



July 2011

## 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 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 [www.ucsfchildcarehealth.org/html/healthline/enews.htm](http://www.ucsfchildcarehealth.org/html/healthline/enews.htm).*

## Greetings

The summer months offer more time for children to play outside and more exposure to the UV rays from the sun. The best protection is a hat, clothing and safe use of sunscreens to provide broad-spectrum (UVA and UVB) protection. The Food and Drug Administration (FDA) is taking steps to establish standards for the effectiveness of sunscreen products and to require product labeling for consumers. The final regulations will become effective in one year. In the meantime, you can find information about sunscreen safety and effectiveness on the Environmental Working Group website: <http://breakingnews.ewg.org/2011sunscreen/>.

## Announcements

### Caring for Our Children 3rd Edition Now Available!

The National Resource Center for Health and Safety in Early Childhood Education has announced the release of *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition*. It can be accessed online at <http://nrckids.org/CFOC3/index.html> Print copies are available for \$55 from: American Public Health Association: 888-320-2742 <http://www.apha.org/publications/bookstore/> and American Academy of Pediatrics: 888-227-1770 <http://www.aap.org>.

## Advocacy

### View Short, Heart-warming Father Involvement Public Service Announcement Videos

To show the important role fathers play in their children's lives, the NRFC Media Campaign highlights how the smallest moments can have the biggest impact. <http://www.youtube.com/watch?v=9A2Ap3DyvLg>

### The Case for Preschool Podcast on Planet Money, National Public Radio

This is a podcast interview with James Heckman, a University of Chicago economist. Based on the data from Perry Preschool Program studies, he argues that using public funds to pay for low income children to go to preschool saves the government money in the long run. Podcast at: <http://www.npr.org/search/index.php?searchinput=case+for+preschool>.

## Resources

### **Let's Move! Child Care**

Michelle Obama's *Let's Move!* Campaign now provides resources and support for child care providers to help young children get off to a healthy start. <http://healthykidshealthyfuture.org/welcome.html>

Included is a checklist that providers and parents can use as a tool to encourage healthy eating and physical activity and limit screen time for young children. <http://healthykidshealthyfuture.org/filebox/letsmove/childcareclist.pdf>

### **Pedestrian Safety From the Centers for Disease Control**

Walking is healthy and good for the environment too. Promote safe walking for adults and children with help from CDC.

<http://www.cdc.gov/Features/PedestrianSafety/?source=govdelivery>

### **Safe Sleep Resources**

National Sudden and Unexpected Child Death and Pregnancy Loss Resource Center has information and web links for parents, caregivers, and health professionals on safe sleep for infants, and related topics.

<http://sidscenter.org/SafeSleep/index.html>

### **The Food Guide Pyramid Becomes a Plate**

The Food Guide Pyramid icon has changed to MyPlate, but the U.S. government's message about eating healthy, especially increasing fruits and vegetables, has stayed the same.

[http://www.kidshealth.org/parent/nutrition\\_center/healthy\\_eating/pyramid.html](http://www.kidshealth.org/parent/nutrition_center/healthy_eating/pyramid.html)

### **Environmental Working Group Shopping Guide to Pesticides in Produce**

This guide will help you determine which fruits and vegetables have the most pesticide residues and may be better to buy organic. For easy to use lists of the "Clean 15" and "Dirty Dozen":

<http://www.ewg.org/foodnews/summary/>.

### **Building Resilience in Children**

AAP guidance for parents on helping their children to become resilient:

<http://www.healthychildren.org/English/healthy-living/emotional-wellness/pages/Building-Resilience-in-Children.aspx>.

## Reports and Research

### **Outbreaks of Childhood Diseases More Likely at About 200 Southern California Schools**

A Los Angeles Times analysis identified schools as at risk of disease outbreak if at least 7.5% of entering kindergartners this school year were exempted from immunization, often because of parents choosing not to immunize. Most are schools in affluent areas. For a map of high-risk schools: <http://www.latimes.com/news/local/la-me-immunization29-2009mar29-map,0,426776.htmlstory>.

