

California Childcare Health Program (CCHP) E-News
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April 2013

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](#).



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. To subscribe: www.ucsfchildcarehealth.org/listserve/subscribe.html.

Announcements

Changes in Bleach Concentrations and Dilutions for Sanitizing and Disinfecting

The concentration of bleach sold in stores has changed in many areas of the country. The new bleach concentration available in many stores is now 8.25% sodium hypochlorite solution (higher than the formerly available bleach solution of 5.25%-6%). For advice about diluted bleach solution to sanitize or disinfect in your early care and education programs from the National Resource Center for Health and Safety in Child Care and Early Education: <http://nrckids.org/>

This change in concentrations has also prompted changes to Appendix J in Caring for Our Children: <http://cfoc.nrckids.org/WebFiles/AppedicesUpload/AppendixJ.pdf>

New and Revised CCHP Materials:

In response to changes in bleach concentrations the following CCHP materials have been Revised:

Safe and Effective Cleaning, Sanitizing and Disinfecting Health and Safety Note

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

New CCHP Poster-worksheets:

Safe and Effective Sanitizing Worksheet

http://www.ucsfchildcarehealth.org/pdfs/posters/stop_disease/disinfectingworksheet_EN.pdf

New Safe and Effective Disinfecting Worksheet

http://www.ucsfchildcarehealth.org/pdfs/posters/stop_disease/sanitizingworksheet_EN.pdf

Policy and Advocacy

Toxic Nap Mats Law Suit

The Center for Environmental Health (CEH) in Oakland is suing major manufacturers and retailers for selling nap mats made with a toxic flame retardant that is also a known carcinogen. CEH urges child care providers and parents to look for nap mats made without polyurethane foam. Ask nap mat suppliers about flame retardant chemicals, and purchase products from companies that pledge they no longer use these chemicals. Other options that are not usually treated with flame retardants include polyester fiberfill, cotton, and wool.

<http://www.ceh.org/making-news/press-releases/29-eliminating-toxics/630-naptime-nightmares-toxic-flame-retardants-found-in-day-care-nap-mats>

Pet Frogs Caused Salmonella Outbreak

Frogs from a Madera County breeding facility sickened hundreds of children from 2008-2011. Many of the children, whose average age was 5, were hospitalized with severe illness. Parents are cautioned about pet frogs, which are often kept in home aquariums, and amphibians and reptiles in general. Please be aware that reptiles and amphibians are not appropriate pets for child care programs.

<http://healthfinder.gov/News/Article.aspx?id=674268&source=govdelivery#.UT5ZT-FCIy4.email>

AB 290 (Alejo) Foundations for Healthy Nutrition in Child Care Introduced

AB 290 aims to improve the nutritional quality of foods and beverages served in child care by changing licensing regulations to increase the required hours of preventive health practices training for providers (from 15 hours to 16 hours) and include one hour on childhood nutrition. <http://cfpa.net/ab290>

Resources

New Standards for Play Yards from the Consumer Products Safety Commission (CPSC)

As of February 28, 2013, all play yards sold in the United States must meet the new and improved federal safety standard designed to prevent injuries and deaths to children. Please spread the message to child care providers and parents. For a colorful, picture-poster summarizing the new standard:

English: <http://www.cpsc.gov/Global/Safety%20Education/Neighborhood-Safety-Network/playyard.pdf>

Spanish: <http://www.cpsc.gov/Global/Safety%20Education/Neighborhood-Safety-Network/playyardsp.pdf>

MyPlate for Preschoolers from Mealtime Memos

This handout helps parents and caregivers understand the basics of *MyPlate*

<http://www.nfsmi.org/documentlibraryfiles/PDF/20130307091708.pdf>

Nutrition Materials for Families and Caregivers from Ellyn Satter

Ellyn Satter is well known for her warmth and practical advice on eating and feeding. Her guidance helps families stay positive and organized about feeding their children. For handouts in English and Spanish: <http://www.ellynsatter.com/links-i-82.html#spanish>

Promoting Water Consumption for Children

California Food Policy Advocates highlights challenges with providing free, clean, and appealing tap water in schools and provides strategies to promote consumption. <http://www.waterinschools.org/>

