



October 2011

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.

Greetings

Cooler weather makes it easy to enjoy fresh air and outdoor activities. Freshly harvested fruits and vegetables make for healthy meals and snacks. In fall, child care programs can encourage physical activity and healthy eating habits that will last all year long.

Announcements

Second annual *Take It Outside!* Week, October 16 – 22

This week-long celebration, hosted by Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS), aims to get young children outside to connect with the natural world, while tapping into the many health benefits of outdoor play, including increased moderate to vigorous activity, vitamin D exposure, increased immunity and better sleep. For free resources about *Take It Outside!* Week:

<http://www.aahperd.org/headstartbodystart/news/take-it-outside-week-2011.cfm>.

Updates from Child Care Licensing Division

For information and updates about licensing programs, services and related issues:

<http://cclid.ca.gov/res/pdf/CCUpdateSummer2011.pdf>.

Policy and Advocacy

U.S. Census Releases Poverty Data

Nearly one in six Americans lived in poverty last year, and over 25% of children under the age of 6 now live in poverty. This is the fourth consecutive annual increase in poverty and the largest number since poverty rates have been published. Advocate for children and urge policymakers to carefully consider whether their actions will increase or reduce child poverty. Full report from the US Census Bureau:

http://www.census.gov/newsroom/releases/pdf/2010_Report.pdf.

Resources

Pregnant Women and New Moms Get Health Information by Text Message

Text4baby, launched by National Healthy Mothers, Healthy Babies Coalition (HMHB) is the first free health text messaging service in the U.S. Text4baby supports moms by providing accurate, text-length health information and resources in a format that is personal and timely. <http://www.text4baby.org/>

Parents Interacting with Infants (PIWI) Training Module

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) has released a new infant-toddler parent training module to enhance the social emotional development of infants and toddlers through parent-child interactions and relationships. The materials were created for facilitators to provide a one-day training to parent-child groups and home visitors.

http://csefel.vanderbilt.edu/resources/training_piwi.html

Reducing Stress for Parents and Educators of Young Children

Stress, although a normal part of life, can make it difficult for early childhood educators and parents to offer the praise, nurturance, and structure that children need. For handouts, posters, and recordings of stress reducing exercises from the Center for Early Childhood Mental Health Consultation: <http://www.ecmhc.org/relaxation.html>.

Observation Toolkit for Mental Health Consultants

This toolkit provides materials for Mental Health Consultants to help early childhood teachers get the best results from the CSEFEL Teaching Pyramid framework. These tools are helpful even for those who have not been trained in the Teaching Pyramid model.

http://www.ecmhc.org/documents/CECMHC_Observation_Toolkit.pdf

Management of Human Milk in Child Care Settings Information from California Department of Public Health (CDPH)

Since science has not substantiated that exposure to human milk is a danger to child care workers, the use of gloves when feeding breast milk is not supported by current research. CDPH provides information and references regarding protection for both the infant and care giver when handling human milk:

<http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/ManagementofHumanMilkInChildCareSettings.aspx>.

U.S. Food and Drug Administration (FDA) Video on Kids and Fiber

The FDA has produced and posted a short video on the importance of fiber in the diets of children. <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm270899.htm>

Oral Health Video for Parents and Caregivers from the

American Academy of Pediatric Dentistry (AAPD)

This 28-minute DVD features 10 chapters about the relationship between oral health and systemic health, how tooth decay happens, a Dental Home, the importance of fluoride, toothbrushing, a healthy diet, oral health and pregnancy, a child's first dental visit, making your child's dental visit a success, and an overview of key points.

For ordering information and to view a sample chapter:

http://www.aapd.org/hottopics/news.asp?NEWS_ID=1371

Free Asthma Action Plans from Regional Asthma Management Program (RAMP)

The Plans are available at no-cost in four languages: English, Spanish, Chinese, and Vietnamese. To order hard copies:

http://www.rampasthma.org/wp-content/uploads/2010/03/RAMP-Asthma-Action-Plan-Order-Form_4.pdf.

Electronic, fill-able versions of the Asthma Action Plans are now also available and are downloadable in four languages. To access the Plans, visit <http://www.rampasthma.org/info-resources/asthma-action-plans/>.

