CHILD CARE UPDATE

SPRING 2013

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TO THE CHILD CARE COMMUNITY

Child Care Program Mission:
The Child Care Licensing Program licenses and monitors Family Child Care Homes and Child Care Centers in an effort to ensure that they provide a safe and healthy environment for children who are in day care.

In keeping the child care community informed about licensing programs and services, the Updates continue to be an important method for sharing information. We appreciate your support in sharing these Updates with those in your organization and others interested in child care issues. You may find the topic of your choice in each Update by clicking on the link provided in the “Inside This Issue” and “Extra! Extra! Headings” table on the left side of this page. Click on the underlined feature and you will be taken to that area of the Update.

LICENSING MANAGEMENT INFORMATION

As you may recall in the previous Child Care Update, we announced Paula d’Albenas’ promotion from Northern California Assistant Program Administrator to Program Administrator. We are pleased to announce that Colleen Young has been appointed the new Northern California Assistant Program Administrator (APA) for the Child Care Program in the Community Care Licensing Division (CCLD).

Colleen has extensive experience within CCLD. She began her career in 1993 as a Licensing Program Analyst and promoted to a Licensing Program Manager six years later. Colleen promoted to Regional Manager (RM) of the Central Coast Regional Office in 2004.

As the new APA, Colleen will be responsible for six RMs and staff in our seven Regional Offices in Northern California. She will be working closely with Legal on complex cases and providing recommendations to the Program Administrator regarding the impact of legislation pertaining to our Regional Offices. The Child Care Program welcomes Colleen into her new position that was effective April 22, 2013.
Regulations require that storage areas for poisons shall be locked. A lock is defined as: A key or combination-operated mechanism used to fasten shut a door, lid, or the like (products advertised as child proof devices and safety latches are not considered locks unless they are key or combination-operated). For purposes of the locking requirement, poison is defined to include only the most lethal substances, most often those designed specifically for killing, such as bug spray, rat poison, weed killer, etc.

A number of other common household items are clearly potential hazards to the health of children and need to be made inaccessible. Something which is inaccessible is capable of being reached only with great difficulty or not at all because of its location, or because of some kind of barrier or device that effectively prevents a child from getting to it. A latch or magnetic device on a cabinet or door, placed where a child would be unable to reach it would not be considered a lock, but would be acceptable as a means of keeping items inaccessible. Products advertised as child proof devices, safety latches or magnetic devices can be used to make items inaccessible, as long as they are correctly installed, and are sturdy enough to withstand pulls and tugs from children. Safety latches or magnetic devices are not a guarantee of protection, but they can make it more difficult for children to reach dangerous substances. No device is completely childproof; proper supervision is always necessary and required.

Please visit the Child Care Licensing Division website to review detailed information regarding CCR, Title 22, Child Care Centers, Sections 101238 and 10238.4. Family Child Care Homes, Section 102417, Operation of a Family Child Care Home.
By law, Child Care Centers and Family Child Care Homes (Health and Safety Code, Section 1596.808 and California Code of Regulations, Title 22, Child Care Centers, Section 101239.2) are required to make clean and safe drinking water readily available and accessible to children for consumption throughout the day. Child care is a great place to start promoting water consumption since children spend so much of their day in care. Offering water can teach children to incorporate water consumption into their daily routine. As temperatures warm up, children need to stay hydrated, and providing water is a great way for children to stay cool. Below are some quick tips in keeping children hydrated:

**Offer Tap water…..**

Tap water is easily accessible and it is far more environmentally friendly than bottled water. Water is a vital nutrient and because it has no calories and is free when it comes from the tap, it is the ideal drink for thirsty children. Although tap water can pick up low levels of some contaminants, these materials usually are not detected at harmful levels. Federal, State and Tribal governments, in partnership with the public water systems, are continuously working to ensure tap water safety. The United States Environmental Protection Agency (EPA) sets maximum allowable levels of contaminants in drinking water under the Safe Drinking Water Act, and these water standards are to protect children and adults. For more information regarding drinking water, visit the EPA Children’s Environmental Healthy website or call the Health Hotline at (877) 590-KIDS.

