Vaccines for Children program. Campaign materials will include, radio Public Service Announcements in English and Spanish, radio interviews, posters and other resources. For more information, visit the NACCHO website, www.naccho.org/topics/HPDP/immunization/vfc.cfm.

Online Trainings Available for Child Care Providers on Nutrition, Physical Activity, Health and Safety

The trainings were developed by the California After School Resource Center (CASRC) and California Healthy Kids Resource Center (CHKRC) for professionals serving preschool through grade twelve youths in California. The trainings will provide users with knowledge, skills, and easy-to-apply program strategies and resources. Access them at www.casrc-chkrcetrainings.org/training/modules.

New Desired Results Developmental Profile© (DRDP) Released

The California Department of Education, Child Development Division, announced the release of new DRDP© (2010) assessment instruments for use in documenting the developmental progress of children enrolled in child development center programs. The instruments and other materials can be downloaded at www.wested.org/desiredresults/training/form_drdp.htm.

Act Early Milestone Quiz—Widget Available

The Centers for Disease Control and Prevention (CDC) have a new milestone quiz available on the "Learn the Signs, Act Early" [home page](#). The quiz is a fun way for parents to learn about developmental milestones. It's also available as a widget application that can be added to your Web page simply by copying the code. As CDC updates the widget, it will automatically update on your site, too. This widget and others from CDC can be found [here](#).

Children Can No Longer Be Denied Health Coverage for Pre-existing Conditions

Several patient protections provided by the federal health care reform law, the Patient Protection and Affordable Care Act (PPACA), took effect on September 23, including mandated coverage of sick children. Federal law now prohibits insurers from denying coverage to children up to age 19 due to pre-existing conditions, or denying treatment associated with the pre-existing conditions. An estimated 576,500 children in California have preexisting conditions that could lead to denial of coverage. This provision will help ensure access to coverage for vulnerable children, and protect their families from medical debt and bankruptcy due to medical bills. Insurers are not required to charge the same premiums to children with pre-existing conditions, but a new California law, AB2244 (Feuer), would improve upon this protection. It would limit insurers' ability to charge children with pre-existing conditions more than twice the premiums for healthy children, either in an "open enrollment" period or when the child's circumstance changes. This bill phases out the cost difference that the Federal bill allows until 2014, when insurers will be required to charge children (and adults) the same regardless of health status. The bill was signed by Governor Schwarzenegger on September 30.

If you have questions about the health reform bill, Health Access has an animated primer on what the health reform law actually does on their website at <http://blog.health-access.org/2010/09/cartoon-version-of-health-reform.html>.

Reports

New Harvard Report Shows That the Foundations of Health are Built In Early Childhood

This important new report describes the importance of early childhood experiences and environments to a child's current and future health. A vital and productive society with a prosperous and sustainable future is built on a foundation of healthy child development. Health in the earliest years—beginning with the future mother's well-being before she becomes pregnant—lays the groundwork for a lifetime of vitality. When developing biological systems are strengthened by positive early experiences, children are more likely to thrive and grow up to be healthy adults. Sound health also provides a foundation for the construction of sturdy brain architecture and the achievement of a broad range of skills and learning capacities. This publication was co-authored by the *National Scientific Council on the Developing Child* and the *National Forum on Early Childhood Policy and Programs*. Available at http://developingchild.harvard.edu/library/reports_and_working_papers/foundations-of-lifelong-health/.

Report Outlines the Effects of Child Care Cuts on Californians

The UC Berkeley Center on Health, Economic & Family Security (Berkeley CHEFS) released a new report on the impact of child care cuts on Californians. To help patch a nearly \$20 billion shortfall in California, the Governor proposed to cut \$1.2 billion in child care funds, a move that would eliminate most subsidized child care for low-income families. He also proposed to terminate California's welfare program, CalWORKs, which serves 1.4 million people, 1.1 million of whom are children. Included in the CalWORKs cuts are child care subsidies for families receiving or successfully transitioned off welfare. In total, 240,000 children would lose access to subsidized child care. While the Legislature's Joint Budget Conference Committee rejected these child care cuts, the continued uncertainty about child care funding undermines the availability and sustainability of child care as districts are forced to close their programs because the state budget remains unresolved. This paper outlines the impact these child care cuts would have on working parents, children, and the state's economy. Available at www.law.berkeley.edu/files/chefs/Child_Care_in_California_Sept_2010.pdf.

Autism Spectrum Disorders (ASDs): Diagnosis, Prevalence, and Services for Children and Families

This *Social Policy Report* summarizes selected recent studies on diagnosis, prevalence, and intervention, and discusses strategies for designing social policies to help improve the outcomes and independence of children and adults with ASDs. Recent prevalence rates for autism spectrum disorders (ASDs) are now estimated at about 1 in 110 children in the U.S. Increases in public awareness and research funding in response to the growing numbers of children and adults with this disorder have led to numerous important scientific advances over the last several years. Nevertheless, because ASD remains a diagnosis that is defined completely on the basis of behavior, diagnostic assessment is both complex and expensive. Appropriate

interventions and services are also multi-faceted and costly, and because of the pervasive nature of the disorder, are often required in some form across the lifespan. In the absence of standard societal mechanisms to pay for appropriate assessment and treatment, families must personally shoulder many of the costs associated with securing appropriate services for their children. This *Social Policy Report* summarizes selected recent studies on diagnosis, prevalence, and intervention, and discusses strategies for designing social policies to help improve the outcomes and independence of children and adults with ASDs. Available at www.srcd.org/index.php?option=com_content&task=view&id=232&Itemid=550.

