



# Child Care Health Outreach

Volume 7 Issue 1

Health and Safety Information for Child Care Providers

May 2017



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

## Call or Email Us!

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**425.339.5278**

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**childcarehealth@snohd.org**

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## Child Care Health Outreach Program

3020 Rucker Avenue, Suite 202  
Everett, WA 98201  
425.339.5278

### Disease News: What's Going Around These Days?

Learn the latest on the mumps outbreak and how to protect your staff and children. Read about an influenza case and a child care provider who stuck to her policy. And, lastly get some guidance on dealing with norovirus in child care. [See page 2](#)

### Taking Care of You—Stay Active

When so many others are depending on you, it is easy to put your own health and wellness on the back burner. Small steps and changes can put you on a path to better health. [See page 3](#)

### New Faces and More Services!

The Child Care Health Outreach Program has added two new staff members to serve you. We welcome:

Katy Levenhagen Registered Dietician / Nutritionist [See page 4](#)  
Jann Finley Behavioral Health Specialist [See page 5](#)

### Can Peanut Allergies Be Prevented?

New study suggests that introducing peanut-containing foods in infancy can prevent the development of peanut allergies. [See page 4](#)

### EpiPen and EpiPen Jr. Recall

Do you have any EpiPens? Take a close look at the lot number! See if it matches any of the recalled lot numbers on this list. [See page 4](#)

### Trauma-Sensitive Toolkit for Caregivers

Could you use some ideas on how to deal with children and their behaviors? Would you like to learn some ways to get children to cooperate without a fuss? Take a look at this new Trauma-Sensitive Toolkit. Great activities, posters and handouts! [See page 5](#)

### Immunizations

Immunization rates in Washington State are lower than the national average. Find out what you can do to help. [See page 6](#)

### Infant Care Guidance: Proper Diapering Steps

Making sure that you have a proper diaper changing area and are following correct steps is essential for preventing the spread of disease. Review your procedures. [See page 7 and 8.](#)

### What's Bugging You? Child Care Pest Control

With warmer weather come bugs and weeds. Find out what you need to know about preventing pest problems and what policies you need to follow if there are pests. [See page 9](#)

### Join in! Participate!

CSHEL is having their meeting May 19th. A meet-up for Nurse Consultants is this May 24th ; the agenda is full of interesting topics. Want to weigh in on the new WAC rewrite? Learn how you can do that in this section! [See page 10](#)

### 2017 STARS Classes

You don't have to register for classes any longer! We won't be emailing them out either! Why? [See pages 11 and 12](#) for the new changes!



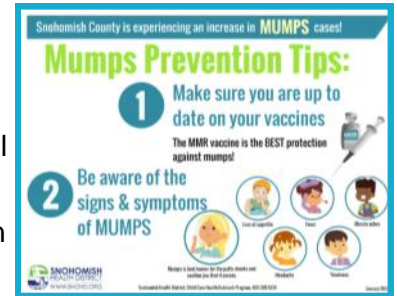
# Disease News

## Mumps Outbreak: Are you prepared?

Cases of Mumps in Snohomish County are still on the rise. As of April 28, 2017, there are 174 confirmed, probable, and suspected cases. Mumps is a reportable illness, therefore the health district is actively involved in the prevention and control of the disease in the community.

In the event that a child or staff is diagnosed with mumps in your child care, certain measures will be implemented to protect children and staff. It will be asked that children 12 months and older get their first dose of MMR as soon as possible.

Children who are not vaccinated or are unable to get the MMR may be excluded from the child care for the time determined by the health department. To avoid having to exclude children unnecessarily, please have children up to date with their MMR vaccine. If you have questions or want a copy of the above mumps poster, call Snohomish Health District at 425 339-5278 or email: [childcarehealth@snohd.org](mailto:childcarehealth@snohd.org).