**Drinking Water…..**

Children can drink tap water from a cup, or from a reusable plastic container. Make sure plastic containers are safe and free of Bisphenol-A (BPA), which is a chemical produced in large quantities for use primarily in the production of polycarbonate plastics and epoxy resins. BPA is linked to a host of health issues. Child-sized cups and mugs are available in stainless steel and safe plastics. Plastics labeled with #2 (HDPE), 4 (LDPE) and 5 (polypropylene) should be used.

For more information on BPA, visit the following websites: U.S. Department of Health and Human Services and the National Institution of Environmental Health Sciences.
Warmer temperatures are on the way, so please remember children always need protection from the sun. When taking children on field trips or out to the playground—cover up! The best protection from the sun is to wear long sleeves and pants while outdoors. However, when temperatures are extreme, long sleeves and pants may not be practical. According to the Centers for Disease Control and Prevention (CDC), rub on a lot of sunscreen with SPF 15 or higher. Also, make sure the sunscreen blocks ultra violet A (longwave) and B (shortwave) rays.

Visit the CDC website for suggested guidelines regarding sunscreen usage. Additionally, though sunscreen provides protection, it is still important to limit the amount of time in the sun.

Make sure children fuel up for fun in the sun. Suggested snacks to munch on to keep children moving and their tummies silent are:

- Fresh veggies like carrots and celery sticks, and
- Snack sized boxes of raisins

For additional snack suggestions visit the CDC website.

We encourage licensees to use sunscreen on children. California Code of Regulations, Title 22, Section 101226(e)(4), requires Child Care Centers to obtain written approval or instructions from parents prior to administering non-prescription medication to children in care. Sunscreen is considered a non-prescription medication. The approval or instructions must be maintained in the child’s file. It is recommended for Family Child Care Homes to follow the same precautions.
GREAT NEWS!

There is a “New” California Child Passenger Safety poster available online for Child Care Centers.

Per California Code of Regulations, Title 22, Child Care Centers, Section 101225(f), “The licensee shall post signs at the entrance to the child care center that provides the telephone number of the local health department and information on child passenger restraint systems pursuant to Health and Safety Code Section 1596.95(g) and Vehicle Code Section 27360(b).”

Buckle Up

It’s the Law!

CALIFORNIA CHILD PASSENGER SAFETY LAW

Protect your child — it is the law.

IS YOUR CHILD IN THE RIGHT CAR SEAT?

Use of child passenger restraint system for child under age 8

A parent, legal guardian, or driver shall not transport on a highway in a motor vehicle a child who is under eight (8) years of age, without properly securing that child in a back seat in an appropriate child passenger restraint system meeting federal motor vehicle safety standards.

Exception: A child under the age of eight (8) who is four feet nine inches (4’9”) in height or taller may be properly restrained by a safety belt in a back seat.

Use of child passenger restraint system for child between 8 and 16

A parent, legal guardian, or driver shall not transport on a highway in a motor vehicle a child who is eight (8) years of age or older, but less than 16 years of age, without properly securing that child in an appropriate child passenger restraint system or safety belt meeting federal motor vehicle safety standards.

“Properly restrained by a safety belt” means that the lower (lap) portion of the belt crosses the hips or upper thighs and the upper (shoulder) portion of the belt, crosses the chest.

You may be cited for a violation of the child passenger restraint system provisions. In addition, your automobile insurance rates could be adversely affected as a result.

Call your local health department for more information at:

For more information on safety seats: http://www.chp.ca.gov/community/safeseat.html

STATE OF CALIFORNIA • CHILD CARE LICENSING • DEPARTMENT OF SOCIAL SERVICES
PUB 2019 (2/13)
As of February 28, 2013, manufacturers and importers of infant and toddler play yards are required to test their play yards to ensure they meet the new federal safety standards. Play yards are also known as “pack-n-plays” and “play pens.” These products are used in homes, for travel, and in child care settings. The new federal standard addresses hazards associated with play yard side rails, corner brackets, and mattress attachments.

