



July 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 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/pandr/enews.htm](http://www.ucsfchildcarehealth.org/html/pandr/enews.htm).*

### In Memory

Wendy Wayne, an advocate and champion of young children, lived in Bakersfield, CA and died June 17, 2012 after a 4-year battle with non-Hodgkins lymphoma. Wendy was a nurse, an educator and a humanitarian. She was an inspiration to Child Care Health Consultants in California and beyond. Her warmth, sense of humor and compassion will be missed. For more about the life and work of Wendy Wayne:

[http://www.kget.com/mostpopular/story/Remembering-WendyWayne/zZJmyDTsBUeItfG\\_bN1RFw.csp](http://www.kget.com/mostpopular/story/Remembering-WendyWayne/zZJmyDTsBUeItfG_bN1RFw.csp)

<http://www.bakersfieldcalifornian.com/local/bakosphere/x1408651501/VIDEO-Wendy-Wayne-biography>

### Announcements

#### New CCHP Fact Sheet for Families: Healthy Beverages for Young Children

The new Fact Sheet for Families has been posted to the CCHP website:

[http://www.ucsfchildcarehealth.org/pdfs/factsheets/DrinksEN\\_0612.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/DrinksEN_0612.pdf)

Spanish:

[http://www.ucsfchildcarehealth.org/pdfs/factsheets/DrinksSP\\_0612.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/DrinksSP_0612.pdf)

### Policy and Advocacy

#### California May Require Parents to Be Counseled Before Opting Out of Vaccines

The re-emergence of vaccine-preventable diseases like measles and whooping cough, has prompted AB 2109, a bill requiring parents to be counseled by a doctor before opting out of

vaccination. Dr. Richard Pan is the state assemblyman who introduced the bill that would make harder to bypass vaccine requirements.

[www.aroundthecapitol.com/Bills/AB\\_2109/20112012/](http://www.aroundthecapitol.com/Bills/AB_2109/20112012/)

### **Disney Joins in to Prevent Childhood Obesity**

Disney Company is revising its marketing standards so foods and beverages meet strong nutrition standards. Foods and drinks will be healthier, and a new labeling system will make it easier for kids and families to identify healthier choices. The new standards will affect foods and beverages are sold at Disney theme parks, products advertised on Disney TV and radio channels and websites, and Disney-licensed products in the grocery-store aisles. <http://thewaltdisneycompany.com/citizenship/magic-healthy-living>

### **Resources**

#### **Farm to Preschool**

Farm to Preschool serves preschoolers, teachers, child care providers, families, and communities by influencing the eating habits of young children while their preferences are just forming. The website provides ideas for curriculum, gardening, parent education, menus and access to healthy food.

<http://www.farmtopreschool.org/preschoolgardens.html>

#### **Alameda County Soda-Free Summer**

*Soda Free Summer* encourages children and families to "rethink your drink"!

Visit the Soda Free Summer website and "take the pledge"!

<http://www.sodafreesummer.org>

#### **Toolkit Supports Partnership between Home Visiting and Child Care**

*Home Away from Home: A Toolkit for Planning Home Visiting Partnerships with Family, Friend and Neighbor Caregivers* provides strategies to help states develop partnerships between Home Visiting programs and Family, Friend, and Neighbor (FFN) caregivers. It includes background on home visiting partnerships, a planning guide, and case studies of existing partnerships.

<http://www.clasp.org/>

[admin/site/publications/files/Home-Away-from-Home.pdf](http://www.clasp.org/admin/site/publications/files/Home-Away-from-Home.pdf)

#### **Centers for Disease Control (CDC) Updated Webpage on Pertussis Outbreaks**

CDC recently updated its Pertussis Outbreaks webpage that includes links to outbreak-related Q&As, examples of recent U.S. disease activity, articles about outbreaks, and authoritative CDC resources. <http://www.cdc.gov/pertussis/outbreaks.html>

#### **Fact Sheet on Safety of Giving Multiple Vaccines**

This Q& A information sheet, by the Vaccine Education Center at The Children's Hospital of Philadelphia, reassures parents who

are concerned that too many vaccines might overwhelm a baby's immune system.