## Influenza– You're the boss!

**Kudos to this child care provider...** Recently, a child care provider received a note from a doctor stating that a child could return to care even though he had been diagnosed the day before with Influenza B! The child care provider called Snohomish Health District Child Care Health program for advice as she felt pressured by the doctor's note. She followed her good judgment and sent the child home. Consequently, the Snohomish Health District's Health Officer, Dr. Gary Goldbaum, sent out a [Health Alert](#) to all Snohomish County physicians reminding them of the exclusion guidelines. He also sent the doctor a personal letter reminding him that:

### Children diagnosed with influenza cannot return to child care until:

- They have been fever free for 24 hours without the use of fever reducing medicines.
- They are feeling well enough to participate in all activities.
- Staff determine that they can care for the child without compromising their ability to care for the health and safety of all children in the group.



Influenza is a serious illness and child care providers are encouraged to follow their health policy exclusion guidelines even when feeling pressured by parents or even a doctor's note. If you are ever unsure, call the Child Care Health Program and we can discuss the situation. We will support your choice to follow your exclusion policies. Make sure that your policies are clearly written and that parents have signed that they have read and understood them. If you have any questions about your exclusion policy, give us a call; we'd be happy to review them for you.

Flu activity in Washington appears to be on the decline but still poses a serious risk and is expected to continue for several more weeks. Washington State has had 5 pediatric flu deaths this flu season. Continue good hand washing and following your health policies.

## Norovirus -'Stomach Flu' hit hard this year!

We have had an unusual number of calls from child care providers reporting outbreaks of norovirus or a noro-like illness. We have seen it spread very quickly through the child care affecting the staff and causing directors to temporarily close as a control measure. Symptoms have included low-grade fever, diarrhea, stomach cramps, nausea, and vomiting. Child care providers should continue to contact us and let us know when several children or staff are experiencing a similar illness. Reporting is one way that we are able to monitor illness in the community and send out health alerts to warn others of what illnesses are going around. We can also offer you support and guidance. For example, we can discuss your cleaning and sanitizing products; stomach bugs like



norovirus are tough and require a stronger disinfectant strength than the one you use on the diaper changing table and your bathrooms. This very strong solution should only be used when children are not present. Rinsing may be required for some surfaces. Please call us for guidance when using it.



# Healthy Communities

## Taking Care of You... Stay Active

Every day you care for the physical and emotional needs of children. But are you doing the same for yourself? One thing that many of us could do to take better care of ourselves is to be more active. Being active improves energy, manages stress, and reduces risk for conditions such as heart disease and diabetes. Everyone knows that exercise is good for us, yet many of us have obstacles keeping us from moving as much as we should.

### Time

Start by being more active for a few minutes at a time each day. Walk more when you run errands by parking further away, taking the stairs, or walking instead of driving between stops. Take 5-10 minutes to walk after you eat a meal. Don't sit when you could stand. And remember, the **ONLY** activity that burns fewer calories than watching TV is sleeping, so find ways to move while you are watching your favorite shows. Stand, twist, jump, stretch or march!

### Comfort and Convenience

Not comfortable at the gym? Don't want to spend money on dues? There are many other options in our community to help you get moving.

- ▶ **Home:** Home gym equipment isn't the only option! Spend more time working in the yard. Get outside and jump rope, hula hoop, or shoot some hoops. Check out yoga, exercise or dance videos from the library.
- ▶ **Malls:** Alderwood Mall offers a safe, dry place to walk everyday! The mall is open for walkers Mon-Sat 7:30 to 10:00 a.m. and Sun 7:30 to 11:00 a.m. One lap around the corridors equals  $\frac{3}{4}$  mile. Everett Mall is also open to walkers who are members of Friends-in-Fitness (free). Visit Guest Services in the mall to join!
- ▶ **Neighborhoods and Parks:** Explore different neighborhoods and parks around your area. Look for streets or paths near you with good sidewalks and lighting. Walking, jogging or biking different routes can make it more interesting!
- ▶ **Classes and Groups:** Check with your local city parks and recreation for classes and try something new. Dance, golf, water aerobics or tennis can be fun! You don't have to be a pro, you just have to enjoy yourself and get moving!



