

California Childcare Health Program (CCHP) E-News  
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January 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 listserve [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/pandr/enews.htm](http://www.ucsfchildcarehealth.org/html/pandr/enews.htm).*

## Greetings

Happy New Year! Congratulations on your important work on behalf of young children in 2011. May 2012 bring good health and good fortune to children, parents, early childhood educators and child advocates in California and beyond!

## Announcements

### Join CCHP on Facebook and Twitter!

Like us on [Facebook](#) and follow us on [Twitter](#) for child care health updates, information and resources.

### Healthy Beverages in Child Care Poster in Spanish

New legislation about beverages served in licensed child care went into effect on January 1, 2012. The Spanish translation of CCHP's Healthy Beverages in Child Care Poster is available on the CCHP website: [http://www.ucsfchildcarehealth.org/pdfs/posters/others/HealthyBevPoster\\_SP.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/others/HealthyBevPoster_SP.pdf).

## Policy and Advocacy

### California Chosen for Race to the Top-Early Learning Challenge Grant!

The U.S. Departments of Education and Health and Human Services announced the winners of the Race to the Top – Early Learning Challenge Grant. California has been awarded \$52.6 million in federal grant funds to support early learning and care systems. For additional information and to see the full application: <http://www.cde.ca.gov/sp/cd/re/rttelc.asp>.

### Child Passenger Safety Law as of January 1, 2012

Children must be secured in an appropriate child passenger restraint (safety seat or booster seat) in the back seat of a vehicle until they are at least 8 years old or 4' 9" in height.

<http://www.chp.ca.gov/community/safeseat.html>

### **New Policy Statement and Technical Report from American Academy of Pediatrics (AAP)**

Early Childhood Adversity, Toxic Stress, and the Role of the Pediatrician: Translating Developmental Science into Lifelong Health

<http://pediatrics.aappublications.org/content/early/2011/12/21/peds.2011-2662.full.pdf>

The Lifelong Effects of Early Childhood Adversity and Toxic Stress

<http://pediatrics.aappublications.org/content/early/2011/12/21/peds.2011-2663.full.pdf>

### **A Question from the Field**

A CCHC in Fresno County asked about which soap or detergent to recommend for cleaning the diapering surface in child care programs. Best practice diapering procedures recommend cleaning the surface first with detergent and water then follow with a sanitizer. Do you have suggestions for products to recommend for the first step? We will share the suggestions with you in the next eNews. Suggestions can be emailed to

[brose@ucsfchildcarehealth.org](mailto:brose@ucsfchildcarehealth.org).

### **Resources**

#### **Cleaning for Asthma Safe Schools: Green Cleaning Toolkit from the Green Schools Initiative**

The Green Schools Initiative, the California Department of Public Health's (CDPH) Work-Related Asthma Prevention Program and the Green Purchasing Institute, are collaborating to help schools in California implement green cleaning. Use these resources to get started and help your school make the switch!

<http://greenschools.net/article.php?id=245>

For more information about cleaning for asthma friendly schools from CDPH

<http://www.cdph.ca.gov/programs/ohsep/Pages/class.aspx>.

#### **Meet California Child Care Infection Control Requirements with Alternatives to Bleach that are Safer for Asthma**

The San Francisco Asthma Task Force pilot project identified methods for infection control that eliminate or reduce exposure to bleach. Based on the findings of the project, the Task Force established recommendations for bleach-free sanitizers and disinfectants that are safer for people with asthma as well as recommendations regarding safer practices for using bleach. For the final report and implementation kit:

<http://www.sfgov3.org/index.aspx?page=721>.

#### **School IPM Guidebook from the Department of Pesticide Regulation (DPR)**

The School IPM Guidebook is available for school district staff, whether you want to start an IPM program or to improve your

existing IPM program. For an electronic copy of the guidebook: [http://www.cdpr.ca.gov/schoolipm/managing\\_pests/guidebook.cfm](http://www.cdpr.ca.gov/schoolipm/managing_pests/guidebook.cfm). Or if you are the IPM Coordinator for a California school district, you may request a hard copy of the guidebook: [school-ipm@cdpr.ca.gov](mailto:school-ipm@cdpr.ca.gov).

### **Environmental Protection Agency (EPA) Healthy Child Care**

Find information on how to identify potentially harmful environmental contaminants in child care settings and steps you can take to reduce or eliminate those hazards. Here is the new EPA website for child care resources: <http://epa.gov/childcare/>.

### **Handout: Hand Washing Steps for Children and Child Care Staff**

Proper hand washing is a key practice in preventing the spread of germs and illnesses in child care. For a colorful handout describing the steps: <http://www.nfsmi.org/documentlibraryfiles/PDF/20110331025205.pdf>.

### **Spread Fun not Flu**

Influenza vaccination is recommended for everyone age 6 months and older.