Videos and Written Materials that Support Infant Development

The New Mexico Department of Health has produced some short videos and written materials to help parents understand the social and emotional development of their babies and toddlers. Available in English and Spanish: <http://nmhealth.org/phd/mchdayone.shtml>

Tips for Families Series

A new series of tip sheets for families, from the Office of Head Start National Center on Health show families how to strengthen the health and wellness of young children. Topics addressed include: active play, health literacy, healthy breathing, healthy eating, mental health, oral health, safety and injury prevention. <http://tinyurl.com/ccn8ort>

Reports and Research

Report Suggests Increased Prevalence of Autism Spectrum Disorder (ASD)

A new report from the Centers for Disease Control and Prevention (CDC) finds that the prevalence of ASD in children aged 6-17 in the U.S. increased from 1 in 86 in 2007 to an estimated 1 in 50 in 2011-2012. The report is based on data from a national telephone survey of parents. The increases were greatest for boys and older children. Children who were first diagnosed in or after 2008 accounted for much of the increase. <http://www.cdc.gov/nchs/data/nhsr/nhsr065.pdf>

Maternal Folic Acid Supplements and Risk of Autism Spectrum Disorders (ASD) in Children

Use of prenatal folic acid supplements around the time of conception was associated with a lower risk of autistic disorder. The findings do not establish cause, but they do support prenatal folic acid supplementation. <http://jama.jamanetwork.com/article.aspx?articleid=1570279>

Psychosocial Adversity in Adults with Childhood ADHD

The prospective study indicates childhood ADHD is a chronic health problem, with significant risk for mortality, persistence of ADHD, and long-term morbidity in adulthood.

<http://pediatrics.aappublications.org/content/early/2013/02/26/peds.2012-2354.abstract>

Modest Declines in Obesity in U.S. Low-Income Preschoolers

The number of low-income preschoolers who qualify as obese has dropped over the last decade, according to the Centers for Disease Control and Prevention (CDC). Higher rates of breastfeeding and rising awareness of the importance of physical activity for young children may be contributing to the shift.

<http://jama.jamanetwork.com/article.aspx?articleid=1487493>

New Institute of Medicine (IOM): Oral Health Literacy and Food Marketing to Children

Oral disease is expensive in terms of teeth, time, and money and results in pain and missed days of school and work. Many are unaware of the basic risk factors and preventive regimens for oral diseases. To read the report summarizing the roundtable workshop on oral health literacy: <http://tinyurl.com/d59hqzf>

Children are exposed to vast amounts of marketing for food. In 2009, children 2-11 years old saw an average of more than 10 television food ads per day. The marketing of high-calorie, low-nutrient foods and beverages is linked to overweight and obesity. This report summarizes the IOM workshop about the marketing trends and health consequences for children.

<http://tinyurl.com/be8yam5>

Longer Durations of Breastfeeding Associated with Reduced Risk of Childhood Asthma

Researchers found each additional month of exclusive breastfeeding was associated with reductions in wheeze at 2 and 3 years old and asthma rates from 2 to 6 years old.

<http://www.medscape.com/viewarticle/776245>

Early Childhood Education: An Essential Component of Economic Development

A report from the Political Economy Research Institute at the University of Massachusetts, Amherst, discusses research findings on how high quality early childhood education programs make significant contributions to economic development and social well-being. http://www.peri.umass.edu/fileadmin/pdf/published_study/ECE_MacEwan_PERI_Jan8.pdf

Establishing a Level Foundation for Life: Mental Health Begins in Early Childhood

Sound mental health provides an essential foundation of stability

that supports all other aspects of human development. This report, from the National Scientific Council on the Developing Child, describes the foundations for friendships, coping with adversity, achievement and success in school, work, and community life. <http://tinyurl.com/c5ff4jy>

Status of Child Care Health Consultation Systems in the United States

This brief, published by the National Training Institute for Child Care Health Consultants, is a summary of child care health consultation programs and activities in the U.S. It's based on questionnaire results related to child care health consultation program structure, training, funding, state support, challenges, barriers to success and professional associations and directories. http://nti.unc.edu/cchc_research.brief.pdf

Tetanus, Diphtheria, Pertussis (Tdap) Vaccine Recommendations for Pregnant Women

Updated recommendations for prenatal care include Tdap immunization for all pregnant women. A dose of Tdap should be provided during each pregnancy regardless of prior history of receiving Tdap. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6207a4.htm>

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