



June 2013

## 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](#).



Like

Like us to get the latest news.

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). To subscribe: [www.ucsfchildcarehealth.org/listserv/subscribe.html](http://www.ucsfchildcarehealth.org/listserv/subscribe.html).

### Announcements

The Early Childhood Comprehensive Systems (ECCS) funding for the CCHP-CCHC eNews has ended. Sadly, this is the last regular eNews. However, we want to keep in touch and will periodically send updates and news via this listserv. Thank you for your ongoing commitment to improve the health and safety for children in child care programs in California and throughout the U.S.!

### New and Revised CCHP Materials:

In collaboration with the Kern County Community Connection for Child Care, *Keep Me Home If...* posters have been revised to reflect the National Health and Safety Standards in Caring for Our Children, 3rd edition. Check out the cute babies: English: [www.ucsfchildcarehealth.org/pdfs/posters/others/KeepMeHome\\_EN.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/others/KeepMeHome_EN.pdf) Spanish: [www.ucsfchildcarehealth.org/pdfs/posters/others/KeepMeHome\\_SP.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/others/KeepMeHome_SP.pdf)

### More Spanish Translations:

Safe and Effective Cleaning, Sanitizing and Disinfecting Health and Safety Note [www.ucsfchildcarehealth.org/pdfs/healthandsafety/safeandeffective\\_SP.pdf](http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/safeandeffective_SP.pdf)  
Safe and Effective Disinfecting Worksheet [www.ucsfchildcarehealth.org/pdfs/posters/stop\\_disease/disinfectingworksheet\\_SP.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/stop_disease/disinfectingworksheet_SP.pdf)  
Safe and Effective Sanitizing Worksheet [www.ucsfchildcarehealth.org/pdfs/posters/stop\\_disease/sanitizingworksheet\\_SP.pdf](http://www.ucsfchildcarehealth.org/pdfs/posters/stop_disease/sanitizingworksheet_SP.pdf)

### Policy and Advocacy

#### Proposal to Improve Safety and Quality of Child Care Posted for Public Comment

Health and Human Services (HHS) announced a new proposal to improve the health and safety standards for federally subsidized child care centers. The proposed rules would apply to child care providers who accept Child Care and Development Fund (CCDF) money. More than 500,000 providers serve about 1.6 million low-income children through CCDF. [www.hhs.gov/news/press/2013pres/05/20130516a.html](http://www.hhs.gov/news/press/2013pres/05/20130516a.html)  
The proposed regulations are currently under review, and public feedback will be accepted until August 5, 2013. <https://www.federalregister.gov/articles/2013/05/20/2013-11673/child-care-and-development-fund-ccdf-program>

#### New TEDx talk entitled, "Trick or Treat? The New Child Health Pandemic"

Get inspired by this video on junk food consumption and associated tooth decay and malnutrition in young children in developing countries presented by a former child care health consultant and author of several great books on child care health, Dr.

Karen Sokal-Gutierrez. [www.youtube.com/watch?v=YnsTvfNXPk4](http://www.youtube.com/watch?v=YnsTvfNXPk4)

## Resources

### **Spring 2013 Child Care Update**

Keep current with updates and information on a range of child care topics from California Community Care Licensing:  
<http://cclid.ca.gov/res/pdf/CCUpdateSpring2013.pdf>.

### **Stepping Stones to Caring for Our Children, 3rd edition (SS3)**

SS3 is a companion to Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 3rd edition (CFOC3). It is a subset of the most important standards for preventing harm including standards on safe sleep, adult supervision, impact surfaces and unimmunized children. <http://nrckids.org/SPINOFF/SteppingStones/index.htm>

### **Tips on Autism for Early Care and Education (ECE) Providers**

The Administration for Children and Families (ACF) at the U.S. Department of Health and Human Services has launched an excellent new website on autism awareness with fact sheets, videos, tips, and links to state-specific resources.  
[www.acf.hhs.gov/programs/ecd/asd](http://www.acf.hhs.gov/programs/ecd/asd)

### **Serving a Variety of Vegetables on a Budget**

A helpful handout from Mealtime Memos for child care providers and families:  
[www.nfsmi.org/documentlibraryfiles/PDF/20130412031844.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20130412031844.pdf).

