



CCIC Newsletter 62

Early Childhood Health Awareness

2010

Dear CCIC,

With my busy schedule, it's almost impossible for me to stay up-to-date on the most recent information regarding the health of the children in my care. It seems the "rules" surrounding many health issues such as good nutrition, proper use of antibiotics, and obesity are constantly changing. Each year it seems there is a new "bug" or returning virus I should be aware of. Can you help?

Gratefully,

Busy Bee Child Care Provider



Dear Busy Bee,

It's definitely that time of year again, isn't it? Here in Wisconsin, Winter brings the promise of beautiful snow-covered landscapes, exciting new outdoor adventures and activities, and a great reason to snuggle up with a book and/or a loved one and RELAX! (Something we as busy child care providers frequently forget to put on our "to-do list"). Unfortunately, the beauty of Winter in Wisconsin is sometimes overshadowed by the inevitable "beasts" that accompany it - bitterly cold temperatures, hazardous driving conditions, tedious snow removal, and (especially challenging for child care providers) more runny noses . . . colds . . . flu bugs. . . ear infections. . . and . . . GERMS-GERMS-GERMS!

Because viruses, germs, and bacteria travel so easily from person to person, it's vital that we teach children good hygiene practices early on in order to provide them a solid foundation by which they can keep themselves healthy and help prevent the spread of common illnesses.

The bad news? Because of our chosen profession, this can seem like an uphill battle. Early childhood settings naturally foster the transmission of infections from person to person because they are group settings in which people are in close contact and share supplies and equipment. Add to this the fact that young children's immune systems are still building the resistance needed to fight off infection and disease, and that *very* young children have yet to acquire the skills to wipe their own noses, cover their mouths, or wash their hands properly and the results can be devastating to our child care environment.

The YoungStar logo consists of a bright yellow five-pointed star with a black outline, set against a black background. Below the star, the word "YoungStar" is written in a white, sans-serif font. Underneath the logo, there is a block of white text on a black background.

evaluators will consider nutritious meals and physical activity in their assessments. See below for great ideas to improve these aspects of your program!!



The good news? We play an **instrumental** role in keeping ourselves, our co-workers, and the children in our care healthy by:

- Encouraging sick students and staff to stay home and seek medical attention for severe illness, and **requiring** it if the illness is identified as a communicable disease by the WI Communicable Diseases Chart - http://dpi.wi.gov/ccic/pdf/cd_chart.pdf or if directed to do so by the Exclusion Guidelines for Ill Children in Child Care - http://www.dpi.wisconsin.gov/ccic/pdf/exclusion_gds.pdf
- Communicating promptly and accurately any illnesses that have been identified within the environment, and providing parents and staff with information on symptoms to look for and steps to take if they suspect illness.
- Being vigilant about cleaning and disinfecting classroom materials and surfaces on a regular basis using an approved sanitizer - <http://dhs.wisconsin.gov/fsrl/cert/sanitizer.pdf>
- Providing soap and paper towels and teaching good hand washing techniques.



- Providing messages in daily announcements about preventing infectious diseases.
- Adopting healthy practices such as safe handling of food and use of universal precautions when handling body fluids and excretions. <http://www.ecels-healthychildcarepa.org/content/fs-universal%20and%20standard%20precautions.pdf>
- Encouraging students and staff to get their immunizations and annual influenza vaccinations.

In addition to good hygiene practices, maintaining on-going efforts to expand our knowledge in important topics such as balanced nutrition, recognition of common childhood illnesses, the importance of physical activity, proper disinfection and sanitation procedures, and appropriate use of antibiotics, enhances our efforts to prevent and treat of illnesses in our child care setting, thus ensuring higher levels of quality for the children in our care.

Maintaining constant awareness of these and many other health-related topics ensures we not only *practice* the safest and most effective techniques to-date with the children we care for, but we also increase the overall quality of our program by:

- decreasing absences due to illness (both child and staff, which in turn creates stability within the environment)
- supplementing provider continuing education
- maintaining enrollment and general satisfaction of parents and staff leading to reduced turnover

So how do we continue to stay up-to-date with such a busy schedule? One of the easiest and most time-efficient solutions would be to incorporate informational updates into curriculum themes, daily routines, and classroom activities. Reach out to parents, co-workers, community agencies, and anyone else who might have familiarity with or access to information specific to the subject(s) you want to know more about.

