



California Childcare Health Program (CCHP)

E-News for

Child Care Health Consultants

October/November 2008

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Greetings

The school year is underway. We hope you are all putting the finishing touches on special health care plans for the children with special health care needs in your programs. More and more children are entering child care with food allergies. We are receiving increasing numbers of calls about caring for these children in ECE settings. We have developed a new Health and Safety Note, *Responding to Life Threatening Allergic Reactions in the Child Care Setting*. Does anyone have ideas for games and playful drills to prepare young children for earthquakes? We'd like to hear from you if you do. Please forward your ideas to CCHP-CCHC@listserv.ucsf.edu

Announcements

The California Childcare Health Program has several new resources available on our website, www.ucsfchildcarehealth.org. The September/October issue of [Child Care Health Connections](#) is now published and includes the articles: Eco-Healthy Child Care, How to Dispose of Medications, Integrated Pest Management for Ants and Yellow Jackets, Simple Steps to a Healthy Weight, Including Children with Special Needs in Your Disaster Preparedness Plan...and more! The newsletter can be viewed at www.ucsfchildcarehealth.org/pdfs/newsletters/2008/Sept_Oct_08.pdf

Additional new resources from CCHP:

1. [Safe Sleep Policy for Infants in Child Care](#)
2. [Suspected Illness or Communicable Disease Exclusion Form](#)
3. [Formulario de exclusión por sospecha de enfermedad o de](#)
4. [Medication Administration Form \(PDF: 136KB: 2pp\)](#)
5. [Formulario de administración de medicamentos](#)
6. [Notice of Exposure to Communicable Disease](#)
7. [Responding to Life Threatening Allergic Reactions in the Child Care Setting](#)
8. [Difficulty in Processing and Organizing Sensory Information](#)

New flu vaccine recommendations:

Flu-shot season begins this month, and for the first time the *CDC recommends that all children aged 6 months up to their 19th birthday get a flu vaccine*. While school age children seldom get as sick as younger children, they constitute a bigger population that catches flu at higher rates, so the change should at least cut missed school and parents' missed work. The new recommendations could have the added benefit of protecting entire communities if less influenza

virus is being spread (see new study that documents these protective effects under the Research section).

Resources

NSC Focus. The latest issue of the Healthy Child Care Consultant Network Support Center e-newsletter, *NSC Focus*, is now available at <http://hccnsc.edc.org/resources/newsletter.asp>. This issue focuses on *Cost Analysis and Funding for CCHCs*.

In the Spotlight describes different models states use for their CCHC initiatives.

Frequently Asked Questions (FAQs) address ways to determine the cost of your CCHC initiative and how to support independent CCHCs.

Resources include materials to help you with cost analysis and funding questions. Some of these are:

- *CCHC Service Delivery Models: A Planning Tool* is the resource upon which this issue's *In the Spotlight* is based. <http://hccnsc.edc.org/resources/data/ServiceDeliveryModel.pdf>
- *The Five Pillars of State Child Care Health Consultation Systems* depicts five critical supports to a CCHC infrastructure. http://hccnsc.edc.org/resources/data/Intro_pillars%209-07.pdf
- *Cost Analysis and Funding: An NSC Webinar* (June 26, 2008) provided guidance on funding strategies, with contributions from Iowa and Arizona. The 90-minute audio file and PowerPoint slides are posted on the NSC website. <http://hccnsc.edc.org/resources/webinarJuly2008.asp>
- *Self-Assessment for CCHC Systems Builders: Funding* is a checklist that guides CCHC leaders through issues to consider in establishing strong funding systems. <http://hccnsc.edc.org/resources/data/Self%20Assessment%20-%20Funding.pdf>
- *Early Childhood Comprehensive Systems that Spend Smarter: Maximizing Resources to Save Vulnerable Children* is a resource from Project THRIVE. www.nccp.org/publications/pub_655.html
- *Making Dollars Follow Sense: Financing Early Childhood Mental Health Services to Promote Health Social and Emotional Health in Young Children* is a resource from Project THRIVE. www.nccp.org/publications/pub_483.html

Nurses Help Child Care Centers Stay Safe. An article on child care health consultants, *Nurses Help Child Care Centers Stay Safe*, recently appeared in **Nursing Spectrum**. The article can be viewed at

<http://include.nurse.com/apps/pbcs.dll/article?AID=/20080324/PA02/803240302>

New resources from Frank Porter Graham:

New Podcast Answers Basic Question about Inclusion:

The director of Frank Porter Graham's Partnerships for Inclusion, Brenda Dennis, discusses inclusion in the 7th episode of FPG Voices. [Listen to the podcast](#). Additional Resources:

- Community Discussion: [What do teachers and therapists need to know and be able to do to successfully include children with disabilities and their families?](#)
- Research Synthesis: [Research Synthesis Points on Early Childhood Inclusion](#)
- Research Summary: [Examining Social Acceptance & Rejection](#)
- Research Summary: [Early Childhood Teachers Often Ill Prepared to Care for Children with Disabilities](#)

Take a Video Tour of the Frank Porter Graham Model Child Care Program: Each year, visitors from around the world come to FPG to learn about their model inclusive child care program. For those unable to see the center in person, a [new video](#) provides an inside look. It can be [downloaded](#) free-of-charge.

The National Professional Development Center on Inclusion (NPDCI) has launched a new blog that provides weekly insights, stories and resources for professional development providers. The Teaching About Inclusion blog is intended for practitioners, policy makers and parents. The site also includes a special section, [Connect: The Center to Mobilize Early Childhood Knowledge](#), which provides web-based resources for early childhood educators working with young children with disabilities and their families. You may post and read comments at <http://community.fpg.unc.edu/discussions/blog-teaching-inclusion>.

Information on wildfire-related air quality

Air quality in many communities across California is poor due to the numerous wildfires this season. People with asthma and other lung diseases are especially sensitive to the wildfire smoke and should take precautions to limit their exposure to the smoky air.

The California Department of Public Health has just revised, *Wildfire Smoke: A Guide for Public Health Officials*, a resource created earlier this summer. This revised version has a number of improvements over the prior one, including current information on smoke behavior, respiratory protection, use of air cleaners and air conditioning, a more thorough explanation of how to align public health interventions with estimated or measured levels of particles, current resources, and revised or completely new appendices on building HVAC use, the mask use flyer, ash clean-up, setting up a cleaner air shelter, and model air quality alert PSAs.

While this guide is intended for local health departments, you may also find it helpful as you reach out to people with asthma.

- The Guide can be viewed at www.californiabreathing.org/images/stories/publications/wildfire_smoke_guide_july08.pdf
- You can also download the New Strategic Plan for Asthma in California 2008-2012 at [www.californiabreathing.org<outbind://1/www.californiabreathing.org](http://www.californiabreathing.org/outbind://1/www.californiabreathing.org)

The MCH Library. The MCH Library is part of the [National Center for Education in Maternal and Child Health](http://www.ncecmch.org) (NCEMCH), at [Georgetown University](http://www.georgetown.edu). The MCH Library is a virtual guide to MCH information. It offers a combination of MCH information compiled by library staff and pathways to the best MCH information available on other Web sites, from organizations, and in libraries.

Prone Development: The Case for Tummy Time. This information sheet provides in-depth information from a neurodevelopmental therapist on why tummy time, starting at birth, is so important for infants' neurodevelopment:

www.pathwaysawareness.org/files/NDT_Tummy_Time_Article_4_2007_0.pdf

Baby builders infant exercise program is now available in Spanish

Baby Builders infant development program recently released a Spanish version of their DVD to assist Spanish families in their care for infants facing delays. Baby Builders was developed by Pediatric Physical Therapist, Jenna Zervas, MSPT.

This family-centered resource empowers families to reach their desired health outcomes in their natural environment by:

- providing a visual tool to safely instruct families not seen as often as the therapist would like. (i.e. where there is a shortage of therapists)
- providing families with proven activities that focus on treating the core problems of high risk infants: weak postural control muscles and poor coordination.
- providing a resource in 2 mediums (video and book) to allow families to better understand and comply with their home exercise program.
- helping bridge cultural gaps for English speaking therapists with Hispanic families.