Center for Environmental Health (CEH) Offers Free Lead Screening of Artificial Turf for Child Care Centers and Schools

If you are concerned about lead in a synthetic lawn or sports field, CEH can test your turf and tell you whether or not it contains harmful levels of lead. CEH does not charge for testing. Testing can be done by mailing a minimum of six blades of turf to: CEH 2201 Broadway Suite 302, Oakland, CA 94612. For more information contact CEH at 510-655-3900 or turf@ceh.org or visit <http://www.ceh.org/turf>.

U.S. Department of Education, Office of Special Education Programs' (OSEP's) Individuals with Disabilities in Education Act (IDEA) Information

Information, updates and resources related to IDEA regulations, on the website includes video clips on selected topics, topic briefs on selected regulations, links to OSEP's Technical Assistance and Dissemination (TA&D) Network and a Q&A Corner where you can submit questions, and a variety of other information sources.

<http://idea.ed.gov/explore/view>

Head Start Center for Inclusion Training Materials

Head Start Center for Inclusion seeks to increase the competence, confidence and effectiveness of staff, teachers, trainers and disabilities coordinators in Head Start programs to include children with disabilities. The center provides extensive resources for child care professionals and families.

<http://depts.washington.edu/hscenter/>

People First Language

Putting the person before the disability and eliminating prejudicial, and hurtful descriptors, helps move inclusion efforts forward. For

resources and materials from Disability Is Natural:
<http://www.disabilityisnatural.com/explore/pfl>.

Reports and Research

CDC Guidelines for Schools to Address Healthy Eating and Physical Activity

Published in the Morbidity and Mortality Weekly Report, this report synthesizes scientific evidence and best practices on healthy eating and physical activity into one set of guidelines for schools. Each of the nine guidelines is accompanied by a series of strategies. Individual schools can determine the highest priority based on the needs of the school and available resources.

<http://www.cdc.gov/mmwr/pdf/rr/rr6005.pdf>

Temperature of Foods Sent by Parents of Preschool-Aged Children

Results from this study indicate parents were not successful in keeping perishable items such as meat, dairy, and vegetables in the sack lunches of preschool-aged children in a safe temperature zone before consumption and show a need for parents and child care staff to be educated in safe food practices.

<http://pediatrics.aappublications.org/content/128/3/519.abstract>

The Importance of Family Dinners

According to a report from the National Center on Addiction and Substance Abuse at Columbia University, teens who have infrequent family dinners (fewer than three per week) are more likely to use tobacco, marijuana and try drugs in the future, than teens who have frequent family dinners (five to seven per week).

<http://www.casacolumbia.org/templates/NewsRoom.aspx?articleid=652&zoneid=51>

Also see the CCHP Fact Sheet for Families: The Importance of Family Meals

<http://www.ucsfchildcarehealth.org/pdfs/factsheets/FamilyMeal0209.pdf>

Research Supports Government Recommendations for Flu Vaccination for Children

In this study, the rate of emergency room visits for flu-like symptoms was 34% lower for children ages 2-4, and 18 % lower for children ages 5-18 where annual flu vaccination was recommended for children. <http://www.cmaj.ca/content/183/13/E1025>

Low Influenza Vaccination Rates among Child Care Workers

In this study, fewer than one in four child care workers received the seasonal flu vaccine. Misconceptions about the need, efficacy and safety of the vaccine were the most common reasons cited for not getting vaccinated. The findings highlight the need to improve communication about the benefits, safety, and effectiveness of vaccination. <http://www.ncbi.nlm.nih.gov/pubmed/21938550>

Increase Seen in Accidental Poisoning with Medications among Young Children

According to new research based on data from the American Association of Poison Control Centers, the incidence of medication poisoning from over-the-counter or prescription drugs among children aged 5 and under has dramatically increased.

<http://www.jpeds.com/article/S0022-3476%2811%2900771-2/fulltext>

Sibling Recurrence Rate of Autism Higher than Suggested by Previous Estimates

A recent study showed that infants with older siblings with autism have a near 19 percent risk that they too will develop the disorder. The study is considered the largest autism study to follow infants for sibling recurrence.

<http://pediatrics.aappublications.org/content/128/3/e488.abstract>

The CCHP-CCHC eNews is compiled by the California Childcare Health Program (CCHP) and funded by the California Department of Public Health, Maternal, Child, and Adolescent Health. CCHP is administered by the University of California, San Francisco School of Nursing.

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