Please continue to encourage flu vaccination for children and staff. Spread the word with this light hearted poster from CDC:

[http://www.cdc.gov/flu/pdf/freeresources/family/f\\_spread\\_fun\\_print.pdf](http://www.cdc.gov/flu/pdf/freeresources/family/f_spread_fun_print.pdf).

### **Put Medicines Up and Away and Out of Sight**

More than 60,000 young children end up in the emergency room every year because they get into medicines while their parent or caregiver was not looking. Visit the Centers for Disease Control's (CDC) new Up and Away website <http://www.upandaway.org/> for information, including a medication safety tip sheet. To learn more about medication safety from CDC:

<http://www.cdc.gov/medicationsafety/index.html>.

### **California Mandated Reporting Easy Steps...What Must Be Reported and How to Report**

Here's a one-page tip sheet from the California Department of Social Services for mandated child abuse reporters that summarizes key points in making a report.

[http://mandatedreporterca.com/images/One\\_Page\\_Sheet.pdf](http://mandatedreporterca.com/images/One_Page_Sheet.pdf)

### **Community Care Licensing Fall Updates**

The Community Care Licensing Division's Child Care Update for Fall 2011 is available: <http://cclcd.ca.gov/res/pdf/CCUpdateFall2011.pdf>.

### **Healthy Native Babies Project Workbook about Safe Sleep for Infants**

The comprehensive workbook outlines the action steps to reduce

the risk of SIDS with up-to-date strategies to guide health professionals, social workers, community organizers and anyone working in Native communities.

To download: [http://www.nichd.nih.gov/publications/pubs/upload/healthy\\_native\\_babies\\_workbook.pdf](http://www.nichd.nih.gov/publications/pubs/upload/healthy_native_babies_workbook.pdf).

To order a free copy call: 800-370-2943

## **Reports and Research**

### **Bronchitis and Asthma: Most Commonly Treated Conditions among U.S. Children**

Acute bronchitis, asthma, trauma-related disorders, middle-ear infections and mental disorders were the five most commonly treated medical conditions among U.S. children in 2008, according to a federal government report from the Agency for Health Care Research and Quality.

<http://www.ahrq.gov/news/nn/nn121411.htm>

### **Acetaminophen Use in Children Linked to Asthma Rates**

A variety of observations suggest that acetaminophen use has contributed to the recent increase in asthma prevalence in children.

<http://pediatrics.aappublications.org/content/128/6/1181.abstract>

### **Medical Home for Children without Special Health Care Needs**

Even when children do not have special health care needs, a medical home is associated with improved health care utilization patterns, better assessment of child health, and increased adherence with health-promoting behaviors.

<http://pediatrics.aappublications.org/content/early/2011/12/14/peds.2011-1739>

### **Welfare, Maternal Work, and On-Time Childhood Vaccination Rates**

The results of a study of low-income families indicate that maternal work requirements of Temporary Assistance for Needy Families had negative effects on timely administration of childhood vaccinations, although receiving welfare itself was associated with increased on-time vaccination rates. <http://pediatrics.aappublications.org/content/128/6/1109.abstract>

### **Low Rates of Exclusive Breastfeeding for 6 Months among Those Who Initiate Breastfeeding**

Factors associated with breastfeeding exclusively for 6 months, as recommended by AAP, differ from those associated with breastfeeding initiation. <http://pediatrics.aappublications.org/content/128/6/1117.abstract>

## **Work and Family**

This *The Future of Children* report examines the changing dynamic

of work and family balance in the United States and makes key recommendations, including workplace flexibility, to ease family burdens while maintaining employer productivity.

[http://www.futureofchildren.org/futureofchildren/publications/journals/journal\\_details/index.xml?journalid=76](http://www.futureofchildren.org/futureofchildren/publications/journals/journal_details/index.xml?journalid=76)

### **Annual Child Maltreatment Report Shows Decline in Child Abuse and Neglect**

The Administration for Children and Families released its annual report on child abuse and neglect. *Child Maltreatment 2010* shows a slight decline in the estimated number of victimized children. Rates of abuse and neglect continued to be highest among infants and young children. Full report:

<http://www.acf.hhs.gov/programs/cb/pubs/cm10/>.

### **Food Consumption Patterns of Young Preschoolers: Are They Starting Off on the Right Path?**

In this study of 2 and 3 year olds, French fries and other fried potatoes were the most commonly consumed vegetable and about 85% of children consumed some type of sweetened beverage, dessert, sweet, or salty snack in a day. Researchers concluded that parents and caregivers should serve a variety of fruits, vegetables, whole grains, low-fat dairy products, and healthier fats, and limit consumption of low-nutrient, energy-dense foods and beverages.

[http://www.journals.elsevierhealth.com/periodicals/yjada/article/S0002-8223\(10\)01478-1/abstract](http://www.journals.elsevierhealth.com/periodicals/yjada/article/S0002-8223(10)01478-1/abstract)

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