



November 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

Over twenty percent of children between the ages of 2 and 5 are overweight or obese and research shows unhealthy beverages are a major contributor to the problem. In 2010, California passed legislation to establish nutrition standards for beverages served in licensed child care centers and homes. These standards go into effect on January 1, 2012. In collaboration with the California Food Policy Advocates, CCHP developed a new poster: *Healthy Beverages in Child Care* to outline key messages for child care programs:

<http://www.ucsfchildcarehealth.org/pdfs/posters/others/HealthyBevPoster.pdf>.

Announcements

Fall Sale! Integrated Pest Management: A Toolkit for Early Care and Education Programs

Now through November 30, 2011, the California Childcare Health Program's new IPM toolkit will be sold at a discounted price with even bigger savings on large orders. The toolkit has practical information to safely prevent and manage pest problems in ECE programs. Available in English and Spanish, it includes a handbook, posters, fact sheets for families, individual pest sheets, and a checklist.

For the publications order form:

<http://www.ucsfchildcarehealth.org/pdfs/forms/pubform.pdf>.

To view the toolkit: <http://www.ucsfchildcarehealth.org/html/pandr/trainingcurrmain.htm>.

A Question from the Field

A Child Care Health Consultant in Sonoma County has a question about using microfiber cloths. Are any other programs using

them for cleaning and/or sanitizing and disinfecting? If so, how do child care programs manage laundering the cloths if there is no washer/dryer on site? Responses can be submitted by emailing CCHP-CCHC@listsrv.ucsf.edu.

Policy and Advocacy

AAP Expands Guidelines on Safe Sleep for Babies

The updated policy statement and technical report provide recommendations for education and safety about a safe sleeping environment to reduce the risk of sleep-related infant deaths, including SIDS. The recommendations include supine positioning, use of a firm sleep surface, breastfeeding, routine immunizations, consideration of using a pacifier and avoidance of soft bedding, quilts, blankets, bumpers and overheating. For the full policy: <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284>.

AAP Policy Discourages Electronic Media Use for Children Younger than 2

New guidance recommends that parents and caregivers actively engage in play with a child or opt for supervised independent play instead of TV or videos. For the full report and more recommendations about electronic media and children: <http://pediatrics.aappublications.org/content/early/2010/09/27/peds.2010-1636.abstract>.

AAP Gives New Guidance for ADHD in Younger Children

Recommendations for clinicians include special considerations for diagnosing and treating preschool children. Interventions to help children with hyperactive/impulsive behaviors that do not meet the full diagnostic criteria for ADHD are also included: <http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654>.

Governor Signs Child Health and Well-Being Bills into Law:

Health care coverage for pervasive developmental disorder or autism: This bill requires private health care service plans and health insurers to provide coverage for behavioral health treatment for children with autism spectrum and certain other related pervasive developmental disorders.

http://www.leginfo.ca.gov/pub/11-12/bill/sen/sb_0901-0950/sb_946_bill_20110914_enrolled.html

Bullying: This bill encourages the inclusion of policies and procedures aimed at the prevention of bullying in comprehensive school safety plans.

http://www.leginfo.ca.gov/pub/11-12/bill/asm/ab_1151-1200/ab_1156_bill_20110920_enrolled.html

California Early Childhood Profile from National Center for Children in Poverty (NCCP)

The profile highlights California's policy choices alongside other data related to the well-being of young children. It is a product of NCCP's *Improving the Odds for Young Children* initiative.
http://nccp.org/profiles/pdf/profile_early_childhood_CA.pdf

Resources

First 5 Developmental Screenings for California Kids Website

The website aims to increase the number of California infants, toddlers and preschoolers who get regular developmental checkups. For practical, user-friendly information on topics like screening tools, referrals, resources and screening programs in counties: <http://www.first5ecmh.org/>.

Child Abuse Mandated Reporting Training for Child Care Providers

This free, online training, from the California Department of Social Services (CDSS), Office of Child Abuse Prevention (OCAP), trains mandated child abuse reporters to carry out their responsibilities properly. After taking the training and passing the test, participants receive a certificate of completion. The course includes a general training module:

<http://mandatedreporterca.com/training/generaltraining.htm>

and a module with specific information for child care professionals:

<http://mandatedreporterca.com/training/childcare.htm>.

Health Resources in Spanish from US Department of Health and Human Services

Based on the English-version, healthfinder.gov en español now offers personalized health information presented in Spanish.