To discover more information please visit: www.babybuilders.com/highrisk.htm

The National Maternal and Child Oral Health Resource Center. The National Maternal and Child Oral Health Resource Center's Web site, www.mchoralhealth.org has just been awarded the 2008 Apex Award for Publication Excellence. The website has new, improved navigation as well as links to partner projects in oral health. There are publications and products from OHRC as well as a library of publications on oral health created by others. If you need help navigating the site, contact OHRC for a guided tour and technical assistance. Or, view a tutorial on their Presentations page at www.mchoralhealth.org/Presentations/index.html

Reports

How to design, implement, and use assessments in early childhood settings. A new report from the National Research Council entitled *Early Childhood Assessment: Why, What, and How?* finds that while well-planned assessments can help to inform teaching, improve programs, and enhance outcomes for children, poor assessments or the misuse of assessment results can be harmful to both children and programs. The report offers principles on how to design, implement, and use assessments in early childhood settings. For more information or

downloading the document or the executive summary, go to www.nap.edu/catalog.php?record_id=12446

Developmental Screening and Assessment Instruments with an Emphasis on Social and Emotional Development for Young Children Ages Birth Through Five

The National Early Childhood Technical Assistance Center has compiled comprehensive information about early childhood (birth through age five) developmental screening and assessment instruments, with a focus on social and emotional development. In this report almost 40 instruments are categorized by whether they address multiple domains of development or whether they focus on social emotional development. Each instrument comes with a description and information about the age range for which it is appropriate, the time needed to administer the instrument, how scoring works, and who should conduct the screening. Download at www.preknowinfocenter.org/ct/fps_p-71z4Wm/

Screening and Assessing Immigrant and Refugee Children in School-Based Mental Health Programs. While data suggest that more than 10 percent of schoolchildren in the United States are immigrants, resources to assist these children may be scarce. Culturally relevant mental health and educational resources, linguistic aids and infrastructure are greatly needed to help these children deal with the stresses of immigration, including traumatic, acculturative and others. Schools are already responding to the needs of their students by supporting school-connected mental health or social services. A new report, funded by the Robert Wood Johnson Foundation through the national program *Caring Across Communities: Addressing Mental Health Needs of Diverse Children and Youth*, provides a summary of the mental health needs of immigrant and refugee children. The report also outlines important issues to consider when determining the quality of assessment measures and conducting comprehensive assessments. www.rwjf.org/vulnerablepopulations/product.jsp?id=32211

New edition of community services locator. The Community Services Locator is an online directory for finding services for children and families in the communities in which they live. The locator, produced by the MCH Library, may be used by service providers and families to find available health, mental health, family support, parenting, child care, and other services. Topics include education and special needs, health and wellness, mental health and well-being, family support, parenting, child care and early childhood education, and financial support. A new A-Z Resources and Services Index offers another avenue for navigating the locator and the library's Website. The locator is available at www.mchlibrary.info/KnowledgePaths/kp_community.html

New statistics on obesity rates in the U.S. New report, *F as in Fat: How Obesity Policies Are Failing in America, 2008*, from the Trust for America's Health and the Robert Wood Johnson Foundation finds the rates of obesity in the United States have grown in 37 states. More than 25 percent of adults are obese in 28 states, while more than 20 percent of adults are obese in every state except Colorado. Moreover, not one state showed a decrease in numbers of obese people. www.rwjf.org/files/research/081908.3424.fasinfat.pdf

Research

New study supports flu vaccination for children: Over four winters, Harvard researchers matched adults' visits to Boston-area emergency rooms with Census data for 55 zip codes. Flu-like symptoms struck first and worst in the zip codes that included the most children. The study found that every 1% increase in the child population was associated with a 4% increase in adult ER visits. These findings add to a growing body of evidence supporting a critical role played by children in community-wide transmission of acute respiratory infections
Brownstein, J., & Mandl, K. (2008) Pediatric Population Size Is Associated With Geographic Patterns of Acute Respiratory Infections Among Adults. *Annals of Emergency Medicine*, 52, 1, 63-68.

Prenatal exposure to pesticides associated with obesity in new research:

A New study assessed the association between prenatal exposure to the pesticide Hexachlorobenzene (HCB) and its potential adverse effects on child's weight and body mass. The researchers found that those children with the highest umbilical cord levels of HCB were twice as likely to be obese when they reached the age of six and a half.
Smink, A, Ribas-Fito, N., Garcia, R., Torrent, M., Mendez, M., Grimalt, J., Sunyer, J., (2008) Exposure to hexachlorobenzene during pregnancy increases the risk of overweight in children aged 6 years. *Acta Pædiatrica*, 97, 10, 1465-1469.

