



Volume 8 Issue 3

Health and Safety Information for Child Care Providers

March 2018



**SNOHOMISH
HEALTH DISTRICT**
WWW.SNOHD.ORG

Call or Email Us!

Main phone line
425.339.5250

Main email address
childcarehealth@snohd.org

Public Health Nurse
Bonnie Decker
bdecker@snohd.org

Environmental Health Specialists
Micha Horn
mhorn@snohd.org

Registered Dietitian, Nutritionist
Katy Levenhagen
klevenhagen@snohd.org

Healthy Communities Specialist
Carrie Parker
cparker@snohd.org

Child Care Health Outreach Program

3020 Rucker Avenue, Suite 104
Everett, WA 98201
425.339.5250
www.snohd.org

Less Screen Time...Still the Best

I was recently at a restaurant eating breakfast and I noticed a grandmother at the next table with 2 young children, about 5 and 7 years old. They were looking bored while waiting for their food. The Grandmother pulled out a couple of **I Spy** books for them and for 15 minutes they browsed through the books, while Grandma pointed to pictures held by the younger brother and asked questions. They would laugh and smile and chat. Watching them I sadly realized that it had been quiet awhile since I had seen children reading in a public place.

Fortunately, I observe children reading books often because I visit child care providers in centers and homes. Reading... alone, with each other and with their teachers and providers....is a favorite pastime for children in early learning and child care. This is encouraging in light of a report on the [most recent study](#) from a major pediatric research center where the authors conclude:



"Kids need to be stimulated in ways that engage them through interaction with people and books and games, and in ways that teach them creativity and allow them to be physically active. Television interferes with learning." [Cincinnati Children's, BEST Evidence Statement](#)

The researchers define "screen time" as the time children spend watching any type of media including videos, video games, the internet and TV. They found that 40% of children 2 years and older are watching screens a minimum of 3 hours a day. Young children develop their brains by learning about the world around them through engagement with other people and interacting with elements in their environment. Watching a screen is sedentary and teaches children to passively receive the information offered, usually in quick bites. Television does not interact back with children so it makes it challenging for them to develop the skills to differentiate between what is real and what is fantasy. Mostly though, excessive screen time can interfere with developing meaningful relationships with the people around them. Participation in active play contributes to children's social, emotional and physical development. Quiet time where children read, play with manipulatives and piece together puzzles can be physically calming and mentally stimulating.

The American Academy of Pediatrics continues to recommend that children under 2 should not watch any TV and children between age 2—5 years should be strictly limited to two hours of screen time a day.

Just know that every hour spent in a screen-free early learning environment where children are reading, playing games and learning how to socialize with others... is helping them to understand how they fit into the world around them and engage with real, live people!

March is Nutrition Month

In honor of Nutrition Month, we are including the favorite recipes prepared at this month's Menu Planning in Action STARS training. Over 40 child care providers gathered at Verdant Health and prepared a number of foods that demonstrated some of the new guidelines for feeding children in child care. After preparing foods together, we tasted and voted on our favorites based on the likelihood that the kids would enjoy them too.

The gold medal winner was the Mango Salsa which we served with black bean, corn tortilla quesadillas. The silver medalist was the homemade Ranch Dressing served with the colorful and crunchy Super Hero Salad. The Asian Noodles was the bronze medal winner and our most popular whole grain dish, made with whole wheat spaghetti noodles and a honey-sweetened ginger, soy dressing. You can download all the recipes on our [child care website](#), under: Nutrition and Wellness



[Watch How to Cut a Mango!](#) ...and find out all about mangos: facts, nutrition and what a mango tree looks like!

Here is the winning recipe: Mango Salsa (Makes 4 cups):

INGREDIENTS

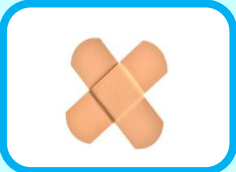
- 2 large, ripe mangos, peeled, pitted and diced
- 1 small minced red onion or 2 small shallots
- 1 medium sized, finely chopped red bell pepper
- ¼ c chopped fresh mint and chopped cilantro,
- Juice from 2 limes, 1 teaspoon ground cumin,

INSTRUCTIONS

1. Finely chop mango, peppers and onion and mix together. Squeeze limes in bowl and mix with spices and olive oil. (Or...add ingredients to a Cuisinart and pulse until desired consistency.)
2. Chop mint and cilantro and add to the mix.
3. Mix all the ingredients together and serve with quesadillas, tacos, enchiladas or tortilla chips.

