



December 2010

E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)
510-204-0933 • 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.

Greetings

CCHP has gone through major changes with the elimination of funding for the Healthline Project in the state budget. Sadly, our stalwart team members, Rahman Zamani and Vickie Leonard will no longer be working on the eNews. Bobbie Rose will now manage the CCHP-CCHC eNews. Please feel free to send comments and feedback to brose@ucsfchildcarehealth.org.

Announcements

CCHP will continue to host the website www.ucsfchildcarehealth.org where you will still be able access Illness Sheets, Fact Sheets for Families, Health and Safety Notes, forms, mini-posters, training curricula and back issues of Child Care Health Connections newsletter. However, there are no funds for new or updated materials at this time. Below are the latest revisions, translations and updates that have recently been posted on the CCHP website:

New Chinese Health and Safety Notes

- Biting in the Child Care Setting ([Chinese PDF; 107KB; 2pp](#))
- Is It Safe to Play Outdoors in Winter? ([Chinese PDF; 169KB; 2pp](#))
- Medication Administration in Child Care Programs ([Chinese PDF; 144KB; 4pp](#))
- Separation Anxiety ([Chinese PDF; 238KB; 2pp](#))

Newsletter

- [Index of 2010 Newsletter Articles \(PDF; 42.2KB; 2pp\)](#)
- [November/December Newsletter \(PDF; 764KB; 8pp\)](#)

Revised Fact Sheets for Families

- [Acetaminophen Safety \(PDF; 111KB; 1p\)](#) in Spanish [Consumo seguro de acetaminofén o paracetamol \(PDF; 112KB; 1p\)](#)
- [Biting \(PDF; 118KB; 1p\)](#) in Spanish [Las mordeduras \(PDF; 125KB; 1p\)](#)
- [Childhood Obesity \(PDF; 126KB; 1p\)](#) in Spanish [Obesidad Infantil \(PDF; 123KB; 1p\)](#)
- [Falls \(PDF; 104KB; 1p\)](#) in Spanish [Caídas \(PDF; 123KB; 1p\)](#)
- [Fire and Burn Injuries \(PDF; 113KB; 1p\)](#) in Spanish [El fuego y las](#)

[quemaduras \(PDF; 107KB; 1p\)](#)

- [Head Lice: New Treatment Recommendations \(PDF; 118.9KB; 1p\)](#) in Spanish [Piojos de la cabeza: Recomendaciones de nuevos tratamientos \(PDF; 125 KB; 1p\)](#)

New Fact Sheets for Families

- [Fetal Alcohol Spectrum Disorders \(FASD\) \(PDF; 121KB; 1p\)](#) in Spanish [Síndromes del espectro del alcoholismo fetal \(PDF; 129KB; 1p\)](#)
- [Folic Acid \(PDF; 118KB; 1p\)](#) in Spanish [ácido fólico \(PDF; 133KB; 1p\)](#)
- [Integrated Pest Management of Head Lice \(PDF; 53.4KB; 2pp\)](#)

Revised Health and Safety Notes

- [Excluding Children Due to Illness \(PDF; 181KB; 2pp\)](#) in Spanish [Exclusión de niños por enfermedad \(PDF; 1187KB; 2pp\)](#)
- [General Recommendations Regarding Diarrhea \(PDF; 169KB; 2pp\)](#) in Spanish [Recomendaciones generales relacionadas con la diarrea \(PDF; 177KB; 2pp\)](#)
- [Head Lice: Background and Treatment \(PDF; 174KB; 2pp\)](#) in Spanish [Piojos de la Cabeza: Historia y tratamiento \(PDF; 169KB; 2pp\)](#)

Save the Date

2011 Working Families Policy Summit, Wednesday, January 12 at the Sacramento Convention Center, the summit will include some of California's leading child and family advocates who will discuss priorities for working families such as health care, welfare, nutrition, child care, work/life balance and more. For more information contact: Kate Karpilow, Executive Director, CCRWF summit@ccrwf.org or go to www.ccrwf.org.

Resources

Flu.gov

Access a variety of online resources to help prevent influenza. Here are some examples:

How to Clean and Disinfect Schools to Help Slow the Spread of Flu:

www.flu.gov/professional/school/cleaning.html.

Flu Vaccine Finder: Enter your zip code in this online flu vaccine finder to find where to get a flu shot near you www.flu.gov/index.html.

Helpful New Parent Handouts From the Immunization Action Coalition (IAC)

"Evidence Shows Vaccines Unrelated to Autism" is for parents who have read or heard claims that vaccines cause autism refuting these claims with scientific evidence and sound explanation of vaccine safety:

www.immunize.org/catg.d/p4028.pdf.

"Personal belief exemptions for vaccination put people at risk. Examine the evidence for yourself." is for parents considering having their child exempted from state-mandated requirements for child care attendance:

www.immunize.org/catg.d/p2069.pdf.

Reports and Research

Report From the Institute of Medicine (IOM) with Recommendations for the Child and Adult Care Food Program (CACFP)

The IOM recommends that USDA implement new meal requirements that promote eating more fruits and vegetables, and whole grain-rich foods, and foods that are lower in fat, sugar, and salt. The current requirements

are two decades old, and in that time scientists have gained a better understanding of how improved nutrition can lead to better health.
www.iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx

The Effect of the Recession on Child Well-Being

A new report from First Focus highlights the link between poverty and poor child health and suggests that even short spans of poverty in childhood could have lifelong effects.

www.firstfocus.net/library/child-health/the-recession-and-child-health

Diagnosis and Prevention of Iron Deficiency and Iron-Deficiency Anemia in Infants and Young Children (0–3 Years of Age)

This clinical report from AAP covers the diagnosis and prevention of iron deficiency and iron-deficiency anemia in infants (both breastfed and formula fed) and toddlers from birth through 3 years of age. The results of recent basic research support the concerns that iron-deficiency anemia and iron deficiency without anemia during infancy and childhood can have long-lasting detrimental effects on neurodevelopment.

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;126/5/1040>

Sleeping Through the Night: The Consolidation of Self-regulated Sleep Across the First Year of Life

Sleep is a common concern for parents of infants who attend child care programs. In this study, parents of 75 typically developing infants completed sleep diaries for 6 days each month for 12 months. Findings showed most infants were sleeping through the night at 2-3 months.

<http://pediatrics.aappublications.org/cgi/reprint/126/5/e1081>

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