<http://www.chop.edu/export/download/pdfs/articles/vaccine-education-center/too-many-vaccines.pdf>

### **Food and Drug Administration (FDA) Consumer Update about Sun Protection for Infants**

The best protection is to keep infants in the shade. If there's no natural shade, you can create shade with canopies, tents, umbrellas, and shade shelters. To learn more about how to keep infants protected from the sun's dangerous ultraviolet rays:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm309136.htm>

### **Developmentally Appropriate Practice from National Association for the Education of Young Children (NAEYC)**

Developmentally Appropriate Practice (DAP) supports an understanding of child development and how to set challenging but attainable goals that best serve young children. For DAP resources about working with infants and toddlers, preschoolers, kindergarteners and primary grade school children:

<http://www.naeyc.org/dap>

### **Social Emotional Tips for Families and Providers Caring for Toddlers**

The Center for Early Childhood Mental Health Consultation (CECMHC) has added two resources to its collection of tips for families and providers. These resources include one-page posters with tips for families and providers to use to help nurture the social emotional health of toddlers during specific daily routines including: dressing, meal times, play time, resting and diapering.

Parents: [http://www.ecmhc.org/documents/CEMHC\\_Tips\\_Toddlers\\_Parents.pdf](http://www.ecmhc.org/documents/CEMHC_Tips_Toddlers_Parents.pdf)

Child Care Providers: [http://www.ecmhc.org/documents/CEMHC\\_Tips\\_Toddlers\\_Providers.pdf](http://www.ecmhc.org/documents/CEMHC_Tips_Toddlers_Providers.pdf)

### **New Video on Executive Function: Skills for Life and Learning**

The InBrief videos from Harvard University Center on the Developing Child describe key concepts in the science of early childhood development. This new 5 minute video explains how acquiring the early building blocks of executive function skills is one of the most important and challenging tasks of the early childhood years.

[http://developingchild.harvard.edu/resources/multimedia/videos/inbrief\\_series/inbrief\\_executive\\_function/?utm\\_source=Center+on+the+Developing+Child%27s+mailing+list&utm\\_campaign=cafc53140f-june\\_news&utm\\_medium=email](http://developingchild.harvard.edu/resources/multimedia/videos/inbrief_series/inbrief_executive_function/?utm_source=Center+on+the+Developing+Child%27s+mailing+list&utm_campaign=cafc53140f-june_news&utm_medium=email)

## **Reports and Research**

### **Children Living in Cities Are More Likely to Have Food**

### **Allergies than Rural Children**

Researchers analyzed data from more than 38,000 children in different areas of the United States and found that 9.8 percent of city children have food allergies, compared with 6.2 percent of rural children. <http://cpj.sagepub.com/content/early/2012/05/14/0009922812448526.abstract>

### **Antibacterials and Preservatives Linked to Increased Risk of Allergies in Children**

Antibacterials and preservatives can be found in consumer products such as soap, toothpaste and mouthwash. Children with the highest levels of the antibacterial agent triclosan had more than twice the risk of food allergies and nearly twice the risk of environmental allergies as children with the lowest levels. Children with the highest levels of the preservative propyl paraben had more than twice the risk of environmental allergies as those with the lowest levels, but propyl paraben levels were not associated with food allergy risk.

[http://www.jacionline.org/article/S0091-6749\(12\)00779-8/abstract](http://www.jacionline.org/article/S0091-6749(12)00779-8/abstract)

### **Directing Attention Boosts Language Skills for Children with Autism**

This study, supported by the National Institutes of Health (NIH), showed that an intervention in which adults actively engaged the attention of preschool children with autism by pointing to toys and using other gestures to focus their attention resulted in an increase in language skills at age 8.

<http://www.nih.gov/news/health/jun2012/nichd-21.htm>

### **Involving Parents, Teachers and School Administrators Gets Children to Eat Healthier**

Researchers in Southern California worked with teachers and administrators at low income schools to improve nutrition practices. For example, they replaced food rewards with non-food prizes, implemented healthy food at school events, and modified classroom celebrations and fundraising events. Not only did nutrition improve, but the researchers noted that schools made more money through healthy events such as jog-a-thons than at carnivals with junk food!

<http://www.ijbnpa.org/content/9/1/80/abstract>

### **Assessing Dietary Intake for Children Participating in the Child and Adult Care Food Program (CACFP)**

Recent changes in meal requirements for CACFP align them more closely with other federally funded dietary guidelines and food assistance programs. This Workshop Summary of the Institute of Medicine (IOM) discusses methods and approaches available to assess children's dietary intake and evaluate participation in child care programs sponsored by CACFP.

<http://iom.edu/Reports/2012/Research-Methods-to-Assess-Dietary-Intake-and-Program-Participation-in-Child-Day->

[Care.aspx](#)

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