



Child Care Chat

Here Come the Holidays:

With so many upcoming holidays it's important to keep cultural, religious and personal diversity and sensitivity in mind. Make sure to cover numerous holidays to broaden children's minds and to allow children and their families opportunities to discuss, explore, and experience their own traditions and the traditions of others! Below is a list of holidays that are commonly celebrated at this time of year:



October: Yom Kipur, Sukkot, Simchat Torah, Halloween, Hajj, Eid-Al-Adha, Hijra

November: Thanksgiving, National Native American Heritage Day, Day of Ashura

December: Christmas, Kwanzaa, Chanukah



Have safe travels this holiday season!

Remember that not EVERY child celebrates holidays. Be sure to let parents know that planned activities and parties are not required and that an alternative, secular, activity can be provided for children who do not celebrate. It is important that all children be treated with respect and understanding, regardless of their beliefs.



Child Care Chat

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Special points of interest:

- ☺ Remember to notify your Surveyor regarding closures for any reason!
- ☺ Your Surveyor can be a great source for ideas and suggestions!
- ☺ The Nevada Registry site has a Job Board! You might just find your next great employee there!

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Cribs:

On December 28, 2012 the new Consumer Product Safety Commission crib standards became effective. The updated federal crib standards apply to cribs in all child care facilities as well. Your surveyor will be inspecting cribs to ensure compliance to

these standards. Failure to provide documentation to show the cribs meet the standards may result in the inability to use those cribs.

If you have questions on how to determine whether the cribs in use at your facility are in compliance please

refer to the attached memo.



Surveyor Spotlight! Rachel Netz

Rachel is a very positive, upbeat team member!! I obviously like doing the trivia, and I think it's really cool that Rachel puts it together for us. Rachel also brings a lot of good points up at our meetings, and she really brings that "voice of reason" to the table. She is extremely knowledgeable and is a great team member, glad we are colleagues!

-Stephen Burdon, Child Care Surveyor, Las Vegas

Rachel has always been more than willing to step up and help out the CCL team. From volunteering for special projects, keeping us on our toes with informative weekly trivia, and coming to the LV and Carson offices to help out with inspections, she demonstrates what teamwork is all about.

-Tina Fernandez, Child Care Surveyor, Las Vegas

Rachel is always able to make a stressful situation "not so bad" with her humor. Her enthusiasm for the Child Care Licensing Program shows each and every day as she is vocal when it comes to important issues and

procedures. She takes her job very seriously, but not too seriously, as she can brighten anyone's day with her wit! I appreciate you, Rachel for all that you contribute to this program :)

-Terri Buster, Child Care Surveyor Supervisor, Las Vegas

I love Rachel's dedication and fortitude in the work of Child Care Licensing, it is a benefit not only to the industry but to us as her regulating colleagues. Thank you Rachel.

-Latisha Brown, Child Care Program Manager, Las Vegas

Even though Rachel is so far away from us (317 miles to be exact!) she makes coming to work every day enjoyable with her humor, trivia, and knowledge.

Rachel's role as a surveyor takes her to 5+ counties and her jurisdiction covers the largest area of the state. Rachel advocates for the needs of all of the providers she works with. She is a resource for the providers with the trainings, knowledge, and expertise in Early Childhood and related fields. She is a lifelong learner and is well versed in a variety of topics.



We love that Rachel is truly one of a kind. She can go from being a marine biology expert, to a Harry Potter nerd, to a science and nature enthusiast, to an animal lover all within the same day (All while snacking on Goldfish). We always enjoy hearing updates on all of her animals, especially of her pet pig, Hamish.

We appreciate Rachel and all that she does, she will always be our favorite Hufflepuff!

-Your Northern Girls, Anna Lisa, Tammy, Lisa, and Tiffany. Child Care Licensing, Carson City

Developmental Domains: Social/Emotional

Social-Emotional development includes the child's experiences, expressions, management of emotions, and the ability to establish positive and rewarding relationships with others.

Healthy social emotional development for infants and toddlers happens during positive ongoing interactions and relationships with familiar, nurturing adults.

Social/Emotional development can be

encouraged through opportunities such as playing with other children, role playing, encouraging empathy, and explaining what the emotions mean to the child. (Frustration= you're upset you can't make your toy work)

Young children still haven't developed much impulse control; if they feel something, they will likely act on it. Three and four year old children may use hitting, biting, or pushing as a way to solve conflicts. They simply don't

understand the difference between appropriate and inappropriate interactions yet. It's our job to teach the child that there are proper ways to express emotions and resolve problems with others.



Seasonal Activities & Recommended Reading:

Engaging children in seasonal activities is a way to familiarize them with each season and can help build their eye-hand coordination and dexterity! Here are a few ideas to try at your facility:

Fall/Winter Ideas:

-Nature walks around the facility to observe fall's changing colors and to collect various items such as sticks, pinecones, and different colored leaves. This can even be made into a scavenger hunt!

