



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

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June 2019

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Child Care Health Newsletter



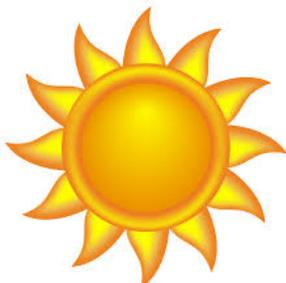
Mission

To keep children safe and to lead in the promotion of healthy early childhood development through collaborative population-based interventions that support and educate the child care community.

Summertime Means Sunshine!



As the days get longer and the sun's rays stronger, remember the following tips to keep children safe from damage from the sun:



- When using sunscreen, ensure it has SPF 30 or higher. Spray-on sunscreens are NOT recommended.
- Sunscreen is considered a medication. Make sure each child has a sunscreen authorization form (you can find one on the left.)
- Alternatively, wearing sun protective clothing such as long sleeves, sunglasses, and hats are also effective

Download a
sunscreen
authorization
form

ways to protect from the sun's rays.

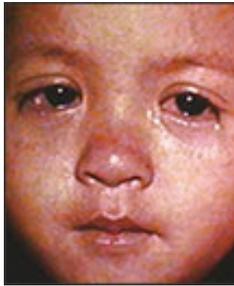
Access sun
safety
information
from Seattle
Children's
Hospital

- Be aware that sunburn risk is highest from 11 am to 3 pm. Providing a shaded area outdoors is a new requirement starting August 1st.

- Sunscreens may contain chemicals that can be harmful, and some sunscreens may have ingredients that are considered safer and more effective than others. You can find more recommendations from Seattle Children's Hospital by accessing the button to the left.

Do you have questions about sun safety? Email our public health nurse, Bonnie Decker, by clicking here.

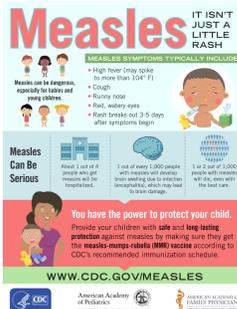
Measles Information



Local cases of measles - For current information about measles in Snohomish County, visit our Snohomish Health District website. <http://www.snohd.org/460/Measles>

For information about measles in other counties in Washington State, visit the Washington State Department of Health Website or other local health department sites.

<https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Measles>



General Information - The Centers for Disease Control and Prevention has information about measles, including resources specific for child care providers.

<https://www.cdc.gov/measles/resources/parents-caregivers.html>

New MMR requirement - Beginning on July 28, 2019, a new state law goes into effect that removes the personal/philosophical exemption for the MMR vaccine. Medical and religious exemptions will still be allowed. In addition, all school and child care staff and volunteers will need to provide proof of MMR vaccine or immunity.

At this time, the state is still determining how this new law will be enacted. The latest information on this new law can be found on the Washington State Department of Health website.

<https://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/ExemptionLawChange>

Call the
Child Care
Health
Outreach
program at
425-252-
5415 if you
have
questions.

Update your Health Policy

SNOHOMISH HEALTH DISTRICT
WWW.SNOHD.ORG

Health Policy
Revised MM/DD/YYYY

Name of Center: [Click here to enter text.](#)

Address: [Click here to enter text.](#) Phone Number: [Click here to enter text.](#)

City/State/Zip: [Click here to enter text.](#) Center Email Address: [Click here to enter text.](#)

Center License Capacity: [Click here to enter text.](#) Ages of Children: [Click here to enter text.](#) Number of Staff: [Click here to enter text.](#)

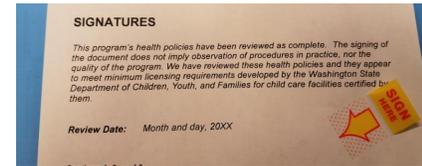
Infant Nurse Consultant name and phone/email:

New Center Model Health Policy Template Available

All child cares must have a health policy. Your child care's policy should be comprehensive, clear, and reflect what is expected and how things are done at your site. The health policy must be shared with all parents and any staff or volunteers.

[Click here to visit our website to see the various model policies available.](#)

The Snohomish Health District Child Care Health Outreach program staff are happy to review your policy and sign off on the document. Having a health policy reviewed by a health professional helps ensure the best possible environment for children.



The Model Health Policy for Child Care Centers is available now on our website. It has been updated with the new WAC regulations that go into effect on August 1st. The model may still change if any last minute changes are made to the regulations. The Model Family Home Child Care Health Policy is in the process of being updated and will likely be available by the end of June.

