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CHILDCARE
HEALTH
PROGRAM

California Childcare Health Program (CCHP)

E-News for

Child Care Health Consultants

July/August 2007

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Greetings

Summer greetings from the California Childcare Health Program! We hope you are having some summer fun as you work to make ECE settings safer and healthier. The list serve for July and August will be combined due to staff vacations. Please remember that we are interested in hearing from any of you who might have questions or comments to share with your CCHC colleagues. We are also interested in hearing from all of you about how your CCHC activities are funded. Please email Vickie Leonard at vleonard@ucsfchildcarehealth.org.

The July/August issue of Child Care Health Connections newsletter is now available on the CCHP website: http://www.ucsfchildcarehealth.org/pdfs/newsletters/2007/Jul_Aug_07.pdf You will find the articles: What is Sensory Integration, Safe and Secure Child Care Centers, Heat Rash, Bug Bites and Stings in Child Care, Treating Head Lice: New Recommendations, Pink Eye, Enrolling a Child with a Disability into Kindergarten...and more!

News and Resources

Fluoride Varnish for Children Under 6

Medi-Cal Managed Care has issued an All Plan Letter requiring Medi-Cal managed care medical plans to provide fluoride varnish applications to children under 6. Physicians, nurses and medical personnel are legally permitted to apply fluoride varnish when the attending physician delegates the procedure and establishes protocol. Please circulate the letter (Letter 07-08) in the following link, widely to all who need to know. <http://www.dhs.ca.gov/mcs/mcmcd/htm/AIPLNLTRS1998-CurrentCHRON.htm>.

Dramatic Increase in Food Allergies in Children

On June 5, the National Institutes of Health released the Report of the NIH Expert Panel on Food Allergy Research, declaring that food allergy "HAS EMERGED AS AN IMPORTANT PUBLIC HEALTH PROBLEM" and calling for additional NIH-funded research to uncover the causes of food allergy, and to develop treatments for the life-threatening disease.

The report comes on the heels of a May 21 hearing of the Senate Appropriations Committee, when Sen. Tom Harkin (D-IA) told NIH Director Dr. Anthony Fauci that increases in childhood food allergies are "alarming." Children's hospitals around the country have reported dramatic increases in the number of children developing life-

threatening allergies to common foods like milk, eggs, and peanuts.

See NIH report at:

<http://www3.niaid.nih.gov:80/healthscience/healthtopics/foodAllergy/ReportFoodAllergy.htm>

The Food Allergy & Anaphylaxis Network has a *Child Care and Preschool Guide to Managing Food Allergies*. This comprehensive program, endorsed by the American Academy of Allergy Asthma & Immunology, and the American Academy of Pediatrics, is designed to educate caregivers of children under age 5. It includes two videos: *It Only Takes One Bite*, and *Alexander, the Elephant Who Couldn't Eat Peanuts*, a binder filled with information on managing food allergies in child care settings, an EpiPen® trainer, a laminated "How to Read a Label" sheet, and a food allergy awareness poster. The Guide is available through the Food Allergy & Anaphylaxis Network website:

<https://www.foodallergy.org/shoppingcart/cgi-bin/msascartlist.dll/ProductInfo?productcd=GDAY>

New Guidelines Issued for Evaluating Physical Abuse in Children

The American Academy of *Pediatrics* has issued new guidelines providing a clinical approach to accurately evaluate and diagnose children who appear to have been physically abused in the past or present. The new recommendations are published in the June issue of *Pediatrics*.

Medscape has developed a CME program on the guidelines. For those who are members of Medscape, you can access the CME program here:

<http://www.medscape.com/viewarticle/557883?src=nursecenl>

Important New Data on Sunscreens

The Environmental Working Group has released a new database that lists sunscreens that offer the best combination of safety and effectiveness: they are formulated with the safest chemicals, are most effective at protecting against sunburn, and help prevent long-term damage caused by the sun's UVA rays, which are linked to skin aging, wrinkling and, potentially, cancer. In their analysis of 785 sunscreen products they found that 84 percent of those with an SPF rating of 15 or higher offer inadequate protection from the sun's harmful rays, or contain ingredients with safety concerns. Their lists of the best and worst sunscreens are available on their website: <http://www.ewg.org/sunscreen/>

Community Care Licensing Division's Child Care Update—July 2007

The Community Care Licensing Division's Child Care Update for July 2007 is now available. Topics include:

SUMMER SAFETY

IMMUNIZATIONS FOR CHILD CARE PROVIDERS DISASTER PLANNING

CHILDHOOD ASTHMA INITIATIVE

LEGISLATION RECAP LICENSED CHILD CARE STATISTICS

SUMMARY

The Updates can be viewed / obtained at:

<http://ccl.dss.cahwnet.gov/res/pdf/CCUpdate0707.pdf>

Consuming Sugary Drinks Between Meals Increases Preschoolers' Risk for Overweight. Study Finds

A study published online in the *Journal of the American Dietetic Association* suggests that preschoolers who regularly consume sugar-sweetened beverages may be at increased risk for overweight. Dr Y. Claire Wang, a Harvard School of Public Health research associate not affiliated with the study, says the findings support evidence from other studies that sugary drinks contribute to childhood obesity. *HealthDay/Yahoo! News*, 6/25/07/ Dubois, L., A. Farmer, et al. (2007). "Regular sugar-sweetened beverage consumption between meals increases risk of overweight among preschool-aged children." *J Am Diet Assoc* 107(6): 924-34.