### **Exposure to Pets in Early Life May Protect Against Childhood Allergies**

A study published in *Clinical & Experimental Allergy* showed that teens with an indoor cat in the first year of life had a decreased risk of being sensitized to cats. Neither cumulative exposure nor exposure at any other

particular age was associated with either outcome.  
<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2222.2011.03747.x/abstract>

### **Prenatal Vitamins May Reduce the Risk of Autism**

UC Davis researchers report that mothers of children with autism were less likely than those of typically developing children to report having taken prenatal vitamins during the 3 months before pregnancy or the first month of pregnancy. Peri-conception use of prenatal vitamins may reduce the risk of having children with autism, especially for genetically susceptible mothers and children.

[http://journals.lww.com/epidem/Abstract/2011/07000/Prenatal\\_Vitamins\\_One\\_carbon\\_Metabolism\\_Gene.8.aspx](http://journals.lww.com/epidem/Abstract/2011/07000/Prenatal_Vitamins_One_carbon_Metabolism_Gene.8.aspx)

### **U.S. Children with Developmental Disabilities Growing, a New Government Report Shows**

This study, based on ongoing national surveys of children under 18, looked at a range of disabilities, including attention deficit hyperactivity disorder (ADHD), autism, blindness, cerebral palsy, hearing loss, seizures, stuttering or stammering and other developmental delays. From 1997 to 2008, the proportion of children with at least one of the conditions rose from less than 13 percent to more than 15 percent, that's an extra 1.8 million children.

<http://pediatrics.aappublications.org/content/127/6/1034.abstract>

### **Maternal Depressive Symptoms and Child Care during Toddlerhood Relate to Child Behavior at Age 5**

This study shows that formal child care for toddlers of depressed mothers may have positive benefits for the child's subsequent behavior.

<http://pediatrics.aappublications.org/content/early/2011/06/08/peds.2010-3119.abstract>

### **The Effect of Maternity Leave Length and Time of Return to Work on Breastfeeding**

Women who returned to work at or after 13 weeks postpartum had higher odds of predominantly breastfeeding beyond 3 months suggesting that if new mothers delay their time of return to work, then duration of breastfeeding among US mothers may lengthen.

<http://pediatrics.aappublications.org/content/127/6/e1414.abstract>

### **Is Frequency of Shared Family Meals Related to the Nutritional Health of Children and Adolescents?**

Children and adolescents who share family meals 3 or more times per week are more likely to be in a normal weight range and have healthier dietary and eating patterns than those who share fewer than 3 family meals together. In addition, they are less likely to engage in disordered eating. <http://pediatrics.aappublications.org/content/127/6/e1565.abstract>

### **Sports Drinks and Energy Drinks for Children and Adolescents: Are They Appropriate?**

AAP Committee on Nutrition and the Council on Sports Medicine and Fitness states water, not sports or energy drinks, as the principal source of hydration for children and adolescents. The committee advises improving the education of children, adolescents and their parents in the appropriate use of sports and energy drinks for young athletes.

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;127/6/1182>

### **Early Childhood Obesity Prevention: Policies Goals, Recommendations, and Potential Actions**

Institute of Medicine releases policy recommendations and potential actions to prevent obesity in infancy and early childhood by promoting healthy environments for young children.

<http://www.iom.edu/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx>

### **Staff Preparation, Reward, and Support: Are Quality Rating and Improvement Systems Including All of the Key Ingredients Necessary for Change?**

The Center for the Study of Child Care Employment (CSCCE) new policy report, examines the extent to which QRISs support the professional development of practitioners and include key ingredients; staff qualifications, direct compensation, and other factors related to work settings that have been linked to quality.

<http://www.irl.berkeley.edu/cscce/2011/staff-preparation-reward-and-support-are-quality-rating-and-improvement-systems-including-all-of-the-key-ingredients-necessary-for-change/>

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