The most powerful way that you will influence the children in your care is through example. Showing your enthusiasm for taking care of your own well-being can help them learn the importance of taking charge of their health.

## Taking Care of You...When You Eat Out

Little changes that can add up to big improvements for health:

- ▶ Split portions with someone else or immediately ask for a doggie bag to set half aside for another meal.
- ▶ Drink water or seltzer water instead of soda.
- ▶ Substitute a side salad instead of fries or other high-fat sides.
- ▶ Order the grilled option instead of the fried.
- ▶ Look for healthier seafood options such as salmon or halibut.
- ▶ Ask for less cheese on items such as pizza and Mexican entrées.





# Nutrition and Food

## I'm Back!



I am so pleased to let you know that I will be joining the Snohomish Health District Child Care Health Program as the team nutritionist. I held this position up until about 8 years ago. Once again, I will be able to offer a full range of nutrition services to child care providers in Snohomish County. Do you have a child who is following a gluten or lactose free diet? Are you wondering how to safely manage children with food allergies? Could you use some new menu ideas or inspiration for gardening with children? Give me a call or send an email to get questions answered, request resources or to arrange a visit. I look forward to getting to know the child care community in Snohomish County again.

**Katy Levenhagen MS, RDN** [klevenhagen@snohd.org](mailto:klevenhagen@snohd.org) (425) 252-5407



## New Guidelines for Peanut Allergy Prevention

Peanut allergy tends to begin early in life and continue through adulthood. Allergic reactions to peanuts can range from mild to severe and even cause death. For parents and child care providers, caring for a child with a peanut allergy means having to worry about peanut exposure in foods and in the environment. A recent study called Learning Early About Peanut Allergy (LEAP) showed that consuming peanut-containing foods in infancy actually reduced the risk of children developing a peanut allergy! This is great news!

### As a child care provider you can:

- Share the Guidelines for the Prevention of Peanut Allergy fact sheet with parents of infants and toddlers.
- Advise parents to check with their child's health care provider before introducing any peanut-containing foods.
- Remind parents that infants and small children should never be given whole peanuts are due to the risk of choking.
- Remind parents that the introduction of new foods to infants is done at home.



Source: AAP News Jan. 5 2017 Scott H Sicherer, MD., FAAP [New Guidelines Detail Use of 'infant-safe' Peanut to Prevent Allergy](#)

## EpiPen and EpiPen Jr® Recall

Some EpiPens are being recalled because there were two reports of the device failing to activate.

If you have an EpiPen® auto-Injector in your child care,

1. Check the lot number. The lot number is found on the side of the box or on the device (see pictures down below).
2. Visit [Recall of EpiPen Auto-injector](#) web page for a list of the lots affected by the recall. or look at the list of lot numbers pictured to the right.
3. If your EpiPen® has one of the recalled lot numbers, tell the parent to call Stericycle at [877-650-3494](tel:877-650-3494). The parent will get a voucher code for a free replacement and they can then take the voucher to a pharmacy to get a new EpiPen®

Lot Number
5GN767
5GN773
5GM631
5GM640
6GN215
6GM082
6GM072
6GM081
6GM088
6GM199
6GM091
6GM198
6GM087



Do not give the parent the recalled EpiPen until you have a replacement in your hand! If you have an emergency, use what you have. Remember to update the expiration date of your new EpiPen® on your Medication Authorization Form.