<http://healthfinder.gov/espanol/>

Bright Futures/Child Care Health Partnership Handouts for Parents

These handouts are based on best practice and health and safety standards from Caring for Our Children. They include tips for parents to support their child's development and well-being in child care and at home:

<http://www.healthychildcare.org/bfutures.html>.

Choose MyPlate: 10 Tips to a Great Plate

The 10 Tips educational series from USDA provides consumers and professionals with high quality, easy-to-follow tips for a healthy diet. The free, colorful, downloadable materials are perfect for handouts or posting.

<http://www.choosemyplate.gov/tipsresources/tentips.html>

Pregnant Women and the Flu Vaccine

A small University of Utah study found that pregnant women who receive a flu vaccination pass their flu immunity to their babies. This protection lasts for a few months after birth. Flu is also more likely to cause severe illness in pregnant women than in women who are not pregnant. For information from U.S. Centers for Disease Control and Prevention about flu vaccination during pregnancy:

<http://www.cdc.gov/flu/protect/vaccine/pregnant.htm>.

Video Series—Three Core Concepts in Early Childhood Development

The Center on the Developing Child at Harvard University and the National Scientific Council on the Developing Child have released a new, three-part video series illustrating how advances in neuroscience, molecular biology, and genomics provide us with a much better understanding of how early experiences are built into our bodies and brains. To view the videos and read more about the series: http://developingchild.harvard.edu/resources/multimedia/videos/three_core_concepts/.

Video—Child Outcomes Step by Step

This video is a sensitive depiction of an inclusive program and illustrates the three Early Childhood Outcomes adopted by the U. S. Department of Education's Office of Special Education Programs (OSEP). It was published collaboratively by Results Matter, Colorado Department of Education; Desired Results Access Project, Napa County Office of Education; and Early Childhood Outcomes Center.

<http://www.fpg.unc.edu/~eco/pages/videos.cfm>

Reports and Research

Study of Rotavirus Vaccination Shows Decrease in Disease and Health Care Costs

A CDC study used data from a large U.S. insurance database for 2001-2009 to assess rotavirus vaccine to prevent illness in children under age 5 years. The study showed that vaccinating infants against rotavirus has resulted in dramatic decreases in healthcare costs for diarrhea-related illness in U.S. infants and young children. For the CDC press release about the study:

http://www.cdc.gov/media/releases/2011/p0921_rotavirus.html.

Positive Emotion, Parenting and Genetic Susceptibility

A new study of children with a gene variation predisposing them to lower serotonin levels in the brain, which can lead to a gloomier disposition, suggests these children were more likely to maintain happier emotions when exposed to positive parenting. The "genetically susceptible" children who experienced unsupportive parenting showed fewer positive emotions.

<http://www.nature.com/tp/journal/v1/n10/full/tp201144a.html>

Study Finds Link between ADHD-like Behavior and Sleep Habits

A study published in American Journal of Family Therapy shows that children's bedtime habits can lead to a misdiagnosis of ADHD. The study found that children who do not have a regular bedtime had ADHD-like behaviors 8 times more frequently than children who did have a regular bedtime.

<http://www.tandfonline.com/doi/abs/10.1080/01926187.2011.601218>

Television Viewing Adversely Impacts Young Children's Executive Function

Viewing a fast-paced television cartoon had immediate negative effects on 4-year-olds' executive function (e.g. self-regulation, working memory). <http://pediatrics.aappublications.org/content/128/4/644.abstract>

Study of Higher BMI and Mental Health Problems in Young Children

Higher BMI in children aged 4 to 5 years was positively related to poorer peer relationships and teacher-reported emotional problems at age 8-9, but not to other childhood mental health problems. <http://pediatrics.aappublications.org/content/128/4/677.abstract>

Communicating with Families about Healthy Weight and Obesity

It may be more effective to use specific weight-based language during discussions about children's body weight with families. "Weight" and "unhealthy weight" were rated as most desirable, and "unhealthy weight" and "weight problem" were rated as the most motivating to lose weight. The terms "fat," "obese," and "extremely obese" were rated as the most undesirable, stigmatizing, blaming, and least motivating.

<http://pediatrics.aappublications.org/content/128/4/e786.abstract>

Children in Rural Areas Face Different Health Challenges

According to a new report from the Health Resources and Services Administration (HRSA), children in rural areas have a greater prevalence of certain physical, emotional, behavioral and developmental conditions, and less access to care when compared with children in urban areas. For more in-depth information about the findings:

<http://mchb.hrsa.gov/nsch/07rural>.

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