



October 2012

## E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)  
510-204-0932 • [www.ucsfchildcarehealth.org](http://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

Like us to get the latest news.

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](http://www.ucsfchildcarehealth.org/html/pandr/enews.htm). To subscribe: [www.ucsfchildcarehealth.org/listserve/subscribe.html](http://www.ucsfchildcarehealth.org/listserve/subscribe.html).

## Announcements

### Are You Ready for Flu Season?

The time is right for Flu prevention activities. The Immunization Action Coalition (IAC) videos promote annual vaccination for the 2012-13 influenza season. They include testimonies from parents who have suffered the loss of children due to influenza, and educational information from experts in the field.

[www.immunize.org/votw/influenza-videos.asp](http://www.immunize.org/votw/influenza-videos.asp)

Sesame Street characters show how to sneeze in your sleeve to prevent spreading germs: [www.flu.gov/video/2009/10/elmo-sneeze-the-right-way.html](http://www.flu.gov/video/2009/10/elmo-sneeze-the-right-way.html).  
Flu immunization locator from Flu.gov: <http://flushot.healthmap.org/>.

## Policy and Advocacy

### Effective Coaching in Early Care and Education Programs

One way to improve the quality of early care and education settings is to strengthen the knowledge and skills of early childhood educators through professional development. Individualized professional development, such as coaching, applies newly acquired knowledge into daily practice. Many quality improvement initiatives are adopting coaching models. To read more about coaching approaches and specific features of coaching that are most effective:

[www.childtrends.org/Files/Child\\_Trends-2011\\_04\\_27\\_FR\\_CoachingEarlyCare.pdf](http://www.childtrends.org/Files/Child_Trends-2011_04_27_FR_CoachingEarlyCare.pdf).

## Resources

### Preschools Shaping Healthy Impressions through Nutrition and Exercise (SHINE)

California Department of Education (CDE) Preschools SHINE Forums are interactive professional development events to help improve nutrition and physical activity in preschool classrooms and family child care home environments. The forums target directors, teachers, nutritionists, trainers, and family child care providers. For dates, locations, fees and registration information: [www.cde.ca.gov/ls/nu/he/preschoolshine.asp](http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp).

For questions, please contact Lynette Haynes, 916-323-2474 or [lhaynes@cde.ca.gov](mailto:lhaynes@cde.ca.gov).

### Checklist for Nutrition in Child Care Programs from American Academy of Pediatrics (AAP) [healthychildren.org](http://healthychildren.org)

This checklist helps parents access the latest recommendations for children's

overall nutritional health in child care programs. <http://tinyurl.com/8r4snkn>

### **Training Curriculum in Early Intervention**

Contemporary Practices in Early Intervention for Children Birth to Five is a series of training modules and resources on early childhood intervention and services for education, health, therapeutic, and social service professionals. The curriculum from Georgetown University Center for Human Development, is available as a graduate certificate program, for continuing education credit, for no credit, or for group training at [www.teachingei.org](http://www.teachingei.org).

### **New Videos About the Use of iPads in Early Childhood from Results Matter**

These videos help early childhood professionals see how they can use iPads in the classroom. The clips are available for viewing and may be downloaded at no cost for use in educational and professional development activities.

[www.cde.state.co.us/resultsmatter/RMVideoSeries/iPadsInEarlyChildhood.htm#top](http://www.cde.state.co.us/resultsmatter/RMVideoSeries/iPadsInEarlyChildhood.htm#top)

### **"Back to Sleep" Campaign Now Called "Safe to Sleep"**

The National Institute of Health (NIH) has updated and expanded materials. For an updated flyer about safe sleep:

[http://nichd.nih.gov/publications/pubs/upload/safe\\_sleep\\_environ\\_sheet\\_2012.pdf](http://nichd.nih.gov/publications/pubs/upload/safe_sleep_environ_sheet_2012.pdf).

For more resources from NIH Safe to Sleep Campaign [www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids).

### **"Bare is Best" from Consumer Products Safety Commission (CPSC)**

New CPSC crib standards will go into effect for child care on December 28, 2012. For a new CPSC poster on safe sleep environments for infants:

English: [www.cpsc.gov/nsn/bareisbest.pdf](http://www.cpsc.gov/nsn/bareisbest.pdf)

Spanish: [www.cpsc.gov/nsn/bareisbestsp.pdf](http://www.cpsc.gov/nsn/bareisbestsp.pdf)

### **California Community Care Licensing Division's Child Care Update**

The summer 2012 update is now available:

<http://cclcd.ca.gov/res/pdf/CCUpdateSummer2012.pdf>.