-Add scents to your Play-Doh or paint! (Pumpkin Pie Spice, Apple Pie Spice, or cinnamon)

-Blow bubbles outside during winter for some frozen bubbles and winter science (Works best when 32 degrees or below)

-Use seasonal items from nature to paint with or place in a sensory bin for further investigation/play.

-Bring snow inside! Place some snow into a sensory bin along with a few toys.



- Cut open a pumpkin or apples for a fun sensory experience!

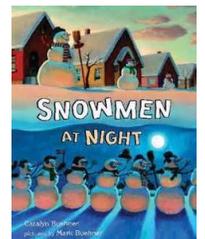
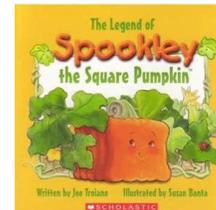
-Cover a table in shaving cream "snow" and have children trace letters or draw pictures

-Make fun recipes with the children such as pumpkin eyeballs (slice of carrot, cream cheese, and a slice of black olive) or Marshmallow Snowmen (Large marshmallows with gum drop hats, pretzel arms, and chocolate chip eyes, mouth, and buttons)

Recommended Reading:

- Snowmen at Night
- Spookley the Square Pumpkin
- Let it Fall
- The Mitten
- The Snowy Day
- The Spooky Wheels on the Bus
- I Know an Old Lady Who Swallowed a Pie

Don't have these books on hand? No worries! Head over to your local library and check out the children's section.



Helpful Reminders from Licensing:

Child Care Licensing offices will be **closed** on the following days:

Tuesday; November 11th (in honor of Veterans Day)

Thursday and Friday; November 27th and 28th (Thanksgiving and Family Day)

Thursday; December 25th (Christmas Day)

**If you have any tips/tricks/helpful hints that you would like to share with providers please email them to tkaplan@health.nv.gov



Reg Review: Immunizations/Health Statements

NRS 432A.230

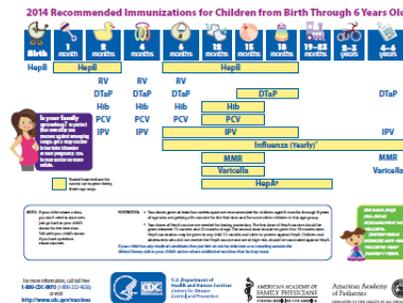
Certificate of immunizations

A current immunization record is required for each child on their first day of attendance in your facility. The only valid exemptions for immunizations are for medical or religious purposes and required documentation in the child's file.

Directors are encouraged to sign up for the WebIZ training (listed on the Nevada Registry training calendar) in order to access up to date immunization records online. Once a current immunization record is obtained, throw away the old records in order to keep files well organized.



A simple chart to help you keep track of where children should be with their immunizations can be easily accessed at www.cdc.gov/vaccines by clicking on "immunization schedules".



NAC 432A.370

Evidence & Record of Health

Health statements are required to be obtained within 30 days of the child's enrollment at the facility. The health statement must be signed by a physician or registered nurse and kept in the child's file. Health statements only need to be obtained upon initial enrollment of child and do not need to be renewed annually.

If needed a sample health statement form can be found on Child Care Licensing's Website in the forms section at

http://health.nv.gov/HCQC_Childcare_Forms.htm



Winter Time Safety:

During this time of year when the temperatures are dropping new dangers for children are appearing. Here are a few winter time safety tips.

- In order for children to continue to enjoy outdoor playtime, ensure parents bring weather appropriate clothing and accessories daily (boots, snow pants, gloves, hats, jackets, etc). While it may clutter the cubby area and make the transition to outside time longer, these items ensure children's safety in the cold.
- Keep roofs, gutters, and awnings free from snow and icicle buildup that could collapse and injure a child. Children should not be al-

lowed to pull icicles from the roof.

- Regularly de-ice or sand side-walks, driveways, and play areas.
- Set reasonable time limits on outdoor play to prevent hypothermia and frostbite.
- If weather permits, all children must have a daily period of outdoor play. (NAC 432A.390) When weather is not suitable for outdoor play, active indoor activities should be provided.



Monthly Happenings:

October 5th-11th is Fire Prevention Week!

Fire prevention week is a wonderful time to invite fire fighters to visit your facility and talk about fire safety with the kids. Besides knowledge gained, the kids will also have a chance to see a fire truck and firefighter in person! It's also good for children to see firefighters in the full uniform in person so they aren't scared to go to them in the event of an emergency.



Now is also a great time for a review of your emergency plan with staff and a fire drill. (More than 1 fire drill a month is ok!)