The new tests added to existing requirements include:

- A stability test to prevent the play yard from tipping over.
- Latch and lock mechanisms to keep the play yard from folding on a child when it is being used.
- Minimum side height requirements to prevent children from getting out of the play yard on their own.
- For play yards which have top rails that fold down, a test to prevent them from using a hinge creating a “V” or diamond shape when folded. This will prevent head or neck entrapment.

To meet the new safety standard, play yards must have:

- Side rails that do not form a sharp “V” when the product is folded. This prevents a child from strangling in the side rail.
- Stronger corner brackets to prevent sharp-edged cracks and to prevent a side-rail collapse.
- Sturdier mattress attachments to the play yard floor to prevent children from getting trapped or hurt.

Remember:

If you use a play yard, it is always best to keep it bare when the baby is placed in it. To learn more about infant and toddler play yards, please visit [www.cpsc.gov](http://www.cpsc.gov).
EXTRA! EXTRA! READ ALL ABOUT IT

BUGABOO CAMELEON 3 STROLLERS RECALL

The Bugaboo Cameleon3 stroller has been recalled. The stroller has an aluminum and plastic frame with rubberized wheels, a removable seat and bassinet, a removable “U”-shaped carry handle, an under-the-seat storage bag and a sun canopy. The bassinet, seat and sun canopy come in a variety of colors. The removable carry handle is used to transport the bassinet or seat separately from the chassis. The words “Bugaboo” and “Cameleon3” appear on a fabric tag on the side of the sun canopy. Strollers included in the recall have serial numbers from 19010 11153 00001 to 19010 51248 00215. Serial numbers are printed on a horizontal bar of the stroller’s chassis beneath the seat. The strollers were sold by Buy Buy Baby, Toys R Us and other baby product stores nationwide, Neiman Marcus, Nordstrom, online at Bugaboo.com and other online retailers from September 2012 to March 2013 for between $889 and $1,600.

NATART CHELSEA DRESSER RECALL

The Chelsea three drawer dresser has been recalled by CPSC. The hazard is when a young child climbs up open dresser drawers, the dresser can tip over and pose the risk of entrapment. A child can become injured in the fall or suffocate under the weight of the fallen dresser.

This recall involves the Chelsea three drawer windowed dresser model number 3033. The dressers were sold at Furniture Kidz and other independent juvenile specialty stores and at Baby.com from January 2004 to December 2010 for $600.00 to $900.00.

According to CPSC, every two weeks a child dies when a piece of furniture or a television falls on him or her. It is important to anchor all furniture and televisions.
IMAGINARIUM ACTIVITY WALKER RECALL

Toys R Us has recalled the Imaginarium Activity Walker due to a choking hazard. Consumers should stop using this product and return it to a Toys R Us store for a full refund or store credit. The recall was effective March 13, 2013. The recall number is 13-139.

The small bolt and spacer that attaches each front wheel to the walker can detach, posing a choking hazard to young children.

The Imaginarium Activity Walkers were sold exclusively at Toys R Us stores nationwide and online at www.toysrus.com from August 2011 through January 2013 for approximately $30.00.

HEALTHY SNACK TIPS

Healthy snack ideas from healthfinder.gov

- “Ants on a log” (celery with peanut butter and raisins).
- Fresh or canned fruit (in 100% juice, not syrup) with fat-free or low-fat vanilla yogurt.
- Whole-grain crackers with low-fat cheese.
- Frozen grapes (rinse and freeze grapes overnight).
- Whole-wheat bread or apple slices with peanut butter.
- Quesadillas (low-fat cheese on a whole-wheat tortilla).
- Unsalted pretzels or air-popped popcorn.
- Baked tortilla chips and salsa.
- Whole-wheat pita bread with hummus.
- Water or fat-free or low-fat milk.

Great snack ideas for field trips:

- Put dried fruits and nuts, fresh veggies, or fruit in small baggies.
- Pack low-fat string cheese sticks.

Set the rules.....

Eat snacks at the table or in the kitchen, not in front of the TV.

Serve snacks in a bowl. Do not let kids eat snack foods directly out of the bag or box.

Drink water or fat-free or low-fat milk instead of soda or juice.
Cal EMA offers helpful hints for schools to use if involved in an attack. The same hints may also be helpful for use in child care facilities.