For example, health-related resources might include a parent who works in the health field such as a doctor, nurse, dentist, nutritionist, or a physical education teacher. Oftentimes you will find that parents and community agencies are eager to contribute resources to enhance the education of young children. And many times at little or no cost to you. Even more exciting is the idea that the “leg work” (or in essence the time-consuming research step) can be done for you – leaving you with an abundance of up-to-date information provided to you with very little time or effort.

Also keep in mind that CCIC offers **customized learning packets** designed and prepared specifically for you on any topic of your choice. Simply tell us what you’d like to know more about, and allow **us** to do the research. We also offer **FREE** use of books and videos and will make copies of journal & magazine articles.



BOOKS



VIDEOS



MAGAZINES

Looking for more information on Health? Below we have provided a **small** sample of the items we have on this topic. Not finding what you are looking for? Call us or visit our website!

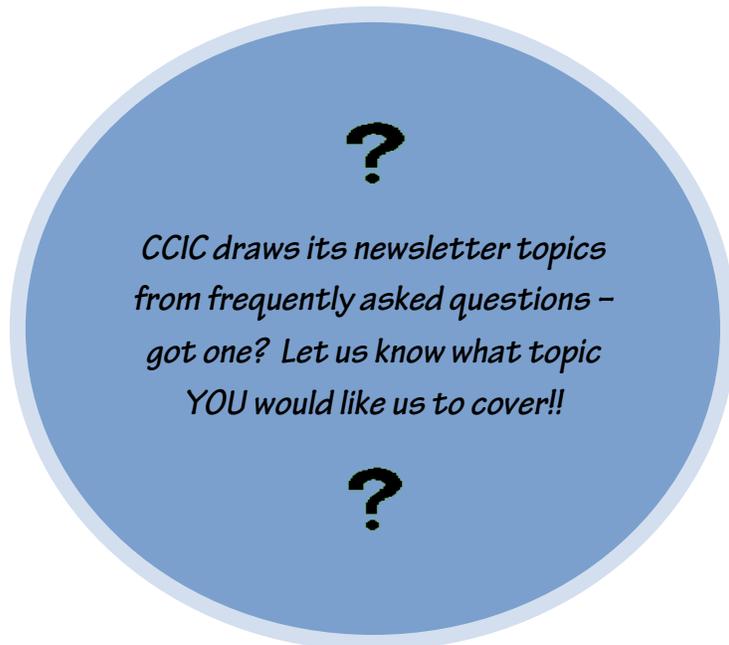
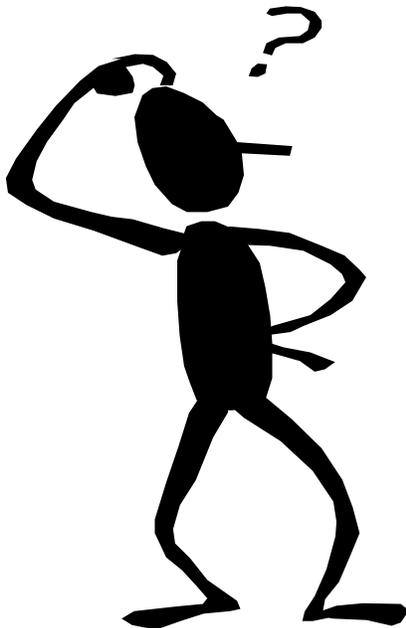
We CAN HELP!!

PH: 1.800.362.7353

FAX: 608.224.6178

EMAIL: ccic@dpi.wi.gov

ON THE WEB: www.ccic.wi.gov



REPUTABLE WEBSITES COVERING HEALTH ISSUES

Click on the Website title for a direct link

WISCONSIN SPECIFIC SITES

- [Wisconsin Department of Health Services \(DHS\)](#)
- [Supporting Families Together Association \(SFTA\)](#)
- [Wisconsin Child Care Improvement Project, Inc. \(now SFTA\)](#)
- [Wisconsin Child Care Information Center \(CCIC\)](#)
- [Wisconsin Department of Children and Families \(DCF\)](#)

