



California Childcare Health Program (CCHP)

E-News for

Child Care Health Consultants

November 2007

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Greetings

Holiday greetings from the staff here at CCHP. We are saying goodbye to our wonderful administrative assistant, Maleya Joseph, who is moving on to a new job and returning to school. We wish her the best. We are in the process of hiring Maleya's replacement and we will introduce you in our next E-News. The November/December Health Connections newsletter is now available on the CCHP website:

http://ucsfchildcarehealth.org/pdfs/newsletters/2007/Nov_Dec_07.pdf. In this issue you will find articles on Pandemic Flu and Child Care Programs, Constipation in Young Children, What to Expect from a Premie in the First Year, Dietary Fiber and Young Children, Safety and Effectiveness of Cough and Cold Medicine in Young Children, Ear Infections and Language Development and more. Remember, that you can receive a hard copy of the newsletter by subscribing. The cost is \$25 for one year (six issues). The order form can be found at:

http://ucsfchildcarehealth.org/pdfs/training_etc/CCHPpubform_v10.pdf We welcome your feedback as well as suggestions for articles that you'd like to see in future newsletters!

News and Resources

CCHC Needed

There is a child care center in Northridge that is looking for a CCHC. Please contact Vickie Leonard at CCHP if you are interested, vleonard@ucsfchildcarehealth.org.

Following a Disaster: Considering Young Children's Needs

The recent fires in southern California remind us of the importance of preparing for emergencies in child care settings. Part of that preparation includes thinking about the needs of young children *after* a natural disaster has occurred. *Zero to Three* has many great resources on helping children and families cope after a disaster, including a publication, *Little Listeners in an Uncertain World* (Zero to Three, Washington, DC), available on their website:

www.zerotothree.org/site/PageServer?pagename=key_disaster&AddInterest=1142.

EPA Materials on Pesticide Poison

The EPA has materials (available as pdf documents) on pesticide poison prevention and pest prevention, targeting families and the child care center.

Pesticide Poison Prevention Checklist

http://www.afhh.org/dah/dah_pesticides_checklistfs_final.pdf

Preventing Pests at Home

http://www.afhh.org/dah/dah_pesticides_preventpests_final.pdf

Bed Bugs

We have received several calls on the Healthline about bed bugs. New York State has a nice fact sheet on integrated pest management for bed bugs, available at:

http://www.nysipm.cornell.edu/publications/bed_bugs/files/bed_bug.pdf.

AAP Urges Autism Screening for All Kids Under Age 2

Calling autism an "urgent public health issue," the Centers for Disease Control and Prevention (CDC) reported in early 2007 that about 1 in 150 children in the United States are diagnosed with the developmental disorder—a higher rate than health officials had previously thought. Now, in an effort to help detect autism as early as possible, the American Academy of Pediatrics (AAP) recommends that all children be screened for autism spectrum disorder (ASD) twice before age 2: at 18 months and again at 24 months, as part of well baby checkups. Further, it recommends that treatment for autism be started when autism spectrum disorder is suspected, rather than when a formal diagnosis is made. Subtle symptoms of the common disorder are often present before a child's first birthday, sometimes even in early infancy, but often go unnoticed until the symptoms are more obvious to parents, usually when a child is between 15 and 36 months old. The new policies replace AAP guidelines on ASD released in 2001. According to the AAP, the change is due primarily to evidence showing that a reasonably reliable diagnosis can be made at 18–24 months.

Integrated Pest Management Quick Tips

Recently, the University of California (UC) partnered with the Department of Pesticide Regulation to print and distribute *UC IPM Quick Tips* for some of the pests commonly found in schools and child care facilities, including ants; aphids; cockroaches; fleas; garden chemicals: safe use and disposal; gophers; rats; spiders; weeds in landscapes; weeds in lawns; and yellowjackets (titles shown in italics are available in Spanish).

These technical resources provide guidelines and information about pest monitoring techniques, pest prevention, pesticides, and nonpesticide alternatives for managing common pests at school and child care facilities, homes, gardens, landscapes, and turf. Use these Quick Tips to help prevent pests and manage pest problems as you conduct your maintenance and operations activities.

Quick Tips are abbreviated versions of UC's Pest Notes series. Pest Notes on these pests and other topics are available online at the UC Statewide IPM program Web site, www.ipm.ucdavis.edu. You can request these Quick Tips (specify English, Spanish, or both) by sending an e-mail to school-ipm@cdpr.ca.gov.

Prevent the Flu

The American Academy of Pediatrics handout *Preventing the Flu in 2007-2008: Strategies and Resources for Child Care Providers and Out-of-Home Caregivers of Children* has been updated and is now available on the homepage of the Section Web site: www.healthychildcare.org. We encourage you to share this handout with your child care colleagues to educate them on the importance of the flu vaccine. Feel free to e-mail questions or relevant

resources to childcare@aap.org.

