



## California Childcare Health Program (CCHP)

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*E-News for*

# Child Care Health Consultants

April 2008

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## Greetings

Spring greetings from the California Childcare Health Program. The March-April issue of our newsletter *Health Connections* is available online at: [ucsfchildcarehealth.org/pdfs/newsletters/2008/Mar\\_Apr\\_08.pdf](http://ucsfchildcarehealth.org/pdfs/newsletters/2008/Mar_Apr_08.pdf)

Articles include: *How to Reduce the Risk of Expulsion from Child Care Programs*, *Tummy Time for Infants*, *Banning Chemicals Called Phthalates in Childhood Products*, and *Temperament and Regularity*.

## News and Resources

### Publications Now Available

The following publications are now available on the California Childcare Health Program Website: [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org)

### ***New Fact Sheets for Families:***

Banning Chemicals Called Phthalates in Childhood Products  
[www.ucsfchildcarehealth.org/pdfs/factsheets/BannedChem\\_0308.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/BannedChem_0308.pdf)  
Safety and Effectiveness of Cough and Cold Medicines in Children  
[www.ucsfchildcarehealth.org/pdfs/factsheets/ColdMedicine\\_0308.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/ColdMedicine_0308.pdf)  
Vaccine Safety  
[www.ucsfchildcarehealth.org/pdfs/factsheets/VacSafety\\_0308.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/VacSafety_0308.pdf)

### ***Revised Health and Safety Note:***

Exposure to Communicable Disease  
[www.ucsfchildcarehealth.org/pdfs/healthandsafety/expoen\\_031308.pdf](http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/expoen_031308.pdf)

### ***2007 Index of newsletter articles, organized by topic:***

[www.ucsfchildcarehealth.org/pdfs/newsletters/2007/Index\\_2007.pdf](http://www.ucsfchildcarehealth.org/pdfs/newsletters/2007/Index_2007.pdf)

### **CCHP Health and Safety Checklist Summary**

CCHP has developed a summary sheet for use with the Health and Safety

Checklist. The CCHP Health and Safety Checklist Summary is designed to be completed after a health and safety assessment in an early care and education program is conducted using the CCHP Health and Safety Checklist-Revised. The Summary Form is organized by subscale and there are three columns to complete for each subscale: # of standards (items) which meet the National Standards, # of standards (items) which do NOT meet the National Standards, and action steps needed to meet the National Standards. The last row is for the overall summary of the total # of items that meet the National Standards and total # of items that do NOT meet the National Standards. Lastly, there is a space to write notes and recommendations along with the date of the next assessment. This summary form is available on the CCHP website here:

[ucsfchildcarehealth.org/pdfs/Checklists/Profile\\_Summary\\_CCHP\\_Checklist0208.pdf](http://ucsfchildcarehealth.org/pdfs/Checklists/Profile_Summary_CCHP_Checklist0208.pdf)

### **May is Asthma Awareness Month! There is Still Time to Plan Your Activities!**

Download EPA's updated Asthma Awareness Month [Event Planning Kit](#) featuring new ideas for outreach and awareness activities, tips for working with the media, success stories, and much more to get started.

The Kit includes tips for:

- Holding an [asthma awareness event](#) at a school, local hospital or clinic, library, or your state's capitol building
- Distributing asthma materials (flyers, newsletters, etc.) and [educating parents](#) about environmental asthma triggers
- [Partnering](#) with local organizations to pool resources and increase publicity for your event
- [Collaborating](#) with local leaders/celebrities to boost awareness for your campaigns
- [Garnering media attention](#) for your event
- And much more!

Once you plan your activities, remember to promote your event on EPA's Web site by completing the [Activity Submittal Form!](#)

### **New Bullying-Prevention Toolkit Released**

*Eyes on Bullying . . . What Can You Do? A Toolkit to Prevent Bullying In Children's Lives* offers a variety of tools to help parents and other caregivers understand bullying in a new way, reexamine their knowledge and beliefs about bullying, and shape the beliefs and behaviors of the children in their care. The toolkit, created at Education Development Center, is designed especially for parents and other caregivers of preschool- and school-age children and adolescents to use in child care programs, after-school programs, and camps. Topics include (1) the issue of bullying; (2) why bullying can sometimes be difficult to see; (3) the concepts of bully, victim, and bystander; (4) recommendations and strategies for addressing bullying when it occurs; (5) a strategic approach to creating an environment where everyone takes responsibility for preventing bullying; and (6) resources and references on bullying prevention. The toolkit is available at [www.eyesonbullying.org/pdfs/toolkit.pdf](http://www.eyesonbullying.org/pdfs/toolkit.pdf)

All the content from the toolkit and additional information, materials, and resources are available from the Eyes on Bullying Web site at [www.eyesonbullying.org](http://www.eyesonbullying.org).

