

California Childcare Health Program (CCHP) E-News
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November 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

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.

Announcements

Job Announcement: Child Care Health Consultant (CCHC)

The Department of Defense has an open position for a part-time nurse to support Child Care Services at the Defense Logistic Agency in Tracey, California. They are interested in hiring a trained CCHC. For more information contact: Hughes, Dennis R CIV dennis.hughes@dla.mil.
<http://www.usajobs.gov/GetJob/PrintPreview/325312200>

November is American Diabetes Month

Nearly 26 million children and adults in the U.S. have diabetes and another 79 million are at risk for developing type2 diabetes. Young children with diabetes and their families face daily struggles to fully participate in ECE programs in California. For more information on American Diabetes Month:
<http://www.diabetes.org/in-my-community/programs/american-diabetes-month/>

Policy and Advocacy

Secondhand Smoke, Children and Cars

Children's health problems, including SIDS, middle ear disease, and asthma have been linked to secondhand smoke exposure. Children who ride in cars with smokers are exposed to unsafe levels of secondhand smoke. California is one of a few states prohibiting smoking when a child is in the car. For more information from TobaccoFreeCA: <http://www.tobaccofreeca.com/smoking-problem/secondhand-smoke/in-cars/>

Whooping Cough Vaccine Urged for Pregnant Women

Every pregnant woman should get a whooping cough (pertussis) vaccination, according to the U.S. Advisory Committee on Immunization Practices. The goal is to protect infants too young to receive the vaccine. Whooping cough in the U.S. is on track to have the worst year since the 1950s. There have been more than 32,000 cases, including 16 deaths so far this year.

<http://www.cdc.gov/features/Pertussis/>

Resources

Immunization Action Coalition (IAC): "Cocooning Protects Babies"

A new patient-education handout describes the dangers of pertussis and influenza in infants and the benefits of vaccinating those around them. The handout explains how to protect babies by vaccinating parents (including pregnant women), siblings, grandparents, friends, child-care providers and healthcare providers. <http://www.immunize.org/catg.d/p4039.pdf>

California Child Care Licensing Division Update

Child Care Update for Autumn, 2012 is now available:

<http://www.cclcd.ca.gov/res/pdf/CCUpdatesAutumn2012.pdf>

Nutrition and Physical Activity Checklists

Based on the Caring for Our Children spinoff: Preventing Childhood Obesity in Early Care and Education Programs, these checklists guide parents when choosing child care, and can be used by Child Care Health Consultants, Home Visitors or QRIS.

Nutrition Checklist:

(English) <http://nrckids.org/nutritionchecklist.pdf>

(Spanish) <http://nrckids.org/nutritionchecklistsp.pdf>

Physical Activity Checklist:

(English) <http://nrckids.org/physicalchecklist.pdf>

(Spanish) <http://nrckids.org/physicalchecklistsp.pdf>

New tool for searching Caring for Our Children, 3rd Edition

Search Caring for Our Children by keyword(s) or standard/section/chapter number. You can also print easily print the standard or section you need. <http://www.cfoc.nrckids.org>

Autism: Caring for Children with Autism Spectrum Disorders: A Resource Toolkit for Clinicians, 2nd Edition

The revised resource from American Academy of Pediatrics (AAP) includes dozens of family education handouts in English and Spanish and up-to-date information about children with ASDs across the life span. <http://tinyurl.com/94arpxa>

2013 Guide to Effective Social and Emotional Learning Programs

The guide from the Collaborative for Academic, Social, and

Emotional Learning (CASEL) for schools and preschools identifies 23 evidence-based social and emotional learning programs that promote self-control, relationship-building, problem-solving, and other competencies. <http://casel.org/guide/>

Parenting Videos from Bright Futures

These short videos for parents and caregivers provide information on health and safety topics including SIDS, child development, healthy nutrition, physical activity, oral health and more. http://brightfutures.aap.org/video_families.html

The Healthy Schools Act and Child Care Facilities

The Healthy Schools Act requires public and private child day care facilities (except for family child care homes) to comply with recordkeeping and notification when using pesticides. The law also encourages the use of integrated pest management (IPM). For more information about the Healthy Schools Act and IPM in child care facilities: <http://apps.cdpr.ca.gov/schoolipm/childcare/>

Free Kits from First 5 Alameda County for New Parents

These kits are available in English, Spanish, Cantonese, Mandarin, Korean and Vietnamese.