### **Head Lice Prevention and Control from the California Department of Public Health**

For the September 2012 Updated Guidance on School Districts and Child Care Facilities: [www.cdph.ca.gov/HealthInfo/discond/Documents/2012SchoolGuidanceonHeadLice.pdf](http://www.cdph.ca.gov/HealthInfo/discond/Documents/2012SchoolGuidanceonHeadLice.pdf).

[2012SchoolGuidanceonHeadLice.pdf](http://www.cdph.ca.gov/HealthInfo/discond/Documents/2012SchoolGuidanceonHeadLice.pdf).

### **Lead: Childhood Lead Poisoning Prevention, Free Online Class**

The one hour class from the California Department of Public Health (CHPH) provides information about sources and risk factors for childhood lead exposures, California childhood lead screening regulations, and environmental interventions. *Free CEUs are available for nurses.*

<https://chtapps.ucdmc.ucdavis.edu/servlet/QaStudy?tid=310>

## **Reports and Research**

### **Family Centered Obesity Intervention for Latino-American Preschool-aged Children**

A skills-building, culturally tailored, family centered intervention showed short-term decreases in BMI in Latino-American pre-school children ages 2-6. This is a critical window in child development to prevent childhood obesity, and more research is needed to see if the changes are sustainable over time.

<http://pediatrics.aappublications.org/content/130/3/445.abstract>

## **Relationships, Parenting Stress, and Depression in Mothers of Children with Autism**

Mothers of children with autism report higher levels of depression than mothers of children with other developmental disabilities. This study showed that relationship quality buffered the effect of parenting stress on depression and suggests that family stress and relationships be considered in intervention strategies for young children with autism spectrum disorders.

<http://aut.sagepub.com/content/early/2012/09/11/1362361312458039.abstract>

## **Healthy Media Use and Sleep in Preschool Children**

This study showed that a healthy media use intervention, replacing violent content with age-appropriate, educational, and pro-social content, can improve child sleep outcomes. Results add evidence for the relationship between media use and sleep in preschoolers. Given that early childhood sleep problems can be linked to increased injuries, behavioral and emotional problems and obesity, useful strategies to improve sleep are important.

<http://pediatrics.aappublications.org/content/130/3/492.abstract>

## **Effect of Honey on Cough and Sleep Quality**

Children ages 1 to 5 years with upper respiratory infections received either a single dose of honey or placebo administered 30 minutes before bedtime. Children in the honey group showed greater improvement in cough frequency, cough severity and sleep quality.

<http://pediatrics.aappublications.org/content/130/3/465.abstract>

## **Preschool Children Able to Focus on a Particular Task More Likely to Graduate from College**

Children's achievement in reading and math did not predict whether they graduated from college, rather children with the strongest attention span and persistence when they were 4 years old were more likely to obtain a bachelor's degree by the time they were 25.

[www.nlm.nih.gov/medlineplus/news/fullstory\\_128143.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_128143.html).

## **2012 Save the Children National Report Card on Protecting Children during Disasters**

This year's report highlights critical standards that every state should have in place for children attending child care including infants and toddlers, and children with special needs.

[www.savethechildren.org/site/c.8rKLIXMGIpI4E/b.7705371/k.10C/Disaster\\_Preparedness\\_for\\_kids\\_in\\_the\\_USA.htm](http://www.savethechildren.org/site/c.8rKLIXMGIpI4E/b.7705371/k.10C/Disaster_Preparedness_for_kids_in_the_USA.htm)

## **Two New Reports from the Institute of Medicine (IOM)**

*Fitness Measures and Health Outcomes in Youth*

This report discusses the relationship between youth fitness and health outcomes. It concludes that fitness data should be collected in schools and youth fitness should be a priority for individuals and the nation.

[www.iom.edu/Reports/2012/Fitness-Measures-and-Health-Outcomes-in-Youth.aspx](http://www.iom.edu/Reports/2012/Fitness-Measures-and-Health-Outcomes-in-Youth.aspx)

*From Neurons to Neighborhoods: An Update-Workshop Summary*

This workshop summary from the IOM reviews a decade of advances in scientific knowledge and public understanding since the 2000 release of *Neurons to Neighborhoods*. Increasingly, evidence supports the foundational importance of the early childhood years. [www.iom.edu/Reports/2012/From-Neurons-to-Neighborhoods-An-Update.aspx](http://www.iom.edu/Reports/2012/From-Neurons-to-Neighborhoods-An-Update.aspx)

*The CCHP-CCHC eNews is compiled by the California Childcare Health Program (CCHP) and funded by the California Department of Public Health, Maternal, Child, and Adolescent Health. CCHP is administered by the University of California, San Francisco School of Nursing.*

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