If you have any questions, call Stericycle or email Mylan Customer Relations at [customer.service@mylan.com](mailto:customer.service@mylan.com)





# Behavioral Health



Jann Finley, BHS  
jfinley@snohd.org

As the Behavioral Health Specialist for our team, I provide consultations with child care providers on children's emotional behavioral issues, such as separation anxiety, biting, toilet training, aggressive behaviors, attention deficit and hyperactivity concerns. I look forward to creating future STARS approved classes that address pertinent topics concerning behavioral challenges such as those above. Most recently, many child care providers attended screenings of Paper Tigers, a movie that shared awareness that Adverse Childhood Experiences (ACEs) can impact a young person's ability to behave, learn and develop normally. I look forward to visiting your child care and consulting with you or answering your questions by phone or email.

*From Winnie the Pooh: "Sometimes the smallest things take up the most room in your heart."*

## NEW! Trauma-Sensitive Toolkit for Parents/Caregivers

Public health nurses at Spokane Regional Health District (SRHD) developed a 178-page toolkit called

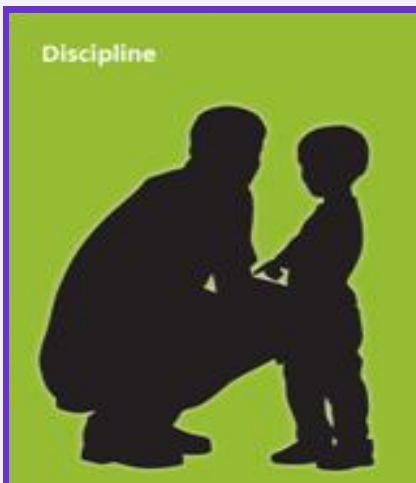
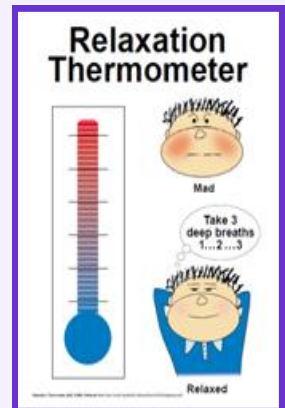
### [1\\*2\\*3 Care](#)

Recent advances in the understanding of how early childhood experiences shape the way the brain works over the lifetime reveal just how critically important the job of caring for children is. It turns out that the brain grows and develops differently in response to nurturing versus traumatic environments.

This toolkit is intended to support caregivers on their journey towards trauma sensitivity. It is organized by topic, each offering a brief overview, specific tools that can be used with children, and where to find more information. Also included are handouts that can be used as teaching aids.

The topics in the tool kit include:

- The Brain
- Resilience
- Attachment
- Cues
- Emotions
- Emotional Regulation
- Behavior
- Discipline
- Repair
- Military Families
- Self-Care



Here is what one of the sample chapters from the [1\\*2\\*3 Care](#) toolkit contains:

### Discipline

- ♦ [What is Positive Discipline?](#)
- ♦ [Traditional Time-Out](#)
- ♦ [Time-In and Positive Time-Out](#)
- ♦ [Teaching Your Child to Cooperate with Requests](#)
- ♦ [Responding to Your Child's Bite](#)



# Immunizations

## Immunization Rates Are Low: Here's What You Can Do

Washington State vaccination rates for children 2 years old are currently lower than the national average.

One way early learning providers can help promote healthy communities is by sharing materials that help educate others about the benefits of timely immunizations for all ages. We encourage you to promote the [Every Child By Two's Vaccinate Your Family](#) program to families in your community through the use of these specially designed educational materials.

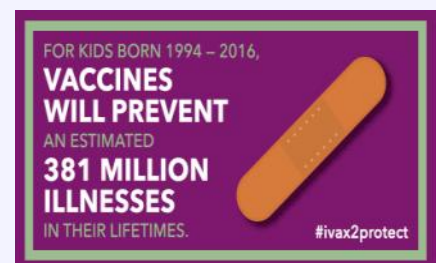
In an effort to teach young children, their parents, grandparents, and other caregivers about the importance of immunizations, [Every Child By Two \(ECBT\)](#) has collaborated with Young Minds Inspired (YMI) to develop an educational program for early learning providers. The materials don't just focus on getting children their recommended vaccines, but also help to explain how parents, grandparents and child care providers can keep young family members healthy by keeping their own vaccinations up-to-date.

