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E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)
510-204-0932 • 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.

Announcements

International Journal of Pediatrics: Call for Papers on Health and Safety in Child Care

International Journal of Pediatrics is a peer-reviewed, open access journal that publishes original research articles, review articles, and clinical studies in all areas of pediatric research. This special issue will focus on the health risks and benefits of out-of-home child care and opportunities to use child care as a place where children's health and development can be promoted. For more information: <http://www.hindawi.com/journals/ijped/si/201698/cfp/>.

Spanish Translations of Updated CCHP Materials on Safe Sleep for Infants

Safe Sleep for Infants in Child Care Programs: Reducing the Risk of SIDS and SUID—Spanish http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/SIDS_SP_0112.pdf.

Safe Sleep Policy for Infants in Child Care Programs—Spanish http://www.ucsfchildcarehealth.org/pdfs/forms/SafeSleep_policy_sp_0112.pdf.

Blankets and Safe Sleep for Infants in Child Care Programs

National Resource Center (NRC) has updated a standard in the printed *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd Edition, 2011 based on new AAP policy regarding "Use of Blankets". New recommendations state that blankets may be hazardous and **the use of blankets is not advisable**. The "Feet to Foot Rule" (page 98) is no longer recommended. For the updated standard: <http://www.nrckids.org/>

FDA Safety Announcement: New Concentration of Acetaminophen for Infants

To avoid dosing errors, consumers, parents, and caregivers should carefully read the Drug Facts label on all packages to identify the concentration of the liquid acetaminophen, dosage, and directions for use. Always use the dosing device in the package. For more information:

<http://www.fda.gov/Drugs/DrugSafety/ucm284741.htm>.

Let's Move! Child Care State Challenge

National Association of Child Care Resource and Referral Agencies (NACCRRA), the Centers for Disease Control and Prevention (CDC), and the Administration for Children and Families (ACF) Office of Child Care launch a nationwide competition: Let's Move! Child Care State Challenge. States with highest rates of participation will receive national recognition at the 2012 Weight of the Nation Conference.

<http://www.healthykidshealthyfuture.org/content/hkhf/home/startearly/howtosignup.html>

Policy and Advocacy

National Survey of Children's Health Survey's Findings for Each State

Information on the health and well-being of children includes indicators like child's health behaviors and risks; home and daily routines; family well-being and relationships; school, friends and community; health insurance, access and quality of care; as well as summary measures of key indicators.

<http://mchb.hrsa.gov/nsch/07cshcn/state/state.html>

For California statistics:

<http://mchb.hrsa.gov/nsch/07cshcn/state/california.html>

State Efforts to Address Obesity Prevention in Quality Rating and Improvement Systems

A new report looks at how states are incorporating obesity prevention into their Quality Rating and Improvement Systems (QRIS) for child care programs. The report documents specific nutrition, physical activity, and screen time standards being used in some state QRISs and highlights successful strategies and challenges. <http://www.altarum.org/obesityresources>

Question from the Field: Responses

What soap or detergent do you recommend child care programs use to clean diapering surfaces before sanitizing? Here are some responses:

- Use greener detergents for cleaning diapering surfaces. Mrs. Meyers® makes an all purpose detergent that is low in chemicals.
- Method® is readily available, relatively inexpensive, has

minimal chemicals, and their all-purpose cleaner is an effective surfactant. It can be diluted and lasts a long time.

- Dr. Bronner's® is a chemical free liquid soap, but does not work as effectively some other detergents.
- While many soaps and detergents are acceptable, minimize the number of different products kept in child care programs and use a cleaner that does not leave harmful residue or fumes.

CCHP-CCHC eNews does not endorse or recommend any commercial products. Future responses and comments will be posted on CCHP's Facebook page: <https://www.facebook.com/pages/California-Childcare-Health-Program/203892876319226>.