When Minority Patients Have Insurance and a Medical Home, Their Health Care Improves, Says New Survey

http://www.commonwealthfund.org/newsroom/newsroom_show.htm?doc_id=506874

Smokers' Infants Have High Nicotine Levels

BMJ Specialist Journals, news release, June 19, 2007

In homes where at least one parent smokes, infants have 5.5 times higher levels of a nicotine toxin called cotinine in their urine than infants of nonsmokers, a British study finds.

Cotinine is created as the body tries to get rid of the nicotine in inhaled smoke. The study of 104 12-week-old infants (71 with at least one parent who smoked and 33 with nonsmoking parents) also found that having a mother who smoked quadrupled urine cotinine levels. Having a father who smoked doubled cotinine levels in an infant's urine, the researchers found.

Sleeping with parents and lower-temperature rooms were also associated with increased cotinine levels in infants, said the study by researchers at the University of Leicester Medical School and Warwick University.

"Babies affected by smoke tend to come from poorer homes, which may have smaller rooms and inadequate heating," the study authors wrote. "Higher cotinine levels in colder times of year may be a reflection of the other key factors which influence exposure to passive smoking, such as poorer ventilation or a greater tendency for parents to smoke indoors in winter." <http://www.medicinenet.com/script/main/art.asp?articlekey=81955>

Early Childhood Mental Health Consultation Partnership: Results of a Random-Controlled Evaluation

The results of a first-in-the-nation study of Connecticut preschools released in May suggest that Mental Health Consultants do make a difference in the classroom. The results are strong enough to say, at least from a teacher's perspective, that children in the classrooms [with consultants] were significantly improved," said study author Walter Gilliam, an assistant professor of child psychiatry and psychology at the Yale Child Study Center.

Connecticut adopted the program, known as the Early Childhood Consultation Partnership, in 2002. By the end of this year, the program will include 20 consultants at a cost of \$2.6 million a year, paid by the state Department of Children and Families.

The study by Gilliam examined 43 preschools whose directors had requested consultants because teachers were struggling with classroom behavior problems. Consultants were assigned to 23 classrooms. The other 20 schools were told they'd have to be put on a waiting list.

Before and after the consultation period, an independent evaluator rated each of the classrooms enrolled in the study. The evaluator did not know which classrooms had consultants and which did not.

The ratings showed that classrooms with consultants showed significant decreases in behavior problems, while behavior problems in classes without consultants remained relatively unchanged.

In a study released two years ago, Gilliam found that for every 1,000 pre-kindergartners in Connecticut, 12.3 are expelled—ranking Connecticut seventh in the nation for preschool expulsions. The 2005 study found that preschoolers are expelled at three times the rate of children enrolled in kindergarten through 12th grade
http://www.chdi.org/files/6212007_135930_672128.pdf

Reducing Diarrheal Illnesses in ECE Through Use of Equipment

A new study published in the July issue of Pediatrics found that diapering, hand-washing, and food-preparation equipment that is specifically designed to reduce the spread of infectious agents significantly reduced diarrheal illness among the children and staff in ECE settings. Read the article here:

<http://www.healthychildcare.org/pdf/Handwashing%20and%20Diapering%20Equipment.pdf>

Brazelton Touchpoints Center (BTC) Training Schedule

Brazelton Touchpoints Center (BTC) at Children's Hospital Boston announces its upcoming training schedule.

Individual Level Training-Touchpoints Training for Individual Health and Human Service Providers

September 17-19, 2007 - Boston , MA

September 26-28, 2007 - Napa, CA

Early Care and Education Individual Level Training-Training for Child Care Practitioners

October 19-20, 2007 - Boston, MA

Community Level Training - Touchpoints Train-the-Trainer Program for providers wishing to become part of the Touchpoints Network

September 24-28, 2007 - Austin, TX

January 28-February 1, 2008 - Boston, MA

*Completion of Touchpoints Training for Individual providers is a prerequisite for Community Level Training.

Touchpoints is a practical approach for enhancing the competence of parents and building strong family-child relationships from before birth through the earliest years, laying the vital foundation for children's healthy development.

Brazelton Touchpoints Center's programs and services are designed to shift the paradigm of care so that our service delivery systems are appropriately focused on discovering and meeting the needs of families.

Individual Level Training Program: This three-day professional development opportunity is designed for individual healthcare, education, and social service or other multi disciplinary providers to incorporate elements of the Touchpoints Approach into their practice setting.

Early Child Care and Education Individual Level Training Program: This two-day professional development opportunity is designed to prepare professionals in the field of early child care and education to incorporate the Touchpoints Approach into their shared care giving with parents within their early childhood setting.

For other information or questions about Touchpoints' programs and services, please see www.touchpoints.org or email touchpoints@childrens.harvard.edu.

To register for a training program, please call or email touchpoints@childrens.harvard.edu or 857-218-4451.

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