New study of Bisphenol A finds adverse effects on brain development in primates

U.S. manufacturers make about 7 billion pounds of Bisphenol A (BPA) annually. It is widely used in plastics, including baby bottles and children's items. A recent study from Yale assessed the influence of BPA on brain development in primates. The study authors examined the effects of BPA, administered at a daily dose equal to the current U.S. Environmental Protection Agency's safe daily limit, on estradiol-induced spine synapse formation in the hippocampus and prefrontal cortex of a nonhuman primate. The study authors report, "The study data indicate that even at this relatively low exposure level, BPA completely abolishes the synaptogenic response to estradiol. Because remodeling of spine synapses may play a critical role in cognition and mood, the ability of BPA to interfere with spine synapse formation has profound implications. This study is the first to demonstrate an adverse effect of BPA on the brain in a nonhuman primate model and further amplifies concerns about the widespread use of BPA in medical equipment, and in food preparation and storage."

Leranth, C., Hajszan, T., Szigeti-Buck, K., Bober, J., & MacLusky, N. J. (2008). Bisphenol A prevents the synaptogenic response to estradiol in hippocampus and prefrontal cortex of ovariectomized nonhuman primates. *Proceedings of the National Academy of Sciences*, published ahead of print September 3, 2008, doi:10.1073

Accidental and nonaccidental poisonings as a cause of apparent life-threatening events in infants

This prospective, descriptive study of infants aged <2 years presenting to a pediatric emergency department with signs and symptoms of an apparent life-threatening event assesses the role of accidental and nonaccidental poisonings in life-threatening events in infants. The study found a substantial number of children presenting to the emergency department with an apparent life-threatening event had a positive toxicology screen result; 8.4% of these positive toxicology screens were considered clinically significant. In particular, a number of children were found to have been given an over-the-counter cold preparation.

Pitetti RD, Whitman E, Zaylor A. (2008) Accidental and nonaccidental poisonings as a cause of apparent life-threatening events in infants. *Pediatrics*, 122, e359-62 DOI: [10.1542/peds.2007-3729](https://doi.org/10.1542/peds.2007-3729)

Cough and cold medication use by US children, 1999-2006:

This study examines the prevalence and patterns of pediatric use of cough and cold medications, with particular attention to use among young children. The study found that in a given week, a cough and cold medication was used by 10.1% of US children. Exposure was highest to decongestants (6.3%; mostly pseudoephedrine) and first-generation antihistamines (6.3%; most common were chlorpheniramine, diphenhydramine, and brompheniramine), followed by antitussives (4.1%; mostly dextromethorphan) and expectorants (1.5%; almost exclusively guaifenesin). Multiple-ingredient products accounted for 64.2% of all cough and cold medications used. Exposure to antitussives, decongestants, and first-generation antihistamines was highest among 2- to 5-year-olds (7.0%, 9.9%, and 10.1%, respectively) followed by children who were younger than 2 years (5.9%, 9.4%, and 7.6%, respectively); expectorant use was low in all age groups. The use of cough and cold medications declined from 1999 through 2006.

Vernacchio L, Kelly JP, Kaufman DW, Mitchell AA. (2008) Cough and cold medication use by US children, 1999-2006: results from the Slone survey. *Pediatrics*; 122(2): e323-9.

Study cites effects of smoking on preterm infants which may explain their increased risk of SIDS

Study authors report that for preterm infants spontaneous recovery of breathing pauses and oxygen saturation values during hypoxemic and posthypoxemic periods are adversely affected when infants are prenatally exposed to cigarette smoke (CS). Furthermore, CS-exposed infants showed a greater increase in heart rate during the hypoxemic challenge when compared with control infants. The precise mechanisms through which prenatal CS exposure decreased the spontaneous recovery of breathing pauses and oxygen saturation levels during hypoxemia in the current study remain unknown. However, two distinct possibilities exist: effects on neural control of breathing and altered pulmonary development. The authors argue that with increased use of the supine sleep position, pre- and postnatal exposure to CS is currently the principal and leading independent risk factor for the occurrence of sudden infant death syndrome.

Schneider, J., Mitchell, I., Singhal, N., Kirk, V., & Hasan, S. U. (2008). Prenatal Cigarette Smoke Exposure Attenuates Recovery from Hypoxemic Challenge in Preterm Infants. *American Journal of Respiratory and Critical Care Medicine*, 178(5), 520-526.

Children's Environmental Health Article of the Month The Children's Environmental Health Network's Article of the Month is a new communication tool to increase communication within and outside of the field of children's environmental health. The Article of the Month highlights the science basis of current children's environmental health issues for stakeholders such as

families, educators, and health care professionals. This month's article looks at the association between cell phone use and behavior problems in young children.

Comments and questions about the Article of the Month are encouraged, and should be sent to lhepting@cehn.org.

The Children's Environmental Health Article of the Month can be viewed online at www.cehn.org/science_aom.htm.

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