



California Childcare Health Program (CCHP)

E-News for

Child Care Health Consultants

December 2006

In this issue:

- [Greetings](#)
 - [In the News](#)
 - [Health and Safety Resources](#)
-

Greetings

News Flash! The California Childcare Health Program and Healthline have moved! Our new address is 1950 Addison St., Suite 107, Berkeley, CA 94704. Our toll-free Healthline number, 800-333-3212, will remain the same. Staff direct line numbers will change. To contact the Healthline nurses directly, you can call Bobbie Rose at 510-204-0934 and Vickie Leonard at 510-204-0935. Our fax number will also remain the same, 510-839-0339.

The CCHP office will be closed between Christmas and New Year's Day. The staff at CCHP wish you all safe and healthy holidays!

In the News

Save the date: The 2007 California Working Families Policy Summit is set for January 18, 2007. More information available at www.ccrwf.org/working/index.html.

The European Youth Heart Study is a multicenter, international investigation of the prevalence and cause of cardiovascular disease risk factors in 2 cohorts of school children, aged either 9 or 15 years. Prof. Andersen and colleagues carried out a cross-sectional study of 1732 randomly selected children from Denmark, Estonia, and Portugal. Findings suggest that, for their cardiovascular health, children should be involved in physical activity of at least moderate intensity for at least 1 hour per day, and they may need as much as 90 minutes of daily activity to prevent insulin resistance.

Andersen LB, Harro M, Sardinha LB, Froberg K, Ekelund U, Brage S, Anderssen SA. Physical activity and clustered cardiovascular risk in children: a cross-sectional study (The European Youth Heart Study). Lancet. 2006 Jul 22;368(9532):299-304.

Health and Safety Resources

The Diabetes Research Foundation has developed a brochure, *Facts About Diabetes: A Guide For School Personnel and Child Care Providers*. The brochure is available on their website at:

www.diabetesresearch.org/NR/rdonlyres/47BACD5C-9A83-4D5E-88B0-CD58D66665AC/0/SchoolBrochureFINAL.pdf

The CDC has developed materials designed to help parents and caregivers identify young children at risk for developmental delay. Called the "Learn the Signs. Act Early" Campaign, the materials are available on the CDC website. You can also order a free "Learn the Signs. Act Early." Child Care Provider Resource Kit on the CDC website, www.cdc.gov/ncbddd/autism/actearly/ccp/campaignresources.html The kit includes a CD-ROM with fact sheets on child development that you can print out, along with three (3) growth charts, three (3) small posters, and 50 flyers for parents.

The December-January issue of *Healthy Childcare* includes articles on RSV (respiratory syncytial virus) illness in young children, learning nutrition from food preparation, tips for traffic safety projects, separation anxiety in young children, immunizations for adults, and IDEA Part C. *Healthy Childcare* is now available online at www.healthychild.net.

Recognize and Respond to Struggling Young Learners: The National Center for Learning Disabilities is launching a website full of free resources based on a new and innovative Recognition and Response system. The system is a research-based approach to helping teachers and parents respond to signs of learning difficulty in young children as early as ages 3 or 4, before they experience school failure. The website offers easy-to-read articles, checklists and fact sheets with action-oriented information. A wide variety of resources is also offered to help teachers with observing and recording behavior, progress monitoring, engaging parents as partners, and more. Visit www.recognitionandresponse.org.

Physical Activity and Nutrition Resources for Child Care Settings: A new web directory for providers entitled "Fit Source" is now available online. This directory links child care and after school providers to a wide variety of physical activity and nutrition resources. Housed within the website of the National Child Care Information Center (NCCIC), Fit Source offers links to activities, lesson plans, healthy recipes, information for parents, and many other downloadable tools that can be used to incorporate physical activity and nutrition into child care and after school programs. Resources are organized by age: infant/toddler, preschool and school-age. Check it out at <http://fitsource.nccic.acf.hhs.gov/fitsource/>.

NICHD Study of Early Child Care and Youth Development: The newly published 62-page booklet describes the findings among children up to age 4_ from the National Institute of Child Health and Human Development Study of Early Child Care and Youth Development. Among the findings: family characteristics have more influence on child development than does experience in child care. One of their major findings: Children who were cared for exclusively by their mothers did not develop differently than those who were also cared for by others. Online at www.nichd.nih.gov/publications/pubs/upload/seccyd_051206.pdf.

Child Health 2005 Released: Child Health USA 2005 is a compilation of secondary data for more than 50 health and health care indicators. The 2005 report provides both graphical and textual summaries of data and addresses long-term trends where applicable. Data are presented for the target populations of Title V funding, including infants, children, adolescents, children with special health care needs, and women of childbearing age. The report addresses population characteristics, health status, and health services financing and utilization. The report is available at http://mchb.hrsa.gov/mchirc/chusa_05/index.htm.

New Oral Health Frequently Asked Questions: The National Head Start Oral Health Resource Center's Web site was recently updated to include four new questions addressing the following topics: (1) the role of dental hygienists in Head Start programs, (2) what Head Start staff should do if a child experiences an oral injury, (3) what should be included in an oral health first aid kit, and (4) how to prevent oral injury. Available at no charge from the Web site at www.mchoralhealth.org/HeadStart/FAQs/index.html.

The School Readiness Gap: An examination by Michael Sadowski on why prekindergarten, not just preschool, may be the key to narrowing disparities in achievement by race, ethnicity, and income. This document can be found in the most recent issue of the Harvard Education Letter, as well as www.fcd-us.org/PDFs/08-09-06sadowskireprint0706.pdf.

Toward A National Strategy to Improve Family, Friend, and Neighbor Child Care: Examines the effects of new legislation on early childhood services and highlights findings from a national symposium that the Center organized in November 2005. This report outlines current research and assesses policies and practices that are in place to support an infrastructure for family, friend, and neighbor care. It concludes with a set of recommendations in the areas of practice, policy, and research. <http://nccp.org/media/ffn06.pdf>

Ten Recommendations for California's Health IT Strategy: The California HealthCare Foundation issue brief outlining ten key recommendations to help transform health care in the state through adoption and effective use of health information technology. The recommendations are based on ten years of research and on-the-ground experience in health IT that includes building a national prototype for secure, community-wide health information exchange and developing industry standards to make information transfer consistent and "interoperable" across different systems. To download the document, visit www.chcf.org/topics/view.cfm?itemid=125646.

Through Their Eyes: Domestic Violence and Its Impact on Children: This latest addition to the YWCA's ongoing awareness and outreach campaign against domestic violence features information as well as case histories and drawings from participants in the YWCA Children's Domestic Violence Program in South King County, Washington, a program that helps children who have witnessed domestic violence. Online at www.ywcaworks.org/page/400/.

Promoting Policies that Support Early Childhood Social & Emotional Development: A new article from Zero to Three discusses the importance of supporting healthy social-emotional development in babies and young children and provides strategies for doing this at the state level through public policy. www.zerotothree.org/policy/pdf/social%20emotional%20article%20final.pdf

Manage Subscriber Profile: Unsubscribe | Edit Profile | Subscribe

510-839-1195 • 800-333-3212: Healthline • www.ucsfchildcarehealth.org

[POSTING GUIDELINES](#) | [PRIVACY POLICY](#) | [ARCHIVES](#)