Resources

Kids and Cars

Nearly 10 percent of motor vehicle-related deaths don't happen in traffic accidents, but occur when children are struck by vehicles in parking lots or driveways or are left unattended in vehicles. Here are some car safety posters from Safe Kids USA: *NEVER leave a child alone in a car—even for a minute!*

English:

<http://www.safekids.org/assets/docs/safety-basics/safety-tips-by-risk-area/never-leave-your-child-alone-1.pdf>

Spanish:

<http://www.safekids.org/assets/docs/safety-basics/safety-tips-by-risk-area/never-leave-your-child-alone-spanish-language-1.pdf>

What you need to know to keep kids safe around vehicles

<http://www.safekids.org/assets/docs/for-educators/in-and-around-cars.pdf>

Smoke Free Cars-Healthy Kids

For colorful posters about California smoke-free cars law and more materials about the risk of secondhand smoke in vehicles, the benefits of having a smoke-free car, and the California Smokers' Helpline information.

<http://www.tobaccofreecatalog.org/ProductDetails.aspx?id=7&itemno=J787>

The California Smokers' Helpline

Helpline services are free, funded by the California Department of Public Health and by First 5 California. 1-800-NO BUTTS

Free Online Training from the Head Start National Resource Center on "Biting"

For comprehensive training to support the emotional and social development of infants and toddlers with the common problem of biting: *Digging Deeper: Looking Beyond Behavior to Discover the Meaning of Biting*

http://www.ehsnrc.org/Publications/onlinelessons_biting.htm.

Help Prevent the Spread of Norovirus

Norovirus is a leading cause of foodborne illness outbreaks in the United States, including outbreaks in schools and child care programs. Symptoms include diarrhea, vomiting, and stomach pain. Norovirus is highly contagious. Resources from the National Food Services Management Institute include an 18 minute video, fact sheets, and mini-posters.

<http://www.nfsmi.org/ResourceOverview.aspx?ID=399>

Reports and Research

Parental Smoking and Vascular Damage in Their 5-year-old Children

Research shows that exposure of children to parental tobacco smoke during pregnancy affects their arterial structure and function in early life. <http://pediatrics.aappublications.org/content/129/1/45.abstract>

Parental Smoking and the Risk of Middle Ear Disease in Children

Exposure to second hand smoke, particularly to smoking by the mother, significantly increases the risk of middle ear disease in childhood. <http://archpedi.ama-assn.org/cgi/content/abstract/166/1/18>

Missing Daytime Naps Can Lead to Behavior Problems for Toddlers

In this study, toddlers who were deprived of a daytime nap had more anxiety, lower levels of joy and interest, and reduced problem-solving abilities. The findings suggest missing day time naps over time, may put toddlers at risk for future emotional/behavioral problems.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2869.2011.00962.x/abstract>

Sleep Patterns in Young Children

A study published in *Pediatrics* examines the prevalence, patterns and persistence of parent-reported sleep problems during the first three years of life. Ten percent of children are reported to have a sleep problem at any given point during early childhood, and these problems can persist in early development.

<http://pediatrics.aappublications.org/content/early/2012/01/02/peds.2011-0372.abstract>

The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bond: Focus on Children in Poverty

This updated AAP policy statement maintains that play is essential to the social, emotional, cognitive, and physical well-being of children beginning in early childhood. However, children who live in poverty can face socioeconomic obstacles that limit playtime and thus adversely affect their social-emotional development. It is essential that parents, educators, and pediatricians promote play,

especially for disadvantaged children.

<http://pediatrics.aappublications.org/content/129/1/e204.abstract>

Low Income Families Resort to Risky "Formula Stretching"

Watering down infant formula or skipping feedings can have significant health consequences on an infant's developing brain, increasing the risk for learning, behavioral and psychological problems, according to two new studies. Despite receiving public assistance many families could not afford to meet their infant's basic nutritional needs. <http://cpj.sagepub.com/content/early/2011/11/22/0009922811426767.abstract>

Breastfeeding, Low Sugar-Sweetened Beverage Intake and Obesity in Toddlers in LA

Researchers compared Hispanic children in Los Angeles who were only breastfed for the first year of their lives without drinking beverages containing added sugar to children who were breastfed for shorter periods or not at all and who did get sugary drinks. Babies who were breastfed longest and drank few or no sugary beverages were about half as likely to be obese as kids who weren't breastfed or who consumed the most sugary drinks. <http://www.ajcn.org/content/95/1/3>

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