

California Childcare Health Program (CCHP) E-News
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E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)
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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

<http://www.ucsfchildcarehealth.org/html/pandr/enews.htm>.

Greetings

Providing predictable, consistent routines for infants, toddlers and preschoolers is a challenge during the holiday season. Children may experience the exciting sights and sounds as over-stimulating and may be unsettled by the hurried pace of adults around them. Try to keep things simple, and keep in mind that your presence is the best present for young children!

Announcements

Revised Safe Sleep Materials from CCHP

CCHP documents about safe sleep for infants have been updated to reflect Caring for Our Children 3rd edition and the recently updated American Academy of Pediatrics (AAP) policy statement about safe sleep environments to reduce the risk of sleep-related infant deaths, including SIDS. The following revised materials are available on the CCHP website:

Safe Sleep Policy for Infants in Child Care Programs

http://www.ucsfchildcarehealth.org/pdfs/forms/SafeSleep_policy_en_1111.pdf

Safe Sleep for Infants in Child Care Programs: Reducing the Risk of SIDS and SUID

http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/SIDS_EN_1111.pdf

Policy and Advocacy

Warning: Risk of Serious Injury for Young Children Who Swallow Button-size Batteries

Children under 4 years are at highest risk for the injury. Please view this video from the Consumer Products Safety Commission (CPSC) and share the safety information with families:

<http://www.youtube.com/watch?v=qnPpxYXSpIk&feature=related>.

New California Law Limiting the Use of Bisphenol A (BPA)

AB 1319, the Toxin-Free Infants and Toddlers Act, was signed into law by Governor Brown in October. The law requires that BPA be eliminated in baby bottles and sippy cups made or sold after July 1, 2013. It also requires manufacturers to use the least toxic alternative when replacing BPA in containers intended for infants and toddlers.

[http://www.ewg.org/
release/bpa-banned-california-baby-bottles](http://www.ewg.org/release/bpa-banned-california-baby-bottles)

First 5 LA Public Policy Brief, Sugary Drinks: A Big Problem for Little Kids

To read the brief describing the increase in sugary drink consumption by young children and the need for advocacy:

[http://www.first5la.org/files/
Sugar-Sweetened Drink Policy Brief.pdf](http://www.first5la.org/files/Sugar-Sweetened_Drink_Policy_Brief.pdf).

Resources

Reducing Challenging Behavior by Clarifying Expectations, Rules, and Routines

Children are less likely to engage in problem behavior when they know what to do, how to do it, and what is expected. This new Make and Take Workshop, from the Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI), provides a set of materials for training to clarify expectations, rules and routines for children. [http://www.challengingbehavior.org/
communities/make_n_take/make_n_take_home.html](http://www.challengingbehavior.org/communities/make_n_take/make_n_take_home.html)

Check the Kinds of Plastics You Use

This handout from Pediatric Environmental Health Specialty Units (PEHSU) is a guide to help consumers choose safer plastics that decrease exposure to BPA and phthalates.

[http://aoec.org/PEHSU/documents/
bpapatients%20factsheet10-2009.pdf](http://aoec.org/PEHSU/documents/bpapatients%20factsheet10-2009.pdf)

Sound Advice on Autism

To provide parents with guidance and support on autism, AAP, led by the Council on Children with Disabilities (COCWD) Autism Subcommittee, developed a series of audio interviews with developmental and behavioral pediatricians, parents of children with autism, and other specialists. The recordings are posted on the National Center for Medical Home website along with a comprehensive list of resources, clinical reports, and policy statements:

<http://www.medicalhomeinfo.org/about/cocwd/autism.aspx>.

Choosing Developmental Screening Tools for Children Ages 3-5

This user-friendly compendium was designed to help Head Start managers better understand the range of available developmental screening tools, and whether an instrument is right for their particular program. <http://www.acf.hhs.gov/programs/>

opre/hs/dev_screeners/reports/screeners_final.pdf

Food Advertising to Children and Teens Score (FACTS) from Health Researchers at Yale

Sugary drinks are the most unhealthy food product marketed to children, and are aggressively targeted to them. Explore the Sugary Drink FACTS website to learn more about sugary drink companies, specific products (e.g. Capri Sun, Sunny Delight, and Country Time Lemonade), nutrition, the practice of marketing to children, and the science behind the FACTS. <http://www.sugarydrinkfacts.org/>

Cost Effective Food Shopping for Child Care Programs

November Mealtime Memo for Child Care outlines how cost effective shopping can help child care programs stretch food dollars to provide nutritious food within a tight budget. <http://www.nfsmi.org/documentlibraryfiles/PDF/20111031104334.pdf>

New Food and Drug Administration (FDA) Website for the Safe Disposal of "Sharps"

Medical devices known as "sharps" include needles, syringes and lancets used to deliver medication and collect blood for testing are used at home, at work, school, child care and while traveling. The website helps people understand the public health risks of improperly disposing of used sharps and how users and caregivers should safely dispose of them. FDA Press Release:

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm278851.htm>.

Improperly Discarded "Sharps" Can Be Dangerous:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm278763.htm>.