The Education Development Center, Inc., developer of the Toolkit, is also offering a free teleseminar on bullying, **Tuesday, April 15, 2-3 PM, ET**. Go to their website, and you can join by telephone for this one-hour teleseminar, "Spotlight on Young Children," designed to prepare parents and caregivers to help children develop healthy relationships and prevent bullying.

### **The February edition of *Immunization Update* is now online**

The February 2008 edition of the Immunization Branch's *IMMUNIZATION UPDATE* is now online at: [www.dhs.ca.gov/ps/dcdc/izgroup/Web\\_Update/Immunization-](http://www.dhs.ca.gov/ps/dcdc/izgroup/Web_Update/Immunization-)

### [Update-February.htm](#)

On this page you'll find a link to a PDF version of the *IZ Update*. This version combines all the articles and entries into one easy-to-read, easy-to-print document. This update has the new Hib requirements for 2008 that address the current HIB vaccine shortage. There is also a link to the amended "Childcare immunization requirements" fact sheet.

### **Children Who Do Not Get Enough Sleep Sustain More Injuries**

*Inadequate Sleep and Unintentional Injuries in Young Children* Public Health Nursing 25, (March/April 2008): 106–114. Koulouglioti C, Cole R, Kitzman H.

Lack of adequate sleep can lead to increased injuries among preschool children, new research shows. This study, published in *Public Health Nursing*, shows that the average number of injuries during the preschool years is two times higher for children who don't get enough sleep each day as described by their mothers.

The study found a direct negative relationship between children's sleep and injuries. Children who get an adequate amount of sleep sustain fewer injuries. The National Sleep Foundation recommends that children three to six years of age get 11 hours or more of sleep a day. For more information:

[www.blackwellpublishing.com/press/pressitem.asp?ref=1629](http://www.blackwellpublishing.com/press/pressitem.asp?ref=1629)

### **Early Childhood Health Problems and Prevention Strategies: Costs and Benefits**

In this paper, researchers from Johns Hopkins University examine the costs of four types of young children's health problems—exposure to tobacco smoke, unintentional injury, mental health problems, and obesity—and review over 300 studies of a range of interventions to address them. While results vary for each health issue, the bottom line is that investing in early childhood health makes economic sense. According to the authors, our society has failed to take an investment approach to the health of young children, despite the logic of doing so and despite the evidence available that these investments are beneficial. Exposure to tobacco smoke, unintentional injury, mental health problems, and obesity represent serious threats to young children's health. Additionally, all of them—if not prevented or addressed early in children's lives—can have lifelong consequences.

Based on an extensive review of studies on these four health issues, this report lays out the costs to society of not treating these conditions and assesses the economic benefit to society of doing so. While the precise net benefits of treatments are often uncertain, many are clearly cost-effective.

#### *Treatable Health Problems Affect Many U.S. Children\**

- One in seven preschool children is obese—nearly triple the rate of just three decades ago
- As many as one in five has mental health problems that cause at least mild functional impairment
- Nearly half a million children are born each year to a mother who smoked during pregnancy, and up to 50% of children are exposed to tobacco smoke in the home
- Each year, one child in six suffers a serious unintentional injury

\* Data are from the most recent year available

The paper can be accessed here:

[www.partnershipforsuccess.org/uploads/200801\\_HopkinsBriefFINAL.pdf](http://www.partnershipforsuccess.org/uploads/200801_HopkinsBriefFINAL.pdf)

### **National Healthy Schools Day, April 28th**

For individuals and organizations interested in planning an event for National Healthy Schools Day, April 28th, the Healthy Schools Network has launched a new website for National Healthy Schools Day ([www.nationalhealthyschoolsday.org/](http://www.nationalhealthyschoolsday.org/)) to

help you plan an event to celebrate healthy school facilities.

National Healthy Schools Day is quickly approaching and we encourage you to get involved and plan an event for April 28th. There are event guidelines and suggestions on the National Healthy Schools Day website that may be helpful when planning an event. Feel free to contact Healthy Schools Network at [info@healthyschools.org](mailto:info@healthyschools.org) if you have any questions about National Healthy Schools Day. They will also be sponsoring toll-free conference calls during the month of March to help individuals and organizations plan events for National Healthy Schools Day.