Study: Thimerosal

Although immunizations today contain no or very little thimerosal, the once widely used vaccine compound still remains highly controversial. A new study may offer parents further reassurance that thimerosal does not cause a bad outcome for kids' brains. To read more, go to www.kidshealth.org/research/thimerosal.html.

Nasal Flu Vaccine Approved for Children Ages 2–5

The nasal flu vaccine FluMist has been approved by the U.S. Food and Drug Administration for children between the ages of two and five. Previously, the vaccine's approval had been limited to healthy people ages five to 49. It's made from a weakened form of the live influenza virus; in contrast flu shots usually contain a dead form of the virus. The U.S. Centers for Disease Control and Prevention suggests that children six months and older be vaccinated for flu. However, the FDA said children under two years should not get FluMist because of an increased risk of wheezing and other side effects of the nasal inoculation. FluMist also shouldn't be given to anyone with asthma, those with allergies to eggs, or to children under age five who chronically wheeze, the agency said. Here's more about the expanded FluMist approval from the [FDA](#).

Study: Iron Deficiency in Early Childhood

Iron Deficiency in Early Childhood in the United States: Risk Factors and Racial/Ethnic Disparities. *Pediatrics* 2007 120: 568-575.

Brotanek, Jane M., Gosz, Jacqueline, Weitzman, Michael, Flores, Glenn

This study, recently published in *Pediatrics*, finds a high rate of iron deficiency among overweight toddlers, with Hispanic youngsters more affected than other groups. The study is the first to find a link between obesity and low iron levels in preschoolers. Iron deficiency can cause cognitive and behavioral delays, so the findings underscore the importance of healthy eating habits in children ages 1 to 3. The researchers found that iron deficiency prevalence was 12% among Hispanics versus 6% in whites and 6% in blacks, and 20% among those with overweight, 8% for those at risk for overweight, and 7% for normal-weight toddlers. Children who attended child care centers were about 50 percent less likely to have iron deficiency than children who weren't in child care.

October-November Issue: *Healthy Childcare*

The October-November issue of *Healthy Childcare* has been mailed and the online version can be viewed at www.healthychild.net. This issue includes articles on preparing children for dentist visits, preventing dental injury, fluoride, healthy snacks for teeth, and periodontal disease. Printed copies of this special Dental Health issue are available as well.

Infant Breastfeeding and Early Childhood Caries

Association Between Infant Breastfeeding and Early Childhood Caries in the United States. By Hiroko Iida and others. *IN: Pediatrics*, vol. 120, no. 4 (October 2007) pp. e944-e952.

"Breast-feeding will not increase the risk of toddler tooth decay," new research claims. Cavities affect one in four young children, but the contributing factors are more likely to be smoking during pregnancy, being poor, or being Mexican-American, the study in the October issue of *Pediatrics* suggested. The finding throws a new twist into the heated debate between breast-feeding advocates and their critics. The American Academy of Pediatrics recommends breast milk for all infants for their first year of life. However, health experts have long been concerned about tooth decay once baby teeth come in, especially for infants who nurse all night. Preventive dental care is important for toddlers, said Iida, as the data shows cavities can grow as soon as there are teeth. One in 10 of

the 2-year-olds in the study already had a cavity. Among the 5-year-olds, nearly half (44 percent) had had at least one cavity." HealthDay News (October 1, 2007).]

Full text at: <http://pediatrics.aappublications.org/cgi/reprint/120/4/e944>

Children's Exposure to Television

Children's Television Exposure and Behavioral and Social Outcomes at 5.5 Years: Does Timing of Exposure Matter? By Kamila B. Mistry and others. IN: *Pediatrics*, vol. 120, no. 4 (October 2007) pp. 762-769.

["If your toddler is watching a lot of TV, turn it off now and save yourself a lot of trouble later. That's the conclusion of a new study that suggests that the negative effects of lots of early TV viewing on children can be overcome by limiting viewing before the age of 6. The study doesn't confirm that television is actually bad for young kids. Nor does it show exactly how much of a cutback would help children exposed to lots of TV early in life. Still, lead author Kamila Mistry... said it makes a strong case for a 'significant' difference in behavioral problems in kids depending on their viewing.... The American Academy of Pediatrics discourages kids under 2 from watching any TV at all, and it says older kids shouldn't watch more than two hours a day. Why take another look at TV and children? According to Mistry, the new study is unusual, because it followed kids over time—from 2.5 years to 5.5 years—and measured the effects of changing levels of TV watching. The researchers looked at the results of surveys of 2,702 families who enrolled in a national study between 1996 and 1998. The kids were followed from birth to age 5.5. Twenty percent of parents said their kids watched at least two hours of TV a day at both 2.5 and 5.5 years. Four in 10 children had TVs in their bedrooms at age 5.5. Even when the researchers adjusted the study results to account for factors such as income and 'parental involvement,' they found that kids who watched two or more hours of TV daily at both ages were more likely to suffer from sleep, attention and aggressive behavior problems, and 'externalizing of problem behaviors.' Also, those who watched more TV over time had greater problems dealing with others. But those children who reduced TV watching between the two ages didn't have a greater likelihood of either social or behavioral problems." HealthDay News (October 1, 2007).