### **Sing, Dance and Play: New Radio Station from First 5**

First 5 California has launched a new radio station on Pandora. This fun, new and free online station features music to encourage learning and physical activity.  
[www.pandora.com/](http://www.pandora.com/)

### **Ideas for Staff Health and Fitness**

*The 7 Minute Workout* includes 12 exercises that use only body weight, a chair and a wall to provide a high-intensity workout in your home or workplace.  
<http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/?ref=health>

*Instant Recess®* is dedicated to making America healthier 10 minutes at a time by introducing brief activity breaks in the middle of the day. [www.instantrecess.com/](http://www.instantrecess.com/)

### **Spanish Translation of Screen Free Moments: Promoting Healthy Habits Now Available**

The video from the National Resource Center for Health and Safety in Child Care can be accessed at: <http://nrckids.org/ScreenFreeMoments/index.htm>  
The NRCKids.org Website: <http://youtu.be/CwPNq57myRo>

### **Fact Sheet on Toxins in Nap Mats**

Guidance on toxic flame retardants in nap mats in child care programs, from the Alameda County Child Care Planning Council:  
[www.acgov.org/childcare/documents/napmat-factsheet.pdf](http://www.acgov.org/childcare/documents/napmat-factsheet.pdf).

### **Free Online Courses from Healthy Child Care America (HCCA)**

*Medication Administration in Early Education and Child Care* and *Preventing and Managing Infectious Diseases in Early Education and Child Care*  
[www.healthychildcare.org/HealthyFutures.html](http://www.healthychildcare.org/HealthyFutures.html).  
*Reducing the Risk of SIDS in Child Care* [www.healthychildcare.org/sids.html](http://www.healthychildcare.org/sids.html).

## Reports and Research

### **Centers for Disease Control and Prevention (CDC) Report about Mental Disorders in U.S. Children**

Millions of American children live with depression, anxiety, ADHD, autism spectrum

disorders, Tourette syndrome or a host of other mental health issues. This is the first report to describe the number of U.S. children aged 3–17 years who have specific mental disorders, compiling information from different data sources covering the period 2005-2011. To read about key findings: [www.cdc.gov/Features/ChildrensMentalHealth/](http://www.cdc.gov/Features/ChildrensMentalHealth/).

### **Changes in Childhood Disability Rates over the Past Decade**

Using data from the CDC National Health Interview Survey, researchers found that while disabilities due to physical conditions decreased, neuro-developmental and mental health-related disabilities increased greatly. This trend was most notable among children under 6 years of age, whose rate of neuro-developmental disabilities nearly doubled over the study period - from 19 cases to 36 cases per 1,000 children. [www.abstracts2view.com/pas/view.php?nu=PAS13L1\\_2600.3](http://www.abstracts2view.com/pas/view.php?nu=PAS13L1_2600.3)

### **Food and Skin Allergies in Children on the Rise**

Allergic conditions are among the most common medical conditions affecting children in the United States. This brief shows the prevalence of food, respiratory, and skin allergies and percentages of children with a reported allergic condition age-group, race and ethnicity, and poverty status. [www.cdc.gov/nchs/data/databriefs/db121.pdf](http://www.cdc.gov/nchs/data/databriefs/db121.pdf)

### **Recommendations for Breastfeeding and Introducing Infants to Solid Foods**

Approximately 40% of mothers introduced solid foods to their babies before the infant was four months of age, according to a study by the CDC conducted between 2005 and 2007.<sup>1</sup> The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for six months.

[www.nlm.nih.gov/medlineplus/news/fullstory\\_135269.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_135269.html)

### **Continuing Disparity in Breastfeeding Rates for Black Women in U.S.**

Only about 12 percent of black mothers were still breastfeeding their children when the children reached one year of age, according to figures released by the CDC. The overall rate for all mothers was 23 percent.

<http://thenationshealth.aphapublications.org/content/43/3/1.3.full>

### **Blood Lead Levels (BLL) and Kindergarten Readiness**

BLLs in young children that were well below 10 µg/dL were associated with lower reading readiness at kindergarten entry. Results suggest benefits from additional collaboration between public health, public education, and community data providers. <http://pediatrics.aappublications.org/content/early/2013/05/08/peds.2012-2277.abstract>

### **We Can Do Better: 2013 Update—State Child Care Center Regulations and Oversight**

Child Care Aware® of America reviews state licensing policies, which include both program requirements and oversight, to better understand the settings that states have given approval to for the care of our nation's children. California ranks 50. Yes, we can (and should) do better! To read the full report [www.naccra.org/node/3025](http://www.naccra.org/node/3025).

### **Who's Minding the Kids? Child Care Arrangements**

The U.S. Census Bureau (reflecting 2011 data) shows the average cost of child care for families with working parents. Low income working families paid the largest percentage of their monthly income on child care, with families living below the poverty level spending on average 30% of their income on child care per month.

<http://www.census.gov/prod/2013pubs/p70-135.pdf>

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