The materials were designed to be a combination of:

- fun activities for children;
- take-home handouts for parents, grandparents or other caregivers;
- a wall poster for the daycare centers; and
- an educator's guide to raise awareness of the importance of vaccines for people of all ages.

By starting a conversation about vaccines with parents in your child care we can encourage behaviors that will have a direct impact on the health of children and the local community.

All the materials are available to download from ECBT's [Vaccinate Your Family website](#). Additionally, there are a limited number of wall posters available, so please email [info@ecbt.org](mailto:info@ecbt.org) to request yours before they are gone. Or you can always [download the wall poster here](#).



Check out the website and see how they answer these questions! [Every Child By Two \(ECBT\)](#)

**ECBT**  
every child by two



# Infant Care Guidance

## Proper Diapering—Don't Forget a Step

Diaper changing in a child care setting has been linked by research to a high risk for the spread of diarrhea-causing germs such as giardia, E.coli, salmonella, hepatitis A, rotavirus, and norovirus. Using proper diapering practices and paying close attention to handwashing for both the child care provider and the child can significantly reduce the spread of fecal-oral germs in the child care environment. Here are some tips and guidelines for ensuring that diaper changing at your child care is safe and passes observations by parents, licensors, and early achievers evaluators. Go through this list of items and make sure that your child care meets them all.

**Diapering Set-up:** A diaper changing area should near a handwashing sink, be away from food or play areas, and have a moisture resistant floor around it. In centers, the changing station must be 8 feet away from the food prep area or have a solid barrier around it. In a home, diaper changing should occur in or just outside of the bathroom. The diaper changing surface or pad must be smooth, waterproof, and easily cleanable. Elevated changing tables must have a 3½ inch safety lip around it. Replace ripped diaper pads immediately. Duct tape is not acceptable as it can harbor germs. Post diaper changing steps. Never store or put anything on the diaper changing space.



**Before Diapering:** Before you bring a child over to the changing area, make sure you have all of your supplies available and ready. If you will be using diaper ointment, dispense it onto a clean tissue or paper towel so you don't have to touch the tube with dirty hands/gloves. Get a few wipes out of the package and ready to be used. Get the diaper out of the cubby or box and set it nearby. If you put on new gloves in the middle of the diaper change, get those out as well.

**During Diapering:** Follow your posted diaper changing steps carefully and completely. Some points to remember include: always maintain contact with the child, wipe front to back using a clean wipe for each swipe, use correct glove removal procedures, wipe your hands with a diaper wipe after removing dirty gloves, have positive interactions with the child while you are changing him/her.

**Diaper Disposal:** A lined step trash container should be within arm's reach of the changing area. Never throw diapers away in the kitchen or wash hands in a food prep sink. Cloth diapers and diaper covers should be individually bagged and sent home. Never rinse or dump diaper contents into the toilet. Empty diaper disposal containers daily or as needed.



**After Diapering:** Once child has been dressed, wash their hands under running water at the sink. Only if the infant is very young should a diaper wipe be used to wash their hands. A link to an infant handwashing poster is available (see next page). Once the infant's hands have been washed and they are in a safe area, return to the changing table to wash/rinse/disinfect the area, wash your own hands thoroughly, and log the diaper change. When disinfecting, make sure to leave the solution on the surface for the required contact time. If using bleach, the contact time is 2 minutes.