OTHER RECOMMENDED SITES

- [National Resource Center for Health and Safety in Child Care and Early Education](#)
- [Centers for Disease Control and Prevention](#)
- [U.S. Department of Health & Human Services](#)
- [American Academy of Pediatrics](#)
- [Healthy Child Care America](#)
- [National Network for Child Care](#)
- [U.S. Consumer Product Safety Commission](#)
- [KidsHealth](#)
- [United States Department of Agriculture](#)
- [Healthy Childcare](#)
- [WI Pandemic Flu Resource](#)
- [Ellyn Satter Associates](#)

HEALTH-RELATED ARTICLES TO KEEP

Click on the title to read the article, or contact CCIC for a copy to keep

Health Management

1. [Staying healthy: Frequently asked questions - and answers.](#) Texas Child Care, Spring 2008.
2. [Talking with children about germs.](#) Texas Child Care, Spring 2010.
3. [Parents can help kids stay one step ahead of germs.](#) Karen Stephens. Child Care Information Exchange, Parenting Exchange: Health & Safety Library #1. 2002
4. [Making sense of germ control to stay healthy.](#) Susan S. Aronson. Exchange, Mar/Apr 2005.
5. [The changing world of childhood immunizations.](#) Iris Graville. Exchange. July/Aug 2010.
6. [2010 Recommended immunizations for children from birth through 6 years old.](#) Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians.
7. [WI Communicable Diseases Chart](#) – WI Department of Health Services.
8. [Exclusion guidelines for ill children in child care](#) – WI Department of Health Services.
9. [Get smart: Know when antibiotics work.](#) Centers for Disease Control and Prevention.
10. [Kids aren't just small adults - medicines, children and the care every child deserves.](#) U.S. Food and Drug Administration and Consumer Healthcare Products Association.

Common Childhood Illnesses

11. [Whooping Cough \(pertussis\).](#) Wisconsin Department of Health Services.
12. [Pertussis: 2010 Outbreak.](#) American Academy of Pediatrics.
13. [Preventing the spread of influenza in a day care setting- How you can help.](#) Wisconsin Department of Health Services.
14. [Key facts about influenza \(flu\) & flu vaccine.](#) Centers for Disease Control and Prevention.
15. [What is a middle ear infection?](#) Kids Health.

16. [Ear Infection \(otitis media\)](#). Centers for Disease Control and Prevention.
17. [Head Lice \(pediculosis\)](#). Wisconsin Department of Health Services.
18. [Head Lice information for schools](#). Centers for Disease Control and Prevention.
19. [Streptococcal Pharyngitis \(strep throat\)](#). Wisconsin Department of Health Services.

Nutrition/Physical Activity/Childhood Obesity

20. [What works in early care and education \(child care\)](#). Evidence-based and promising strategies that focus on helping young children eat healthier and be more active in the Early Care and Education (child care) setting. Wisconsin Department of Health Services.
21. [Nutrition and physical activity self-assessment for child care](#). Ammerman, AS, Benjamin, SE, Sommers, JK, Ward, DS. 2004. The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) environmental self-assessment instrument. Division of Public Health, NC DHHS, Raleigh, NC, and the Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill. Revised May 2007.
22. [Linking literacy and movement](#). Rae Pica. Young Children, Nov 2010.
23. [Recess - it's indispensable!](#) Play, Policy, and Practice Interest Forum, Olga Jarrett and Sandra Waite-Stupiansky. Young Children, Sept. 2009.
24. [Resources on child care related food and nutrition topics](#). Child Care Information Exchange, May/June 2006.
25. [Babies on the move](#). Rae Pica. Young Children, July 2010.
26. [Supporting infants, toddlers, and their families: Promoting healthy eating habits right from the start](#). Rebecca Parlakian and Claire Lerner. Young Children, May 2007.
27. [Promote physical activity: It's proactive guidance](#). Dan Gartell and Kathleen Sonsteng. Young Children, March 2008.
28. [Heavyweight or healthy weight? Teaching children about food and fitness](#). Texas Child Care, Spring 2010.
29. [A comprehensive approach to addressing childhood obesity in early childhood programs](#). Joyce Anderson. Exchange, May/June, 2006.
30. [Move it: Physical activity for young children](#). Texas Child Care, Winter 2004.
31. [Childhood obesity: The caregiver's role](#). Texas Child Care, Summer 2003.