[Click here to email the Child Care Health Outreach program if you have questions about writing your health policy.](#)

Teaching Children about Fruits and Vegetables just Got Easy!



Our Harvest for Healthy Kids STARs training was well attended last month. Early Achievers coach Charlotte Zissel gave a very informative overview of the [Harvest for Healthy Kids](#) online materials and demonstrated how to use many of the creative activities. This curriculum was developed to promote the joys of eating fruits and vegetables. It is free, easily accessible, and includes 13 packets featuring different types of fruits and vegetables...one for every month and an extra for those summer months when many foods are in season.

SAME BUT DIFFERENT

BERRIES



Blackberries



Blueberries



Cranberries



Raspberries



Strawberries

June is a perfect month to explore the berries packet. Berries are full of antioxidants and phytochemicals that boost the immune system and can help to prevent germs from causing sickness. They are also a great source of fiber and aid in a healthy gut. Children love to eat berries straight from the bowl or the vine because they are bite sized, brightly colored, and sweet. At Harvest for Healthy Kids, you can expect to find brightly colored photos of 5 different types of berries found in the NW region. The Berry Packet includes a Teacher Bite handout providing a few interesting facts about berries like how to plant strawberries in the garden, when to harvest them, and where they grow; A children's Booklist; creative art ideas; tidbits for newsletter articles intended for parents, and recipes to make with berries.

Go to the [Harvest for Healthy Kids](http://www.harvestforhealthykids.org) website and delve into the huge variety of learning materials.

Click on the photo below to see the fruit and vegetable packets available on the website.

HARVEST for HEALTHY KIDS
<http://www.harvestforhealthykids.org>

Harvest for Healthy Kids
<http://www.harvestforhealthykids.org>

Inside each kit:
 Activity Plan
 Picture Cards
 Teacher Bites Newsletter
 Family Newsletter in 3 languages
 Recipes

BEETS	ASPARAGUS	WINTER SQUASH	POTATOES & SWEET POTATOES
CABBAGE	BERRIES	WINTER ROOT VEGETABLES	CARROTS
BEANS	APPLES	CAULIFLOWER	TOMATOES

Never before has teaching children about fruits and vegetables been so quick and easy. The Harvest for Healthy Kids materials is the one-stop-shop for a variety of ways to explore ways to promote and enjoy eating plants! Link in, register for free and begin browsing around this easy to use website full of great curriculum ideas you can use NOW.



ACTIVITY PLANS



Reading list, book discussion guide and vocabulary



Full-length lesson plans and ideas for circle and meal times



Loads of ideas covering literacy, discovery, tasting, and more

Online STARS Classes

SNOHOMISH HEALTH DISTRICT
 WWW.SNOHD.ORG

PUBLIC HEALTH
 always working for a safer & healthier SNOHOMISH COUNTY

Child Care Health & Safety Classes



[Click here to go to the class website.](#)

To download

If you have

instructions for using the new learning portal, click here.



questions about our new class system, click here to send us an email.

Featured Online Classes



Introduction to Adverse Childhood Experiences (ACEs)

Our newest online class, Introduction to Adverse Childhood Experiences (ACEs), is specifically tailored to child care providers. The course gives a thorough overview to Adverse Childhood Experiences (ACEs) and how they might show up in the child care setting. Early childhood is an especially vulnerable time in the growth and development of children. Therefore, it is crucial that providers and teachers learn the impacts of ACEs on healthy growth and development and long-term wellbeing into adulthood. After taking this class you will be able to identify traumatic experiences that are considered ACEs, explain the health outcomes associated with ACEs, and describe at least three appropriate responses to observed signs or evidence of ACEs.



Summertime Illness and Injury Prevention

Summertime brings opportunity for child cares to incorporate different experiences and more outdoor time to their programs. Sunshine, water play, picnics, and field trips all are a part of summertime fun. But these fun activities are not without risk. Child care providers need to be aware of the illness and injury risks associated with summertime activities to keep children safe while experiencing the joys that come with the season. Topics covered include safe water play, food safety, animals and insects, sun safety, and summer illnesses.

Contact Information

Snohomish Health District
3020 Rucker Ave., Ste. 104
Everett, WA 98201

Email: childcarehealth@snohd.org

Program Phone: 425.252.5415

Website: <http://wa-snohomishhealthdistrict.civicplus.com/238/Child-Care-Providers>



Connect with the Child Care Health Outreach Program

The Child Care Health Outreach Program staff are available to consult with you on these and other health and safety topics by phone, by email, or at your child care.

Email us

Received this as a forward? Sign up for our newsletter by clicking here.

Connect with Snohomish Health District