## Diapering Instructions



**Remove dirty gloves using proper glove removal procedure and discard.**



Wash your hands with soap and water. Turn off faucet with a paper towel. *Record observations on the diaper log.*



## Resources

### Infant Handwashing Poster:

[http://www.healthychildcarenc.org/PDFs/infant\\_handwash\\_english.pdf](http://www.healthychildcarenc.org/PDFs/infant_handwash_english.pdf) (see left)

### Snohomish Health District Diaper Changing Poster:

[http://www.snohd.org/Portals/0/Snohd/Family/files/DiaperingPoster\\_CD.pdf](http://www.snohd.org/Portals/0/Snohd/Family/files/DiaperingPoster_CD.pdf) (see above)

## Centers for Disease Control and Prevention (CDC)

### Diaper Steps Poster:

<https://www.cdc.gov/healthywater/pdf/hygiene/diapering-procedures-childcare-508c.pdf>



### Daily Diaper Changing Log:

[http://www.snohd.org/Portals/0/Snohd/Family/files/DiaperChangingLog\\_CD.pdf](http://www.snohd.org/Portals/0/Snohd/Family/files/DiaperChangingLog_CD.pdf)



## Infant Handwashing

### When to Wash Infant's Hands

- Upon arrival
- Before and after infant receives bottle or food
- After diapering
- After contact with body fluids
- After outside play
- Before and after water play
- After handling pets
- Whenever hands are visibly dirty
- Before going home

### Handwashing Steps

- Turn on warm water (80-110°F in NC).
- Wet hands with water.
- Apply liquid soap.
- Wash hands for 20 seconds. Rub top and inside of hands, under nails and between fingers.
- Rinse hands under running water for at least 10 seconds.
- Dry hands with disposable paper towel.
- Turn off the water using paper towel.
- Throw paper towel into a lined trash container.



### Very Young Infants

### Very Young Infants

The infant is unable to hold head up or stand at sink, or the infant is too heavy for you to hold at sink.

Wash the infants hands with:

- disposable wipes
- or
- the three towel method (prepared ahead):
  1. dampened and soapy for washing infant's hands
  2. dampened with water for rinsing infant's hands
  3. dry for drying infant's hands
- Then wash your hands.



**Young Infants**  
who can support their  
heads but not stand  
at the sink

You are able to hold the infant, but the infant cannot stand at the sink.

- Carry infant to sink.
  - Hold infant at the sink and wash infant's hands.
  - Then wash your hands.
- Caution!** Do not push the infant's tummy into the sink.
- Block Aid:** Place your foot on a 12" stool to lift your leg. Rest the infant on your knee at the sink.



### Older Infants

who can stand at the sink

- First assist the infant with hand washing.
- Then wash your hands.

North Carolina Child Care Health & Safety Resource Center  
1.800.567.2229 • [www.thefirstthree.org](http://www.thefirstthree.org)

The development, translation, and mailing of the Infant Handwashing Poster are supported by funding from the Child Care and Development Fund Block Grant of the Child Care Bureau, Administration on Children and Families, HHS-446, through a contract between the NC Division of Child Development, NCDHHS, and the Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill.

\*Revised: December 2010\*



# Child Care Pest Control

## What's "Bugging" You?

As the weather gets warmer, insects become more active and may find their way into your child care environment in search of food, water, and shelter. Weeds may sprout in your child care garden or playground. You may find mice took up residence in your storage space over the winter and made a mess. It is never fun to return from a weekend away and find ants crawling around your kitchen or yellow jackets bees nesting in a corner of your entryway. While it may be tempting to grab a can of bug spray, don't do it. Pesticides contain chemicals that can be harmful to people, especially children.