For example, implement a Threat Assessment Program. This can be achieved by creating a planning team. Try to include a representative from law enforcement and a mental health professional.

**Cal EMA’s suggested strategies for survival:**

1. **Be aware** of your environment. Get into a survival mindset. Take time to understand your situation. Be ready to take rapid, effective actions. Be mindful, not fearful.

2. **Be prepared.** Ask yourself “What if….” questions. Develop effective response strategies.

3. **Rehearsal**—Practice your plan.

**In the event an intruder enters your family child care home or child care center:**

1. **Figure out**—decide your best course of action.

2. **Get out**—if you can, escape. Trust your instincts. Leave belongings behind.

3. **Hide out**—Find a hidden location. Find protection. Avoid places that trap or restrict movement. Spread out (do not huddle).

4. **Call**—do not assume someone else is calling. Call police for help. Be persistent when calling. Telephone lines may be jammed.

5. **Keep out**—find a room that has locks. Blockade the door. Be silent. Turn off the lights. Turn off the noise.

6. **Help out**—if possible help others stay calm. Help others escape. Warn others.

Visit Cal EMA’s website to read their safety handbooks and to learn helpful hints to address different types of emergencies.
HELP CHILDREN COPE WITH TRAGEDY

Children sense the anxiety and tension in adults around them. Children also experience feelings of helplessness and lack of control that tragedy related stress can bring about. Unlike adults, children have very little experience to help them place their current situation into perspective.

Children respond differently to tragedy, depending on his or her understanding and maturity. Younger children will interpret the tragedy as a personal danger to themselves and those they care about.

Whatever the child’s age, it is important to encourage children to talk about it.

Quick Tips…..

- Children need comforting and frequent reassurance that they are safe.
- Be honest and open about the tragedy or disaster.
- Encourage children to express their feelings through talking, drawing or playing.
- Try to maintain daily routines as much as possible.

Preschoolers may begin bed-wetting, thumb sucking, baby talk, or they might be afraid to sleep alone. They may complain about having stomach cramps or headaches. Keep in mind these children are not “being bad” they are afraid.

During the day, providers can assist children with this by:

- Reassuring they are in a safe place. Allow children to call a family member and comfort the child often.
- Understanding the child’s feelings about the tragedy. Discuss particular fears and concerns. Answer all questions they may ask.
- Structure children’s play so that it remains constructive, serving as an outlet for them to express fear and anger.

Learn more at healthfinder.gov, a United States Department of Health and Human Services, a HealthBeat publication.
PLAYGROUND SAFETY

The United States Consumer Product Safety Commission (CPSC) publishes the Public Playground Safety Handbook and is updated as new information and technology become available.

When viewing playground considerations, try to use: existing shade, trees, play structures, elevated platforms with shaded space below or by creating manmade structures.

Key factors to keep in mind when laying out a playground:

- Accessibility
- Age separation
- Conflicting activities
- Sight lines
- Supervision

The surfacing under and around playground equipment is one of the most important factors in reducing injuries. Shock absorbing surfaces can help disperse the momentum of a falling child. Appropriate surfaces can include: Pea gravel, sand, shredded/recycled rubber mulch, wood mulch that has not been treated, and wood chips.

Maintenance costs and needs of surfacing materials can vary. Loose fill surfacing materials like wood chips, sand, pea gravel and shredded rubber have a lower initial cost, but tend to have higher maintenance needs.

In high use areas, loose materials may need to be raked daily or tilled periodically to loosen compaction and replace materials that have been pushed away.

Loose fill materials should be inspected for protruding and sharp objects such as glass, can tops, sharp rocks or metal objects.