Sanitation and Disinfection

32. [Wisconsin Approved Sanitizer List](#). Wisconsin Department of Health Services.
33. [Healthy kids, healthy care: Cleaning and sanitizing](#). National Resource Center for Health and Safety in Child Care.

BOOKS ON THE TOPIC OF HEALTH (2-week loan period)
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34. ***Managing infectious diseases in child care and schools: A quick reference guide, 2nd ed.*** Elk Grove Village, IL: American Academy of Pediatrics, 2008. 195 p.
35. ***No gym? No problem! Physical activities for tight spaces.*** Charmain Sutherland. Champaign, IL: 2006. Human Kinetics. 248 p.
36. ***Movement-based learning: Academic concepts and physical activity for ages three through eight.*** Rhonda L. Clements & Sharon L. Schneider. Reston, VA: 2006. National Association for Sport and Physical Education. 208 p.
37. ***Your child's weight: Helping without harming, (birth through adolescence).*** Ellyn Satter. Madison, WI: 2005. Kelcy Press. 470 p.
38. ***Healthy young children: A manual for programs, 4th ed.*** Washington, DC: 2002. National Association for the Education of Young Children. 205 p.
39. ***Recognizing common illnesses in early childhood settings.*** Hilary Pert Stecklein. St. Paul, MN: Redleaf Press, 2010. 55 p.

40. **Early sprouts: Cultivating healthy food choices in young children.** Karrie Kalich & Deirdre McPartlin. St. Paul, MN: 2009. Redleaf Press. 208 p.
41. **Model child care health policies, 4th ed.** Susan S. Aronson. Washington, DC: 2002. American Academy of Pediatrics. 1 vol./varied pgs.
42. **Caring for our children, national health and safety performance standards: Guidelines for out-of-home child care programs, 2nd ed.** American Academy Of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. Elk Grove Village, IL: 2002. American Academy of Pediatrics. 515 p.
COMING SOON!!
The new 3rd edition contains updated guidelines on the development and evaluation of the health and safety of children in all types of early care and education settings -centers and family child care homes.
43. **Rethinking nutrition: Connecting science and practice in early childhood settings.** Susan Nitzke, Dave Riley, Ann Ramminge, & Georgine Jacobs. St. Paul, MN: 2010. Redleaf Press. 178 p.
44. **Physical education for young children: Movement ABCs for the little ones.** Rae Pica. Champaign, IL: 2008. Human Kinetics. 131 p.
45. **Purposeful play: Early childhood movement activities on a budget.** Renee M. McCall & Diane H. Craft. Champaign, IL: 2004. Human Kinetics. 206 p.
46. **Designing preschool movement programs.** Stephen W. Sanders. Blacksburg, VA: 2004. PE Central. 138 p.
47. **PE central's best of preschool lesson ideas vol. 1.** PE Central & PE Technologies, Inc. Blacksburg VA: 2003. PE Central. 53 p.
48. **Movement activities for early childhood.** Carol Totsky Hammett. Blacksburg, VA: 2006. PE Central. 130 p.

VIDEO'S COVERING HEALTH-RELATED TOPICS (1-week loan period)

49. **Active play! Fun physical activities for young children.**
By Diane H. Craft & Craig L. Smith. Cortland, NY: 2010. DVD.
Book and DVD set shows how to make physical activities irresistible and teaches academic concepts through physical activity. Set includes a chapter of physical activities for infants 6-15 months old as well as activities for school-aged children.
50. **A place of our own.** PBS Home Video. Los Angeles, CA: 2008. DVD, 119 min.
Host Debi Gutierrez leads engaging discussions on health and nutrition with parents, caregivers and child care experts. Topics include exercise, healthy eating, preventing obesity, sleep, diabetes, asthma and more.
51. **By leaps & bounds. (The whole child: A caregiver's guide to the first five years, tape 2).**
By Joanne Hendrick. South Burlington, VT: Annenberg/CPB Project, 1997. VHS, 27 min. + faculty guide.
Covers physical development and appropriate developmental activities, good health practices and environmental safety for the years from birth to age five.
52. **Health & safety consultation in child care.** Susan Aronson. Rosemont, PA: Pennsylvania Chapter, American Academy of Pediatrics, 2002. 5 VHS videocassettes, 126 min. total.
Five-part video series designed to inform and encourage health care professionals working with child care programs in their communities. Part one: National resources (22 min.); Part two: Making observations (41 min.); Part three: The child care culture (24 min.); Part four: How to train child care staff (24 min.); Part five: Making health & safety improvement plans (18 min.).