**You need a pesticide policy.** The Washington State Department of Agriculture (WSDA) has regulations regarding notification and posting whenever pesticides are used on a child care center property. Your pesticide policy should be based on something called Integrated Pest Management, or IPM. The IPM is an effective approach to handling pests involves using common-sense, less toxic methods first, and using pesticides only as a last resort. If you need a copy of a model pesticide policy, you can find one on our website at

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

**Basic pest management.** Some general guidelines for pest control in child cares include:

- ✈ Keep your child care clean. Regular cleaning and sanitizing deprive pests of food and water.
- ✈ Keep garbage containing any food waste in covered containers
- ✈ Regularly inspect buildings for spaces where pests can enter and seal them.
- ✈ Make sure windows have screens and that doors are kept closed and have weather stripping.
- ✈ Keep outdoor plants away from the building's exterior walls. Keep indoor plants healthy;
- ✈ Fix water leaks promptly and prevent standing water outside, which allows mosquitoes to breed.
- ✈ Store food in pest-proof containers with tight fitting lids. Keep all food contact surfaces clean.

If you do find pests at your child care, first think if there are non-toxic ways to get rid of them. Can you see where the ants are entering and seal the entrance? Can you pull weeds by hand from the garden (and recruit the kids to help)?

**What if you do find pests?** If you find pests in your child care, make sure you take proper steps and use least toxic methods first. You may choose to hire a pest control company to help you handle the problem. Make sure they are familiar with the WSDA regulations and your child care's pesticide policy. You can also call Snohomish Health District Child Care Health Outreach at 425-339-5278 to discuss your situation and get some ideas on how to safely deal with the pests.

## Resources:

- Washington State Department of Agriculture Compliance Guide for the Use of Pesticides at Public Schools (K-12) And Licensed Day-Care Centers, March 2010. <http://agr.wa.gov/PestFert/Pesticides/docs/ComplGuidePub075.pdf>
- Information for Child Cares about Pesticides/Integrated Pest Management, Environmental Protection Agency (EPA). <https://www.epa.gov/childcare/information-child-care-providers-about-pesticidesintegrated-pest-management>
- Managing Pests in Child Care Facilities. University of Tennessee Extension PB 1764. <https://ag.tennessee.edu/EPP/Extension%20Publications/Managing%20Pest%20in%20Childcare%20Facilities.pdf>





# Join in!

## Coalition for Safety and Health in Early Learning



**Friday, May 19, 2017**

**9:00 am — 12:00pm**

**Everyone's invited**

**Location:** Puget Sound Education Service District  
800 Oakesdale, Ave. SW, Renton

CSHEL develops, promotes and advocates for quality child health and safety in early learning settings in Washington State. For more information visit the CSHEL website [www.cshelwa.org](http://www.cshelwa.org)



**Center Directors: Please share this meeting information with your infant nurse consultant**

## Infant Nurse Consultant Partnership Meet-Up



**Wednesday May 24, 2017**

**11:30 am — 1:00 pm**

**Let's Bag It - Bring a lunch**

**Location:** Snohomish Health District, Room C103  
3020 Rucker Ave., Everett

Bring your own lunch. Beverages and snacks provided.

If you can't make it, join us from your computer, tablet, or Smartphone with GoTo Meeting.

<https://global.gotomeeting.com/join/918971373>

You can also dial in using your phone. +1 (571) 317-3122

Access Code: 918-971-373

First GoToMeeting? Try a test session: <http://help.citrix.com/getready>



## Comment on the Proposed DEL Regulations

**DEL is revising the child care regulations. This is your chance to participate voice your opinion. To participate in DEL's Rule Making process:**

- 1) Use DEL's [Online Comment Portal](#). Click "add comment" to give your input, or "view comments" to read what others have said. (This is a moderated page and comments are released periodically during business hours).
- 2) [Email](#) a comment to the Rules Coordinator at [rules@del.wa.gov](mailto:rules@del.wa.gov).
- 3) Mail to Rules Coordinator, P.O. Box 40970, Olympia, WA 98504-0970.







# 2017 STARS Classes

Health and Safety Classes for Child Care Providers

## Classes on Child Care Web Page!

Beginning in June, you will be able to download the class(es) for the current month straight from our website! We won't be emailing them out anymore. Snohomish Health District provides distance learning classes for Snohomish County child care providers on a variety topics. These STARS-approved classes are being offered at **NO COST**. They are designed to take about 2 hours to complete. You will still have until the end of the 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.

