



May 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).

## Announcements

### New CCHP Fact Sheet for Families: Safe Sleep

A new Fact Sheet for Families with recommendations for safe sleep for infants has been posted to the CCHP website:

[www.ucsfchildcarehealth.org/pdfs/factsheets/SafeSleep\\_EN\\_0412.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/SafeSleep_EN_0412.pdf)

Spanish: [www.ucsfchildcarehealth.org/pdfs/factsheets/SafeSleep\\_SP\\_0412.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/SafeSleep_SP_0412.pdf).

### Chinese Translation of CCHP Healthy Beverages in Child Care Poster

Thank you Iris Lin of 4C's Alameda County for translating this poster!

[www.ucsfchildcarehealth.org/pdfs/posters/others/HealthyBevPoster\\_CH.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/others/HealthyBevPoster_CH.pdf)

### CCHP Fact Sheet for Families: Breastfeeding and Childcare

This revised Fact Sheet for Families is now available in Spanish:

[www.ucsfchildcarehealth.org/pdfs/factsheets/BreastfeedingSP\\_0412.pdf](http://www.ucsfchildcarehealth.org/pdfs/factsheets/BreastfeedingSP_0412.pdf).

## Policy and Advocacy

### Children's Mental Health Awareness Day

National Children's Mental Health Awareness Day is May 9. Raise awareness about the importance of children's mental health and how positive mental health is essential to a child's healthy development starting at birth.

[www.samhsa.gov/children/national.asp](http://www.samhsa.gov/children/national.asp)

### Child Care Provider Appreciation Day is May 11

Child Care Provider Appreciation Day is celebrated each year on the Friday before Mother's Day. For ideas about how to recognize the important work of the child care workforce: [www.providerappreciationday.org/about/](http://www.providerappreciationday.org/about/).

## Resources

### Prevent and Stop Bullying in Schools and Communities

Information on anti-bullying laws, warning signs, prevention tips, and action steps is available from US Department of Health and Human Services and the Department of Education. You can also sign up for email updates to find out about new content on the site. [www.stopbullying.gov](http://www.stopbullying.gov)

**Learn the Signs. Act Early.** from the Centers for Disease Control (CDC)

CDC estimates that 1 in 88 children in United States have an autism spectrum disorder (ASD). *Learn the Signs. Act Early.* supports early identification of children with ASDs and other developmental delays. Free materials for parents, health professionals and early childhood educators include tips for encouraging children's development and information about how to get help for developmental concerns. [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO.

### **Second Edition of *Preventing Childhood Obesity* from the National Resource Center**

The updated edition with selected standards from Caring for Our Children: National Health and Safety Performance Standards, 3rd Edition, includes best practices in nutrition, physical activity, and screen time for ECE programs. <http://nrckids.org/SPINOFF/PCO/index.htm>

### **Free Online Course from the Federal Emergency Management Agency (FEMA): Disaster Planning for Child Care**

Teachers, parents, health professionals or anyone interested in emergency preparedness will find this course helpful. The online class is for childcare programs of all sizes including family home child care, child care centers, preschools, and after-school programs. It takes about 2 hours to complete. CEUs are available. <http://training.fema.gov/EMIWeb/IS/is36.asp>

### **Videos on Pertussis (Whooping Cough)**

Pertussis has reached epidemic levels in some communities. These videos have personal testimonies from parents who have suffered loss of a child, information about the disease, and immunization advice from experts in the field: [www.immunize.org/votw/pertussis-videos.asp](http://www.immunize.org/votw/pertussis-videos.asp).

### **The Center for Environmental Health (CEH) Tests for Lead in Artificial Turf**

Artificial turf on some playgrounds and athletic fields may have lead. Turf testing by CEH is easy and free! You will know if your turf has lead within weeks of sending your sample. For more information about lead in artificial turf and testing: [www.ceh.org/what-we-do/eliminating-toxics/current-work/lead-current-work/lead-in-turf](http://www.ceh.org/what-we-do/eliminating-toxics/current-work/lead-current-work/lead-in-turf).