53. **Bloodborne pathogens, early childhood.** Virginia Beach, VA: Coastal Training Technologies Corp, 2002. VHS/DVD 15 min. + handbook.
Describes three bloodborne pathogens--hepatitis B virus, hepatitis C virus, and HIV, and gives standard precautions and other protective safety measures for child care providers.
54. **Feed me! Kids and nutrition.** Lake Zurich, IL: Learning Seed, 2007. VHS/DVD, 26 min. + faculty guide.
Between the ages of two and eight, a typical kid will eat thousands of meals, many at fast-food restaurants, and watch many more thousands of commercials that portray foods high in sugar and fat as cool, exciting, and downright irresistible. It's small wonder that one child in five is overweight, and that health problems like elevated cholesterol, high blood pressure, and Type 2 Diabetes are increasing in kids. This video shows how parents and caregivers can use MyPyramid for Kids to help children make the right dietary choices.
55. **Food and fitness matter: Raising healthy, active kids.** With Julia Louis-Dreyfus. Beverly Hills, CA: Parents Action for Children, 2006. VHS/ DVD, 24 min. 7
The dramatic rise in childhood obesity is one of the most serious health problems facing our country today. This tape provides parents with the information and support they need to improve children's health and wellness at home and in their schools.

MORE FROM THE CCIC LIBRARY ARCHIVES

Click on the picture below to link to more information



FULL SELECTION OF OUR HEALTH AND SAFETY VIDEO LIBRARY



CCIC NEWSLETTER #47 **NUTRITION**



CCIC NEWSLETTER #34 **MUSIC & UPBEAT ACTIVITIES**



CCIC NEWSLETTER #37 **HEALTH & SAFETY**

NEW!! TAKE A LOOK!!

NEW!! TAKE A LOOK!!

NEW!! TAKE A LOOK!!

[Pathways Brief #3: The Current Status of Wisconsin's Child Care Workforce.](#)

A new research report on Wisconsin's child care workforce has just been released. The survey reveals strengths and obstacles of the child care workforce. This year's study is the 5th Wisconsin child care workforce study --earlier studies were in 1980, 1988, 1994, and 2001. This latest report shows some positive trends.

This policy brief was developed to summarize findings of a 2010 workforce survey. Wisconsin Council on Children and Families and Wisconsin Early Childhood Association collaborated on the project, and the Public Policy Forum played a major role in implementing the survey. The brief focuses on educational qualifications, compensation, retention and quality, and suggest that efforts to address turnover and improve quality are on the right track.

Ready to order? Here's how. . . .

- Which newsletter issue are you looking at and what are the item numbers?
- When do you need them?
- Who are you? Give your name, center name, address, and phone number.
- Need something not on the list? Call and we will help you!

PH: 1.800.362.7353

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ON THE WEB: www.ccic.wi.gov

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<http://dcf.wi.gov/childcare/listserv/>

Wisconsin Child Care Providers!

Enjoy a library of free materials at your door!

The Child Care Information Center (CCIC) is a *free* mail-order lending library and information service for anyone in Wisconsin working in the field of child care and early childhood education. CCIC has worked since 1986 to provide quality resources to match the needs of caregivers and parents.

Phone, fax, mail, or email to order or to speak with a resource specialist.

Child Care Information Center
2109 S Stoughton Rd, Madison WI 53716
Statewide toll-free phone: **1-800-362-7353**
Local phone: 608-224-5388
Fax: 608-224-6178
Email: ccic@dpi.wi.gov
Internet: www.ccic.wi.gov

BOOKS AND VIDEOS ARE LIBRARY ITEMS YOU WILL MAIL BACK TO CCIC.

Loan periods are:
2 weeks for books
1 week for videos

****ARTICLES ARE YOURS TO KEEP****