Lord, C., Bishop, S. (2010) Autism Spectrum Disorders Diagnosis, Prevalence, and Services for Children and Families *Social Policy Report*, 24, 2.

National Infant & Toddler Child Care Initiative (NITCCI) Issues New Report on Coordinating Consultants From Multiple Disciplines to Improve Quality of Care for Infants and Toddlers

[This brief](#) provides a framework and practical suggestions for coordinating and educating child care consultants from multiple disciplines to improve quality of care for infants and toddlers. Coordinated networks improve communication and collaboration among consultants and with the infant/toddler caregivers they support. Available at http://nitcci.nccic.acf.hhs.gov/resources/consultation_brief.pdf.

Research

Breastfeeding Report Card—United States, 2010

New data from the Centers for Disease Control and Prevention (CDC) show that three out of every four new mothers in the U.S. now starts out breastfeeding, meeting the *Healthy People 2010* national objective for breastfeeding initiation. However, rates of breastfeeding at 6 and 12 months as well as rates of exclusive breastfeeding at 3 and 6 months remain stagnant and low. Mothers continue to face multiple barriers to breastfeeding. The report states that child care facilities — both family child care homes and child care centers — play an important role in promoting breastfeeding among mothers whose infants are cared for in these facilities. States that lack regulations that support breastfeeding at child care facilities are encouraged to meet best-practice national standards set by *Caring for Our Children*. The Report Card is available at www.cdc.gov/breastfeeding/data/reportcard.htm.

Results of an Observational Study of Child Care Centers in Pennsylvania: Varying Approaches to Health and Safety

This prospective observational study of a convenience sample of centers examined hand washing behaviors, infant sleep position, playground equipment safety, and an assessment of safety policies. Of 181 diapering or toileting observations, 78 (83%) of the adults and 103 (95%) of the children washed their hands. Staff placed 67% of infants on their backs for sleep. Safe playground surfacing was observed surrounding 10 (21%) indoor and 52 (57%) outdoor equipment areas. The authors conclude that many centers lack adequate health and safety practices especially those sites that were urban, for profit, or were predominately state funded. Improving the training of staff, updating or increasing comprehensive and accurate policies, and obtaining input from skilled health professionals may improve safety in child care centers.

Nadel, F., Aronson, S., Giardino, A., Rivers, H., Requa, A., & Shaw, K. (2010). Results of an Observational Study of Child Care Centers in Pennsylvania: Varying Approaches to Health and Safety. *The Open Pediatric Medicine Journal*, 4, 14-22.

Preschool-aged Children's Television Viewing in Child Care Settings

In this study, children in home-based child care programs were exposed to significantly more television on an average day than were children in center-based programs (infants: 0.2 vs 0 hours; toddlers: 1.6 vs 0.1 hours; preschool-aged children: 2.4 vs 0.4 hours). Having a 2- or 4-year college degree was associated with 1.41 fewer hours of television per day in home-based programs, but no impact of staff education on television use was observed in center-based programs. For many children, previous estimates of screen time significantly underestimated actual amounts.

Christakis, D.A. and M.M. Garrison, *Preschool-Aged Children's Television Viewing in Child Care Settings*. *Pediatrics*, 2009. 124(6): p. 1627-1632.

Use of Public Service Announcements to Teach Preschoolers About

Health Practices

The purpose of this study was to evaluate the effectiveness of five short public service announcements (PSA) containing health messages for preschoolers (i.e., nutrition, physical activity, and hand washing). The authors examined children's ability to learn the messages and transfer that knowledge and apply it in novel situations. Child PSA viewers were able to recall more of the educational content, apply this knowledge to specific choices contained in each message, and transfer this knowledge to novel situations compared with their non-viewing counterparts.

Linebarger, D. L., & Piotrowski, J. T. (2008). Evaluating the educational potential of health PSAs with preschoolers. *Health Commun, 23*(6), 516-525.

Emergency Preparedness in Child Care Centers

This study was undertaken to determine the preparedness of child care centers in Pennsylvania to respond to emergencies and disasters based on compliance with National Health and Safety Performance Standards for Out-of-Home Child Care Programs. Although many of the child care centers surveyed were in compliance with the recommendations for emergency and disaster preparedness, specific areas for improvement included increasing the frequency of practice of the written emergency plan, establishing specific written procedures for external disasters and urgent medical emergencies, maintaining the immediate availability of potentially life-saving medications, and ensuring that all child care center staff are trained in first aid and CPR.

Olympia, R. P., Brady, J., Kapoor, S., Mahmood, Q., Way, E., & Avner, J. R. Compliance of child care centers in Pennsylvania with national health and safety performance standards for emergency and disaster preparedness. *Pediatr Emerg Care, 26*(4), 239-247.

Half of Treatment-Resistant Asthma Cases May Improve With Guidance from Parents and Providers

Researchers who examined asthmatic children and adults found that many cases of treatment-resistant asthma can actually be managed through proper use of inhalers and adherence to medications. The study showed that with the guidance of nurses and parents, about half of the asthmatic children were better able to manage their condition without increasing medication.

Bush, A., & Saglani, S. Management of severe asthma in children. *Lancet, 376*(9743), 814-825.

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