### **Air pollution found to trigger wheezing symptoms in infants and toddlers**

*Ambient Air Pollution Triggers Wheezing Symptoms in Infants* Thorax. 2008 0: thx.2007.085480 3. Andersen, Z, Loft, S, Ketzel, M, Stage, M, Scheike, T, Mette, N, Bisgaard, H. (2008).

A recent Danish study was carried out to determine the short-term impact of particulate (PM10 and UFPs) and gaseous (NO<sub>x</sub> (nitrogen oxide), NO<sub>2</sub>, and CO (carbon monoxide)) air pollution on the triggering of wheezing symptoms during the first three years of life in a high-risk population (infants born to mothers with asthma). They found that daily air pollution levels for particulate matter less than 10 m in diameter (PM10), number concentration of ultrafine particles, nitrogen dioxide (NO<sub>2</sub>), nitrogen oxide (NO<sub>x</sub>), and carbon monoxide (CO) were significantly positively associated with wheezing symptoms in infants (age 0-1) at high risk for asthma with 3 to 4 days delay. Only the traffic-related gasses, nitrogen dioxide (NO<sub>2</sub>), and nitrogen oxide, showed significant effects throughout the three years of life, albeit attenuating after the age of one. **Conclusions:** Air pollution related to traffic is significantly associated with triggering of wheezing symptoms in the first three years of life.

Andersen, Z, Loft, S, Ketzel, M, Stage, M, Scheike, T, Mette, N, Bisgaard, H

### **Ambient Air Pollution Triggers Wheezing Symptoms in Infants**

Thorax 2008 0: thx.2007.085480

### **Poor vision affects preschoolers performance on visual-motor integration skills**

This study examined the relationship of uncorrected ametropia (poor vision) to cognitive abilities of low-income preschoolers and found that children with vision problems had significantly reduced scores on standardized tests involving visual-motor integration skills. Once corrected with prescription eyeglasses, children caught up in their performance on tests of visual motor coordination.

Roch-Levecq, A. C., B. L. Brody, et al. (2008). "Ametropia, preschoolers' cognitive abilities, and effects of spectacle correction." *Arch Ophthalmol* 126(2): 252-8.

### **InfantSee program**

InfantSEE® is a public health program designed to ensure that eye and vision care becomes an integral part of infant wellness care to improve a child's quality of life. Under this program, optometrists who are members of the American Optometric Association will provide a comprehensive infant eye assessment within the first year of life at no cost as a public health service. For more information: [www.infantsee.org](http://www.infantsee.org)

### **New edition of nutrition knowledge path available**

Knowledge Path: Child and Adolescent Nutrition is an electronic guide to recent resources that analyze data, describe public-awareness campaigns and other health-promotion programs, and report on research aimed at identifying promising strategies for improving nutrition and eating behaviors within families, schools, and communities. The knowledge path, produced by the MCH Library, contains information on Web sites, publications, databases, and newsletters and online discussion lists. Separate sections identify resources for professionals, resources for families, and resources on specific aspects of child and adolescent nutrition. Topics include child care and early childhood education, food marketing to children, food safety, food-security and nutrition-assistance programs, and school-based

nutrition education and food services. The knowledge path is available at [www.mchlibrary.info/KnowledgePaths/kp\\_childnutr.html](http://www.mchlibrary.info/KnowledgePaths/kp_childnutr.html)

### **Understanding and Selecting Developmental Screening Instruments**

The Commonwealth Fund has released: [Pediatric Developmental Screening: Understanding and Selecting Screening Instruments](#). The authors based this manual on a comprehensive review of scientific research in order to aid providers in choosing and applying the screening method that is most suitable for their practice setting. The first part of the manual focuses on practitioners defining their screening needs. The second part incorporates a series of guides that compare screening instruments according to their clinical utility and validity, or sensitivity and specificity in diverse populations and ages.

### **Promoting Positive Outcomes for Children with Disabilities: Recommendations for Curriculum, Assessment and Program Evaluation**

Published by the Division for Early Childhood at the Council for Exceptional Children, the paper offers information about issues that are both high-stakes and controversial, such as how to include children with disabilities when decisions about curriculum, assessment, and program evaluation are being made.

It includes three sections: "Curriculum"; "Assessment"; and "Program Evaluation" and is written for early childhood administrators who work with young children with disabilities, teacher educators, those providing professional development, family members, and state and federal policymakers.

It is available at: [www.dec-spced.org/pdf/positionpapers/Prmtg\\_Pos\\_Outcomes\\_Companion\\_Paper.pdf](http://www.dec-spced.org/pdf/positionpapers/Prmtg_Pos_Outcomes_Companion_Paper.pdf)

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