For more information and to order: <http://tinyurl.com/9xdv2ak>

"Screen Free Moments: Promoting Healthy Habits" from the National Resource Center (NRC)

This video shows a few simple ways to limit or even eventually eliminate screen time in child care programs.

<http://nrckids.org/ScreenFreeMoments/index.htm>

Strengthening Families Training

Professional development on the five protective factors for preventing child abuse and neglect is available in several locations in California (Carson, Salinas, Riverside and Bishop).

For more information: <https://www.familyresourcecenters.net/protectivefactors101>

Reports and Research

Air Pollution and Contaminants in Child Care and Preschool Facilities in California

Researchers from the University of California, Berkeley, measured a broad spectrum of pollutants including volatile organic chemicals, particles, pesticides, and emerging pollutants such as flame retardants, phthalates and perfluorinated compounds. Levels of formaldehyde and several other contaminants in some child care centers exceed state health guidelines.

http://www.arb.ca.gov/research/single-project.php?row_id=64830

Obesity and Inactivity a Concern for Children with

Special Health Care Needs

A recent study found children with special health needs are at high risk of being obese and sedentary. Barriers to physical activity include a lack of community resources and inability to pay for adaptive equipment. The study suggests the importance of universally accessible community resources to accommodate children with special health care needs.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3352328/?tool=pubmed>

Study of Risks for Childhood Overweight

This study of German children showed media use had the strongest effect on obesity risk. Researchers favor interventions aimed at families and social environments, with a major focus on limiting screen time. <http://pediatrics.aappublications.org/content/130/4/e865.abstract>

Childhood Obesity and Dietary Intake at Different Ages

Young obese/overweight children reported consuming more calories and obese/overweight adolescents reported consuming fewer calories than healthy-weight peers. Researchers explain that increased energy intake in early childhood may be related to the onset of obesity, but other mechanisms, such as physical activity, may contribute to maintaining weight in adolescence.

<http://pediatrics.aappublications.org/content/130/4/e936.abstract>

Infant Behavioral Sleep Programs and Children's Emotional Development

This study showed that behavioral sleep techniques have no marked long-lasting effects on emotional development. Parents and health professionals can confidently use these techniques to reduce the burden of infant sleep problems and maternal depression.

<http://pediatrics.aappublications.org/content/130/4/643.abstract>

Children with Asthma at Risk for Mental Health Issues

A study published in Psychological Medicine found that young children with severe or persistent asthma are at higher risk for developing common mental health problems. Having asthma at age 5 was associated with a higher risk for the later development of anxiety, conduct problems, and affective problems.

<http://tinyurl.com/cg6yywh>

Daily Temper Tantrums Not the Norm for Preschoolers

Recent research published in the Journal of Child Psychology and Psychiatry found that fewer than 1 in 10 preschoolers had daily temper tantrums, and most tantrums were linked to frustrations. Knowing what is normal for young children helps identify which

children would benefit from professional help.

http://www.nlm.nih.gov/medlineplus/news/fullstory_128742.html

2012 California County Scorecard of Children's Well-being

This report by Children Now delivers a current and comprehensive picture of children's well-being in all of California's 58 counties. Indicators include numbers of 3 year olds who are read to, number of 3 and 4 year olds who attend preschool, children who have visited the dentist in the last year, and more.

<http://scorecard.childrennow.org/2012/>

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