



Child Care Health Outreach

Volume 8 Issue 5

Health and Safety Information for Child Care Providers

May 2018



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

Call or Email Us!

Main phone line
425.252.5415

Main email address
childcarehealth@snohd.org

Public Health Nurse
Bonnie Decker
bdecker@snohd.org

Environmental Health Specialist
Micha Horn
mhorn@snohd.org

Behavioral Health Specialist
Alexandria Deas
adeas@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
425.252.5415
www.snohd.org

Focus on Behavioral Health

We are pleased to introduce Alexandria Deas as the new Behavioral Health Specialist in the Child Care Health Outreach Program. Alexandria is a native of Florida and earned her M.A. in Counseling Psychology from Northwest University. She is a Licensed Mental Health Counselor Associate and is a credentialed Mental Health Professional.



"I'm so pleased to join this team of dedicated individuals. Early childhood mental and behavioral health has a definite and significant role in attaining desirable education, health, interpersonal, and socio-economic outcomes far into adulthood. Fortunately, resourcing communities with effective services to enhance the care provided at this vulnerable developmental stage is swiftly becoming a public health priority."

"In this role, I have two equally important obligations: to provide quality mental and behavioral health services directly to child cares and to advocate within our community so that this important issue gets the attention that it deserves. I am here to serve you all, so please reach out for consultations and referrals. If I can help you, I will; if I cannot, I will try my best to point you in the right direction. I look forward to working with you all." - **Alexandria Deas, MA, LMHCA, MHP**

The Behavioral Health Specialist is available by phone, email, or to come out to your program to help you respond to concerns, for example:

- **Acting out, aggressive behaviors, hyperactivity, impulse control issues**
- **Strategies and interventions for children diagnosed with ASD, PTSD, ADHD, OCD, or other behavioral/developmental challenges**
- **Training on Adverse Childhood Experiences (ACES), trauma-informed approaches to care, and resilience work**

Have you ever heard of Adverse Childhood Experiences (ACEs)?

**Link to our May Distance Learning Class
"Understanding Adverse Childhood Experiences (ACEs)"
available on our website for more information.**

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

Reading food labels is the best defense for preventing allergic reactions

Prevention is the most critical part of a food allergy management plan. Not serving a food that a child is allergic to is the most effective and straight forward way to keep them from having a reaction. The only fool-proof way to know if a food contains a food or product that causes an allergic response is to read the Food Label.

As of 12 years ago, a US Food and Drug Administration (FDA) law made it much easier to identify the foods that are responsible for 90% of all food allergies. “The **Food Allergen Labelling and Consumer Protection Act (FALCPA)** requires that the label of a food containing an ingredient that is or contains a protein from a major food allergen must clearly state on the label that it is present.” This law went into effect in 2006 and has greatly helped consumers identify foods they wish to avoid. FALCPA identifies eight foods or food groups as major food allergens: milk, eggs, fish (e.g, salmon, bass, flounder), crustacean shellfish (e.g, shrimp, lobster, crab), tree nuts (e.g, almonds, walnuts, pecans), peanuts, wheat, and soybeans.



This food should NOT be served to a child with a wheat, milk, egg, or soy allergy.

There are 2 ways food manufacturers can comply with FDA law:

- 1) Include the major food allergens in bold within the ingredient list—for example:

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring) salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono-and diglycerides (emulsifier)

- 2) Place the word “Contains” followed by the name of the food source from which the major food allergen is derived, immediately after or adjacent to the list of ingredients, in type size that is no smaller than the type size used for the list of ingredients—for example:

*Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring) salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono-and diglycerides (emulsifier)
Contains Wheat, Milk, Egg, and Soy*

For more information on managing food allergies and intolerances, take this month's [STARS Distance Learning Class](#) or contact the Child Care Health Outreach Program public health nurse or nutritionist at childcarehealth@snohd.org or (425) 252-5415.

Nurse Partnership Meeting

Thursday, May 10, 2018 11:30 am — 1:00 pm

Location: Snohomish Health District, Room 309A, 3020 Rucker Ave., Everett WA

Child cares, please inform your infant nurse consultant about this meeting.
Light refreshments will be provided.

If you can't make it in person, join us from your computer, tablet, or Smartphone with an online meeting platform. If you intend to join us over the internet, please email us at childcarehealth@snohd.org for access instructions.





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:
May <i>Distance Learning</i>	Managing Food Allergies and Intolerances in Child Care <i>Children may have food allergies, intolerances, or other health needs that require special diets. Learn how to manage these different dietary needs, including ways a child care can make accommodations, what to look for in individual care plans, and more.</i>	Available for download on our website during May.
May <i>Distance Learning</i>	Understanding Adverse Childhood Experiences <i>Understand the importance of Adverse Childhood Experiences (ACEs) by exploring what research is discovering about the relationship between ACEs and lifelong health and behavior outcomes. Learn the role of ACEs in your own life as well as in the children in their care and what steps they can take to address them.</i>	Available for download on our website during May.
June <i>Distance Learning</i>	Summertime Illness and Injury Prevention <i>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.</i>	Available for download on our website during June.



The University of Washington Center for Public Health Nutrition offers free online STARS trainings covering a number of health and nutrition topics including Breastfeeding Support, Healthy Eating, Screen Time, and Physical Activity in Child Care.

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

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



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For general questions, please email us at:

childcarehealth@snohd.org

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
- Child Behavior Issues
- Menu and Nutrition Consults
- Illness Prevention Tips
- Safe Food Preparation
- Cleaning and Sanitizing
- Handwashing Practices
- and much more!

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