Examples of age appropriate equipment:

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<thead>
<tr>
<th>Toddler — Ages 6-23 months</th>
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<tr>
<td>Climbing equipment under 32” high</td>
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<tr>
<td>Ramps</td>
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<tr>
<td>Single step ladders</td>
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<tr>
<td>Slides*</td>
</tr>
<tr>
<td>Spiral slides less than 360°</td>
</tr>
<tr>
<td>Spring rockers</td>
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<tr>
<td>Stairways</td>
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<tr>
<td>Swings with full bucket seats</td>
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<table>
<thead>
<tr>
<th>Preschool — Ages 2-5 years</th>
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<tr>
<td>Certain climbers*</td>
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<tr>
<td>Horizontal ladders less than or equal to 60” high for ages 4 and 5</td>
</tr>
<tr>
<td>Merry-go-rounds</td>
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<tr>
<td>Ramps</td>
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<tr>
<td>Rung ladders</td>
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<tr>
<td>Single step ladders</td>
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<tr>
<td>Slides*</td>
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<td>Spiral slides up to 360°</td>
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<tr>
<td>Spring rockers</td>
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<tr>
<td>Stairways</td>
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<tr>
<td>Swings — belt, full bucket seats (2-4 years) &amp; rotating tire</td>
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The entire Home Playground Safety Checklist is available at CPSCs:

1. Install and maintain a shock-absorbing surface
2. Install protective surfacing
3. Do not allow children to attach ropes, etc.
4. Make sure platforms and ramps have guardrails
5. Check sharp points
6. Supervise Children
7. Remove tripping hazards
8. Check for spaces that could trap children
9. Install protective surfacing at least 6 feet in all directions from play equipment

To ensure you are meeting the California Code and Requirements governing outdoor activity space, read California Code of Regulations, Title 22, Child Care Centers, Section 101238.2 and Family Child Care Homes, Section 102417.
The CDPR website maintains an event calendar. A few events to look forward to in May are:

- Contemporary Native American Art Exhibit
- California State Railroad Museum “Building American” Exhibit
- Celebrating Migration; Whale Walk at Leo Carrillo State Park

The National Center for Healthy Housing has published a Healthy Homes Maintenance Checklist. The check list is designed for use year round. Maintaining a healthy child care facility may decrease the number of injuries and aid in preventing diseases.

HUD’s definition of a healthy home is one that is conducive to good occupant health.

CALIFORNIA PARKS AND RECREATION

Are you planning a spring or summer field trip for the children at your facility? We invite you to visit the California Department of Parks and Recreation (CDPR) website to learn about California’s history and to view their event calendar. Check out some of CDPRs suggestions for group outdoor activities in your area.

Did you know…..

There are over 100 Indian tribes living in California? Each tribe has their own unique customs, languages and territories.

CDPR preserves a vast number of archeological sites, including village sites, hunting and fishing grounds, sacred places, and artifact collections of many of these native groups.

Test your knowledge…..
What did Indian tribes use as diapers in the old days? They used “rabbit skins” because they were soft and could be easily washed. Take a look at CDPRs website for interesting links regarding California history, and an Exploring Your Neighborhood Activity Guide.

MAINTAINING A HEALTHY CHILD CARE FACILITY

Maintaining a sanitary facility helps prevent disease and injury. According to the United States Department of Housing and Urban Development (HUD), there is scientific evidence linking health outcomes such as asthma, lead poisoning, and injury to living, working or staying in substandard buildings.

There are simple ways to help make your facility a healthier place for children in your care. HUD has the seven principles to make your facility healthier.

2. Keep your facility clean. Cleaning helps to reduce pest infestations and exposure to contamminates.
3. Keep your facility pest free.
4. Keep your facility safe. Falls are the most frequent cause of injuries to children.
5. Keep your facility contaminant free. Chemical exposures can include: Lead, radon, and pesticides.
6. Keep your facility ventilated. Fresh air supply improves respiratory health.
7. Keep your facility maintained. Disrepair can cause problems with the items listed above.
LICENSED CHILD CARE STATISTICS

All statistics regarding State and county licensed child care facilities can be obtained by visiting the CCLD licensing statistics webpage.

If you have questions about items included in this Update, suggestions for future topics, or would like to be added to our mailing list, please call (916) 651-6040. You may also visit our internet website at www.ccld.ca.gov to obtain past Child Care Updates, and to learn more about child care licensing.

Sincerely,

JEFFREY HIRATSUKA
Deputy Director
Community Care Licensing Division