March Distance Learning Class: Staph Infections Including MRSA

MRSA: In the last two decades, this four letter acronym has sparked concern across the country. Did you know that MRSA is a staph infection, but one that is more resistant to certain antibiotics? Did you know that there are steps that you can take in your child care or preschool to prevent the spread of MRSA?



To learn more about this topic, take our March online distance learning course:

[Staph Infections Including MRSA](#)

If you have any questions about the course or about MRSA, contact our Public Health Nurse, Bonnie Decker, at 425-339-5228 , bdecker@snohd.org

March Distance Learning Class: Promoting Health by Reducing Screen Time

The average child under the age of 10 spends around 5 hours a day in front of screen such as a TV, computer, or game system. Screen time is not only a sedentary activity, but can also influence behaviors and values in young children. Too much screen time has been linked to childhood obesity, regular sleep, disruptive behavior, depression, violence, and lower academic achievement.

In this class you will learn about the effects of screen time on children, how to minimize the consequences, and explore alternatives to screen time in early childhood environments.

To learn more about this topic, take our March online distance learning course:

[Promoting Health by Reducing Screen Time](#)





STARS Classes

Health and Safety Classes for Child Care Providers

Visit Our Website to Access Classes!

Snohomish Health District is now posting class materials to our website when they become available. You no longer need to pre-register for classes and classes are no longer being emailed out.

To access the current class, visit our website at:

<http://www.snohd.org/Children-Family/Child-Care-Providers/Training-for-Child-Care>

Snohomish Health District provides distance learning classes for Snohomish County child care providers on a variety of topics. These STARS-approved classes are being offered at **NO COST**. They are designed to take about 2 hours to complete. You have until the end of the current month to complete and return the test and evaluation (either via email or US mail). Once your test has been reviewed, you will receive a certificate via email. STARS credit will be entered into MERIT. Further detailed instructions will be included with the course materials.

NOTES: Due to staffing and time constraints, tests and assignments will be processed for providers who either *live or work* in SNOHOMISH COUNTY ONLY. Thank you for your understanding.

Upcoming STARS Classes:

Month	Course Description	To take this class:
March <i>Distance Learning</i>	Staff Infections Including MRSA <i>If you aren't well, it is difficult to take care of children. Explore non-threatening and enjoyable ways to help you improve and maintain your own health and wellness.</i>	Available for download on our website during March
March <i>Distance Learning</i>	Promoting Health by Reducing Screen Time <i>Get the latest information on best practices surrounding screen time for young children and learn how to draw up a screen time policy for your child care facility.</i>	Available for download on our website during March
April <i>Distance Learning</i>	Preventing Reportable Illness <i>Do you know which diseases are reportable to the health department? Class topics covered include how disease is transmitted, ways to prevent and control the spread of disease, and information on the most common reportable diseases.</i>	Available for download on our website during April.



The UW Center for Public Health Nutrition offers Free Online STARS trainings covering a number of health and nutrition topics including Breastfeeding Support, Healthy Eating and Physical Activity in Child Care.

Please link to [the website](http://depts.washington.edu/uwcphn/work/ece.shtml) for a full list of classes and information on how to complete them for STARS credit.

(<http://depts.washington.edu/uwcphn/work/ece.shtml>)



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For general questions, please email us at:

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To submit class materials or register for in-person trainings, please email us at:

childcareclass@snohd.org



We are available by phone or email, or can visit your child care. We can help with:

- Reportable Disease Control
- Challenging Behaviors
- Menu and Nutrition Consults
- Illness Prevention Tips
- Safe Food Preparation
- Cleaning and Sanitizing
- Handwashing Practices
- and much more!

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