Governor Signs Smoking Ban for Cars With Kids Present

Gov. Arnold Schwarzenegger (R) on Wednesday signed SB 7 by Sen. Jenny Oropeza (D-Long Beach) that will ban smoking in cars with children present, the *Sacramento Bee* reports. The law permits fines of \$100 for drivers or passengers caught smoking with children under the age of 18 present in a vehicle (Rojas, *Sacramento Bee*, 10/11). Police will not be permitted to stop drivers solely because someone is smoking with a child present, but citations can be issued for violating the law if the vehicle is pulled over for another offense. That concession was made to win legislative support for the measure, according to Ray Sotero, spokesperson for Sen. Oropeza. The law takes effect Jan. 1, 2008 (Lawrence, AP/Los Angeles *Daily News*, 10/10). Arkansas and Louisiana passed similar laws last year, making California the third state in the U.S. to ban smoking in vehicles with children present (*Sacramento Bee*, 10/11).

Community Care Licensing Division's Child Care Update

The Community Care Licensing Division's Child Care Update for October 2007 is now available: <http://www.cclcd.ca.gov/res/pdf/CCUpdate1007.pdf>.

New Medscape CME activity

New Medscape CME activity (requires free subscription to Medscape): Guidelines Updated for Diagnosis and Intervention for Infants With Hearing Loss www.medscape.com/viewarticle/563677?src=mp

Media Viewing and Language Development in Children

Associations between Media Viewing and Language Development in Children Under Age 2 Years. By Frederick J. Zimmerman and others. IN: *Journal of Pediatrics*, vol. 151, no. 4 (October 2007) pp. 364-368.

“Despite marketing claims, parents who want to give their infants a boost in learning language probably should limit the amount of time they expose their children to DVDs and videos such as ‘Baby Einstein’ and ‘Brainy Baby.’ Rather than helping babies, the over-use of such productions actually may slow down infants eight to 16 months of age when it comes to acquiring vocabulary, according to a new study by researchers at the University of Washington and Seattle Children’s Hospital Research Institute. The scientists found that for every hour per day spent watching baby DVDs and videos, infants understood an average of six to eight fewer words than infants who did not watch them. Baby DVDs and videos had no positive or negative effect on the vocabularies on toddlers 17 to 24 months of age.... ‘The most important fact to come from this study is there is no clear evidence of a benefit coming from baby DVDs and videos and there is some suggestion of harm,’ said Frederick Zimmerman, lead author of the study and a UW associate professor of health services. ‘The bottom line is the more a child watches baby DVDs and videos the bigger the effect. The amount of viewing does matter.’” *University of Washington News* (August 7, 2007).

California Bans the Use of Phthalates in Children's Products

Governor Schwarzenegger signed into law AB 1108 (Ma), making California the first state in the country to ban the use of phthalates from children’s products. Phthalates are chemicals added to plastic to make it soft and flexible. Among many other things, they are used in soft plastic toys and other baby products, such as teething rings, bath books, and rubber ducks. Because phthalates are not chemically bonded to the plastic, these toxic chemicals are easily released. Because children have a natural tendency to suck on objects as a way of exploring the world around them, phthalates can leach out of these products and enter their bodies. U.S. EPA studies show the cumulative impact of different phthalates leads to an exponential increase in associated harm. According to data from the U.S. Centers for Disease Control and Prevention (CDC), levels of phthalates found in humans are higher than levels shown to cause adverse health effects. The data also show phthalate levels are highest in children.

Oral Healthcare: Booming Business or Health Practice?

The *New York Times* featured a [front-page article](#) about the poor state of oral health in the U.S. The article highlights the complex nature of the dental infrastructure, and various issues affecting oral health in the U.S., with emphasis on the cost and access to care. With record salaries for dentists, fewer dental schools, inadequate care for low-income families, a nationwide shortage of dentists and resistance to establishing an allied profession, a recipe for disaster exists.

Cold Meds a Risk For Infants?

Manufacturers of cold medicines targeted for infants and children to 2 years removed the products due to safety concerns related to dosing and combining medications. This comes after an FDA review recommended banning the medicines for children under six years. Besides the safety issues experts are questioning whether the medicines are even effective. Click [here](#) for the *New York Times* article.

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