Reports and Research

Exposure to BPA during Pregnancy Linked to Behavior Problems in Girls

In this study, gestational BPA exposure affected behavioral and emotional regulation at 3 years of age, especially among girls. BPA is a chemical used in the manufacture of plastic containers and other consumer products. It may be advisable for pregnant women to reduce their exposure to consumer products with BPA, even though the benefits may still be unclear.

<http://pediatrics.aappublications.org/content/128/5/873.abstract>

Head Injuries in Children and Quality of Life

Children can face a lifetime of problems after suffering head injuries from falls, car accidents and other mishaps. In this large study, children with traumatic brain injuries had substantial long-term reduction in their quality of life, participation in activities with others, and ability to communicate and care for themselves. Fall prevention, helmet use and seat belt/car seat safety decrease the risk of head injury for children. <http://pediatrics.aappublications.org/content/128/5/e1129.abstract>

Study Shows Brains of Children with Autism Have Far

More Neurons in the Prefrontal Cortex

While typically developing children had about 1.16 billion neurons in the prefrontal cortex, children with autism had about 1.94 billion. "For the first time, we have the potential to understand why autism gets started," said study author Eric Courchesne, a professor of neurosciences at the University of California, San Diego School of Medicine and director of the Autism Center of Excellence.

<http://jama.ama-assn.org/content/306/18/2001.abstract>

Disparities in Asking about Developmental Concerns

Racial/ethnic and linguistic disparities exist in health care provider elicitation of developmental concerns. African-American and Latino parents were significantly less likely than white parents to report elicitation of developmental concerns. However, parents of African-American and Latino children who received family-centered care had almost twice the odds of provider elicitation. Addressing lack of insurance and medical homes might reduce disparities.

<http://pediatrics.aappublications.org/content/128/5/901.abstract>

Sedentary Behavior in Preschool Children Different for Boys and Girls

In this diverse sample of preschool children, BMI and the child's athletic coordination were significantly associated with sedentary behavior for girls. For boys, sedentary behavior was associated with a child's weekday TV/video games and PA equipment in the home. No common factor was found to be a significant correlate of sedentary behavior for both boys and girls.

<http://pediatrics.aappublications.org/content/128/5/937.abstract>

Head Start Body Start (HSBS) Sees Dramatic Increase in Levels of Outdoor Activity

Efforts to improve Head Start centers' outdoor play spaces for more than 28,000 children and educate staff and families about the value of physical activity and playing outdoors have been a success. Overall, HSBS found that physical activity among children at the centers increased by 17 percent.

<http://www.aahperd.org/headstartbodystart/news/pressReleases/head-start-body-start-intervention-has-increased-physical-activity-levels-for-more-than-twenty-eight-thousand-children.cfm>

California May Be Experiencing a Leveling-off in Childhood Obesity Rates

According to the study, A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010, by the UCLA Center for Health Policy Research and the California Center for Public Health Advocacy, the percentage of overweight and obese children in the state dropped 1.1 percent from 2005 to 2010. However, overweight and obesity rates vary from county to county, and 38 percent of California children are still

affected.

Press release: <http://www.healthpolicy.ucla.edu/NewsReleaseDetails.aspx?id=96>

Study Report: <http://www.healthpolicy.ucla.edu/pubs/files/PatchworkStudy.pdf>

Children Younger than 5 Years and the Flu

Although it can be prevented with a vaccine, roughly 90 million children under age 5 get the flu each year (worldwide). This research showed flu-related pneumonia claimed the lives of up to 111,500 children in 2008, the vast majority of deaths occurring in developing countries. <http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2811%2961051-9/fulltext>

Institute of Medicine (IOM) Report on Early Care and Education Workforce

Early care and education (ECE) settings offer an opportunity to provide children with a solid beginning in all areas of their development. The report explores issues in defining and describing the workforce, marketplace, effects of the workforce on children, and opportunities for strengthening the profession.

<http://www.iom.edu/Reports/2011/The-Early-Childhood-Care-and-Education-Workforce-Challenges-and-Opportunities.aspx>

Supporting Child Development through Relationships with Families

One key aspect of high-quality ECE is the relationship between families and ECE professionals. Three new reports funded through the Office of Planning, Research, and Evaluation (OPRE), within the U.S. Department of Health and Human Services address this relationship:

Family-Provider Relationships: A Multidisciplinary Review of High Quality Practices and Associations with Family, Child, and Provider Outcomes

http://www.acf.hhs.gov/programs/opre/cc/childcare_technical/reports/family_provider_multi.pdf

Quality Rating and Improvement Systems (QRIS) and Family-Sensitive Caregiving in Early Care and Education Arrangements: Promising Directions and Challenges

http://www.acf.hhs.gov/programs/opre/cc/childcare_technical/reports/qrifsc.pdf

Family Engagement and Family-Sensitive Caregiving: Identifying Common Core Elements and Issues Related to Measurement

http://www.acf.hhs.gov/programs/opre/cc/childcare_technical/reports/family_sensitive.pdf

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