## How to Access Child Care Classes:

Starting in June, monthly classes will be available to print or download from our website. To find classes,

1. go to **[www.snohd.org](http://www.snohd.org)** then
2. click on the 'Children & Families' menu tab,
3. scroll down to 'Child Care Providers' and then,
4. click on [Trainings for Child Care Providers](#)



**Only class(es) for the current month will be available.**

June	Medication Management Part 3 * <b>NEW!</b>
June	Healthy Whole Foods on a Budget
July	Injury Prevention - Toy Safety
August	Preschool Illness Prevention Basics
August	Cavity Free Kids
Sep	Gerbusters - Importance of Handwashing in Child
October	Healthy Hygiene Products in Child Care <b>NEW!</b>
October	Medication Skills Assessment Training ** <b>NEW!</b>
Choose one: Thursday, October 12th 6-8 pm or Saturday, October 14th 9-11am	
November	Injury Prevention - Playground Safety <b>NEW!</b>
November	To be determined <b>NEW!</b>
December	Taking Care of You: Provider Wellness
December	Teaching Illness Prevention to Children

\*Starting in June Medication Management 1, 2 and 3 will be on our website page [Trainings for Child Care Providers](#) due date will be August 31st, 2017

\*\* You must have completed Medication Management 1, 2 and 3 to take the Skills Assessment Training class.



**SNOHOMISH**  
HEALTH DISTRICT  
[WWW.SNOHD.ORG](http://WWW.SNOHD.ORG)

## Call or Email Us!

Main line  
**425.339.5278**  
[childcarehealth@snohd.org](mailto:childcarehealth@snohd.org)

Public Health Nurse  
Alba Suárez

Environmental Health Specialist  
Micha Horn

Healthy Communities Specialist  
Carrie Parker

Behavioral Health Specialist  
Jann Finley

Nutritionist  
Katy Levenhagen **New!**

**We are available by phone or to visit your child care. We can help with:**

- Reportable Disease Control
- Menu and Nutrition Consults
- Illness Prevention Tips
- Immunization Tracking
- Safe Food Preparation
- Cleaning and Sanitizing
- Child Behavior Issues
- Handwashing Practices
- .... and much more!

**Child Care Health  
Outreach and Healthy  
Communities Programs**

3020 Rucker Avenue, Everett





# ~ Medication Management ~ Training Program

Administering medications is an important responsibility that must be done safely and competently every time. It requires proper training to reduce the risk of making mistakes and causing unintentional injury. To help child care providers with this responsibility, the Snohomish Health District's Child Care Health Outreach program is offering a free Medication Management Training Program.

*This free program consists of four components:*

## **Medication Management Parts 1, 2, & 3\*** (distance learning)

Distance learning classes must be completed by August 31st.

## **Hands-on Skills Assessment Class** (October 12<sup>th</sup> or 14<sup>th</sup>, 2017)

With the successful completion of the Medication Management training program, participants will receive:

- **8 total STARS credits**
- **a medication training kit and manual**
- **a certificate of completion**

**\*Starting in June, you may print or download *all of these* distance learning classes and register for the October Skills Assessment class on the Snohomish Health District website at [www.snohd.org](http://www.snohd.org) under the menu tab:**

**[Trainings for Child Care Providers](#)**

**Note:** If you have taken Medication Management part 1 and/or part 2 previously, you do not need to re-take those classes. If you are not sure if you have taken them check your MERIT account. We can also check our records.

**For more information about the program, email:**  
[asuarez@snohd.org](mailto:asuarez@snohd.org)

Guidelines for this medication management training abide by the Department of Early Learning (DEL) Washington Administration Codes (WAC), national best standards for care of children in child care settings, and the Institute for Safe Medication Practices (ISMP).

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.



**NEW! STARS Training for 2017**