November is National Family Literacy Month!

Kick off literacy month by inviting parents to your facility to read to the children. Create a schedule for parent volunteers to sign up at various times of the day a book provided by the facility or a book that may be special to their child.



During this month days can be scheduled where staff and children can be encouraged to dress up as their favorite book character and bring in their favorite book to read and share.

December is Safe Toys and Gifts Awareness Month!



While most children are getting new toys this month it's time to take a look at the toys in your facility. Now is a great time to inspect toys to make sure they are clean and in good condition. If toys happen to be broken repair, discard, and replace prior to children playing with the item.

To see if a toy has been recalled for any reason please visit the Consumer Product Safety Commission website at: <http://www.cpsc.gov/>

Please review the attached flyer for helpful information on plastic toys.

State of Nevada Child Care Licensing

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Our vision for the Child Care Licensing Unit is to promote the healthy growth, development, and protection of children, increase availability of positive and nurturing learning environments and provide support for families by regulating and licensing high quality, developmentally appropriate, and flexible care, through a wide range of care options.

This vision involves mentoring and guiding child care providers to become advocates for children and family issues, as well as, foster the growth and development of the provider community. In support of this vision Child Care Licensing will work to expand the awareness of state legislators, local regulatory agencies and consumers so as to encourage support for improving the quality of child care environments for Nevada's children and families

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MEMORANDUM

Feb 11, 2014

To: Child Care Providers
From: Child Care Licensing
Subject: Federal Crib Standards

On December 28, 2012 the new Consumer Product Safety Commission crib standards became effective. The updated federal crib standards apply to cribs in all child care facilities as well. Information regarding these updated crib standards has been distributed to child cares in the State of Nevada. Child Care Licensing has always looked at the safety of sleeping devices under NAC 432A.416. With the federal crib standards applying to child care cribs as well, Child Care Licensing will now be looking for compliance with the new federal guidelines. New federal standards apply to full size cribs and non-full size cribs.

Current standards that meet compliance are the following:

- Consumer Product Safety Commission CPSC 1219 or CPSC 1220
- American Society for Testing and Materials ASTM F406 or ASTM F1169

Below is a summary of how to determine whether the cribs in use are in compliance:

Determine manufacture date. The manufactured date should be on the actual product, on the underside of the mattress support or on the registration card, which is most commonly kept with the instruction booklet and/or the extra hardware.

1. If the crib was manufactured after June 28, 2011 the crib is compliant and no further action is necessary. Documentation of this would need to be provided to your Surveyor to ensure compliance.
2. If the manufacture date is before June 28, 2011 or no date can be found, facility needs to contact the manufacture to obtain a Children's Product Certificate which will describe which standards the crib meets. A copy of this certificate should be made available to your Surveyor to ensure compliance.
3. If the crib does not have any tracking label or registration form facility needs to contact manufacture for certificate or email verify which standards the crib meets. A copy of this certificate should be made available to your Surveyor to ensure compliance.
4. A receipt is not sufficient to ensure that standards are met. Though retailers were not supposed to sell cribs after June 28, 2011 that did not meet the new crib standards, CPSC has determined that some retailers were selling cribs that did not meet standards.

NOTE: Play-yards also have CPSC safety standards in place. These standards are not required for child care facilities as the crib standards are.

Public Health: Working for a Safer and Healthier Nevada

Child Care Licensing will be checking for compliance with the updated federal crib standards. Failure to provide documentation to show that the cribs in use meet the standards may result in the inability to use those cribs, a Notice of Violation, and/or a Provisional license. Child Care Licensing recommends you now begin to check your cribs for compliance. Attached you will find some additional information regarding this new standard. Should you have any questions after reading this information, please contact your Child Care Surveyor.

Sincerely,

Latisha Brown,
Division of Public and Behavioral Health
Child Care Facilities Surveyor Program Manager



Eco-Healthy Child Care®



Eco-Healthy Child Care® helps early childhood learning environments to be as healthy, safe and green as possible by reducing children's exposure to toxic chemicals.

Plastics & Plastic Toys

Health Concerns

Certain plastics are known to contain toxic chemicals which have negative impacts on human health. Children are particularly vulnerable to these toxic chemicals since their body systems and organs are still developing. Their bodies are small, so what may be a small dose for an adult may be a big dose with big effects for a child. Young children are also at greater risk since they often insert plastic objects into their mouths. Baby bottles, sippy cups, teething rings, and toys are often made with phthalates and Bisphenol A (BPA). These two toxic ingredients in plastics are of particular concern, as research increasingly shows that these chemicals mimic or suppress hormones (e.g., estrogen and testosterone) and disrupt normal development and growth.