## **Reports and Research**

### **Economic Burden for Families of Children with Autistic Spectrum Disorders**

In this study, mothers of children with ASD earned less than mothers of children with other health issues or no health limitation. They were less likely to be employed and worked fewer hours per week. Lower earnings together with additional expenses created substantial financial impact. Improvement in workplace and child care policies to support families of children with ASD is needed. <http://pediatrics.aappublications.org/content/129/4/617.abstract>

### **Preschool Children Have a Negative View of Overweight Peers**

Authors conclude that by understanding children's negative perceptions of overweight peers, efforts can be made to decrease stigmatization and create learning environments where all children are accepted regardless of their body shape or size. <http://ecr.sagepub.com/content/10/1/19.abstract>

### **The 64-calorie "Energy Gap"**

To achieve goals set by the federal government for reducing obesity rates by 2020, researchers calculated that children would need to eliminate an average of 64 excess calories per day. This could be achieved by decreasing calorie intake, increasing physical activity or both. [www.rwjf.org/childhoodobesity/product.jsp?id=74186&cid=XEM\\_A5893](http://www.rwjf.org/childhoodobesity/product.jsp?id=74186&cid=XEM_A5893)

### **Many Young Children Aren't Getting Outdoor Time with Parents**

A recent survey given to parents of preschoolers reported that about half of families with young children don't spend time playing outside each day. The effect was greater for children whose parents work outside the home. Outdoor play opportunities at child care may be critical for children of parents who work outside the home. <http://archpedi.ama-assn.org/cgi/content/abstract/archpediatrics.2011.1835>

### **Risk Factor Changes for Sudden Infant Death Syndrome (SIDS)**

SIDS rates have decreased since the early 1990s as fewer babies are placed to sleep in the prone position. Current SIDS risk reduction campaigns emphasizing the importance of avoiding multiple SIDS risk factors and meeting as many ideal sleep conditions as possible are most beneficial. <http://pediatrics.aappublications.org/content/129/4/630.abstract>

### **National Action Plan for Child Injury Prevention**

The plan, developed by the National Center for Injury Prevention and Control, describes six domains relevant to child injury prevention: data and surveillance, research, communication, education and training, health systems and health care, and policy. [www.cdc.gov/safechild/pdf/National\\_Action\\_Plan\\_for\\_Child\\_Injury\\_Prevention.pdf](http://www.cdc.gov/safechild/pdf/National_Action_Plan_for_Child_Injury_Prevention.pdf)

### **Decline in Accidental Deaths among Children and Adolescents**

New statistics from CDC show that although rates have gone down, accidental death remains the number-one killer of children and teens. Car crashes, suffocation, drowning, poisoning, fires, and falls are some of the most common ways children are hurt or killed. For the full report: [www.cdc.gov/vitalsigns/ChildInjury/index.html](http://www.cdc.gov/vitalsigns/ChildInjury/index.html).

### **Racial/Ethnic Disparities in Children's Oral Health**

Data from the 2007 National Survey of Children's Health showed Hispanic children have the lowest preventive care utilization, followed by African American children and then White children. Reducing dental health disparities calls for policies that understand the underlying social and economic risk factors. Interventions at the household and local level are needed. <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2011.300548>

### **Identifying Areas for Improvement: Health and Safety in ECE**

The Indiana Health and Safety Checklist modified from the CCHP Health and Safety Checklist, is a reliable instrument for use in ECE programs. The checklist helped identify health and safety gaps and implement targeted interventions for child care health consultation. [www.springerlink.com/content/73g2n764j5354277/](http://www.springerlink.com/content/73g2n764j5354277/)

### **2011 State Preschool Yearbook Shows Decline in Funding and Quality**

The Yearbook, published by National Institute of Early Education Research (NIEER), ranks states on funding and availability of pre-K programs for children. Findings show enrollment in state-funded preschool programs has more than doubled in the past ten years, but spending per child has decreased: <http://nieer.org/yearbook>. For California: <http://nieer.org/sites/nieer/files/California.pdf>.

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