Phthalates (pronounced THAL-ates)

Phthalates are a class of chemicals that are used to soften plastics, such as PVC (Polyvinyl Chloride), bind fragrances in products, and act as solvents and fixatives, such as nail polishes. Human exposure occurs through:

Inhalation- breathing in fragrances, or fumes from solvents and fixatives

Ingestion- chewing on a plastic toy creates small openings in the plastic, providing an avenue for leaching of chemicals from the toy into a child's mouth

Skin Absorption- lotion, perfumes, deodorants

Adverse health effects include hormone disruption, developmental and reproductive problems, asthma, preterm birth, low sperm count, undescended testes, genital malformations, premature puberty, and development of some cancers.

Bisphenol A (BPA)

Bisphenol A is a hormone disrupter that is used to make polycarbonate plastic (hard clear plastic). Bisphenol A can be found in baby bottles, water bottles, canned food liners, and sippy cups. Human exposure occurs primarily through ingestion - diet and sucking/mouthing plastics - and skin contact.

Adverse health effects include prostate cancer, breast cancer, miscarriages, birth defects, early puberty, low sperm count, hyperactivity and aggressiveness. Traces of BPA can be found in more than 90% of the U.S. population.

Tips for Using Plastics More Safely

Avoid Plastics with Recycling Codes: #3, #6, and #7 (Recycling codes, shown below, typically are found on the bottom of the product.)

#3 – Polyvinyl Chloride (PVC)



PVC (soft vinyl plastic) often contains lead and phthalates, and the production or destruction of PVC releases cancer-causing dioxins into the environment.

Products that likely contain PVC: Flexible plastic toys (rubber duckies, dolls, beach balls, infant bath books), bibs, rest mats, inflatable swimming pools, garden hoses, raincoats, wall paneling and flooring, window blinds, cosmetics, shower curtains, crib bumpers, imitation leather, and food packaging.

PVC Health Concerns: Cancer, birth defects, reproductive and developmental disorders, low sperm count, undescended testes, premature puberty, and liver dysfunction.

6/14



#6 – Polystyrene (PS, commonly known as Styrofoam)

Toxic styrene can leach from polystyrene plastic.

Products that likely contain Styrofoam: Coffee cups, carry-out containers, packaging “peanuts”, food trays, disposable cutlery, toys, and packaging for meats, cheeses, and fish.

Styrofoam Health Concerns: Suspected carcinogen and neurotoxin.



#7 – Other (usually polycarbonate)

Bisphenol A (BPA) can leach from polycarbonate plastic and act as a hormone disrupter. However, not all #7 plastics contain BPA. More and more #7 plastics are being made with compounds that are BPA-free. If so, they will be labeled “BPA-free” or something similar.

Products that likely contain BPA: Hard, clear baby bottles, water bottles, and sippy cups; canned food liners.

BPA Health Concerns: Prostate cancer, breast cancer, miscarriages, birth defects, premature puberty, low sperm count, hyperactivity, and aggressiveness.

Ten Tips for Safer Use of Plastics:

1. Avoid plastics with recycling code #3, #6, and #7 (unless the #7 plastic is also labeled as BPA-free).
2. **Purchase baby bottles and sippy cups labeled “BPA free”** or glass options.
3. **Never heat or microwave food or drink in any plastic containers**, as leaching of toxic chemicals from plastic to food or liquid may occur. Use a paper towel instead of plastic wrap to cover food in the microwave.
4. **Never heat plastic baby bottles.** When mixing formula, heat the water before mixing. When warming breast milk, use a glass bottle.
5. **Use PVC-free plastic wrap** (buy plastic wrap and bags made with polyethylene).
6. **Eat fresh produce** - Minimize the use of canned foods and canned drinks as many are lined with BPA.
7. **Only buy “new” plastic toys for infants and toddlers that are labeled “phthalate-free” or “PVC-free”** due to their mouthing behaviors.
8. Purchase phthalate-free beauty products.
9. Ask your dentist for BPA-free sealants and composite fillings.
10. **Discard all worn or scratched plastic food containers**, especially baby bottles, sippy cups and infant feeding plates and cups.

Plastic Resources

- EPA Information for Parents and Providers about Plastics in Child-Care Settings
www2.epa.gov/childcare/information-parents-and-providers-about-plastics-child-care-settings
- Styrene
www.atsdr.cdc.gov/toxfaqs/tf.asp?id=420&tid=74
- Questions and Answers about Bisphenol A
www.niehs.nih.gov/health/topics/agents/sya-bpa/index.cfm

FOR MORE INFORMATION

Call: 202-543-4033, ext. 13
Email: info@ecohealthychildcare.org
Visit: www.cehn.org/ehcc

Eco-Healthy Child Care® (EHCC) is a science-based, award-winning national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities. Originally created by the Oregon Environmental Council in 2005, EHCC is now managed by Children’s Environmental Health Network.

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