

Minutes for September 19, 2014

Recorder: Michaela Horn

Present: Karen Anderson, Pam Baumgartner, Amy Blanchard, Heidi Collins, Libby Cruikshank, Nicole DeFrank, Ellen Flamiatos, Gail Gensler, Danette Glassy, Shanna Hanft-Rife, Jennifer Helseth, Darcy Hermoso, Diane Heaslet, Michaela Horn, Tina Horner, Claudia Hume, Lowest Jefferson, Robin Kenepah, Peggy King, Suzanne Kohaya, Katy Levenhagen, Caroline Lokkins, Kimberly Lopes, Sandra Lounsbery, Cathe Paul, Monica Pfaff, Chelsea Ruder, Elaine Ruhlman, Deanna Russell, Marie Savage-Hopfauf, Sharon Schoenfeld-Cohen, Nancy Tarara, Karen Weidert, Nancy Wessenberg, Joan Zerzan

| TOPIC | DISCUSSION | ACTION / DECISION |
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| Welcome and Introductions | Introductions Review agenda and minutes | |
| Member/Agency Updates | <p>Danette Glassy <AAP, Pediatrician> - Injury prevention module being put together for continuing education by AAP (similar to the communicable disease module from a few years ago); National Update – AAP wants to get money from Block Grant to make Caring for Our Children Basics (something like the old Stepping Stones);</p> <p>Nancy Tarara <Benton Franklin Health District> – working on enrolling kids into ECEAP and HeadStart – conducting health screenings</p> <p>Elaine Ruhlman <CC health consultant, retired from BFHD> – currently working as a consultant for Benton Franklin Head Start</p> <p>Lowest Jefferson <DOH> – DOH lost its asthma program due to lack of funding (Washington has lower asthma rate than other places); New grant called Great Links promotes integrated cross-systems of care for children with special needs; controversy on E-cigarettes – DOH will propose some new legislation (over 7000 different flavors of E-cigs out there, want to put a ban on flavors; also there is no age limit on E-cigarettes; a child died from swallowing a vial of nicotine; many vials don't have safety caps; want to put age limit on purchasing); Safe Sleep brochure - "Safe Sleep is Important"</p> <p>Gail Gensler <Public Health Seattle King County Hazardous Waste Program> – finding ways to keep little kids from toxic stuff; STARS trainer, working with child cares through classes, site visits, and website; new app for website for how to find least toxic products for lawn and garden care; Eco-healthy child care project</p> <p>Sharon Shoenfeld-Cohen – works with Gail at King County – Mainly goes to small businesses</p> | <p>Contact Lowest at lowest.jefferson@doh.wa.gov to subscribe to DOH listserv for current information</p> <p>Contact Gail if you would like more info on Eco-Healthy CC program Gail.Gensler@kingcounty.gov.</p> |

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| | <p>and educates on pollution prevention; also work with child cares</p> <p>Marie Savage-Hopfauf <Health Coordinator with PSESD HeadStart/ECEAP> – working on health plans</p> <p>Libby Cruikshank <Health manager at PSESD> – working with Early Head Start and Pregnant moms; working with parents to learn script and have those parents teach other parents</p> <p>Peggy King <Private Consultant, CSHEL Chair> – has been looking for a co-chair for the last two years - volunteer position – please step up at any time; on CSHEL Website there is an adult immunization online class that providers can get 1 STARS credit (also in Spanish); but questions need to come to Peggy in English. Free at CSHELwa.org.</p> <p>Suzanne Kohaya <PSESD> - working as the Food Service Manager for 3 head start kitchens for PSESD, plus Nutrition Health Consultant for PSESD</p> <p>Diane Heaslet <Whitman County Public Health> - 2 RNs providing child care health consultation in Whitman County (Pullman)</p> | <p>If anyone has ideas for grants to provide distance learning classes, let us know. Contact Peggy at p.king@cshelwa.org</p> |
| Department of Early Learning Update | No one from DEL in attendance | <p>Access DEL updates at http://del.wa.gov/publications/communications/#updates</p> <p>S (cut and paste link to into browser)</p> |
| Bleach <i>Update by Lowest Jefferson (DOH) and Micha Horn (SHD)</i> | <p>Information presented today is still officially in draft form. The recommendations have not been officially approved by DOH (this should/will happen next week). Recommendations apply to a variety of environments, not just licensed child care centers/homes. The new chart will be distributed once it has gone through all the necessary approvals.</p> <p>Problem: bleach manufacturers have increased their concentrations (Bleach with EPA approval, must follow label recipes – many require 2400 ppm – a hospital grade disinfection level). Many CCHC's feel this is too strong.</p> <p>DEL will change the WAC regulations under an emergency rule change: they will reference DOH's chart. Home WACs currently have recipes included, but they do not account for the concentration.</p> <p>EPA has approved chlorine disinfection level of 600 ppm. So we don't have to follow the 2400ppm label recipe that the EPA approved for labeling. So some newer brands of bleach may need to be further diluted down to the appropriate level until the correct ppm is achieved. Disinfecting should be between 600-800ppm. For sanitizing the range is 50-200 ppm, which comes from the FDA food</p> | <p>Idea: Consider making a video on how to mix bleach solutions</p> <p>Need to consider how to distribute this handout and information to all the programs in the state.</p> <p>Consider putting chart out in multiple languages</p> |

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| | <p>code.</p> <ul style="list-style-type: none"> The recipe will depend on the concentration of commercial bleach you are using Some of the measurements are a little bit weird (ex: 1 ½ tablespoons), but tried to get the easiest way to measure/least difficult for child care providers Draft DOH guidance document has a chart with all the recipes for varying strengths of bleach <p>Only need to do a rinse step after disinfecting if you are using the 2400ppm strength (not at 600ppm).</p> <p>L&I requires that an eyewash is available in the area where bleach solutions are prepared.</p> <p>Before it is finalized, DOH will send the draft documents out to all local health jurisdictions for comments. The Work group is also going to continue working on bleach alternatives and a Children’s EH Training Module.</p> | |
| <p>Infant Feeding Issues in Child Care</p> <p><i>Update by Katy Levenhagen, PSESD</i></p> | <p>It is best for infant teachers to have the most credible and trustworthy information about current trends in infant feeding. The following resources are considered best practices and recommended by the AAP. They are suitable for staff education and for staff to share with families.</p> <p>American Academy of Pediatrics – Healthy Active Living for Families (HALF) Initiative – topics which pediatricians address with parents. Good for child care health consultants to reinforce what parents are hearing from their baby's pediatricians. Also, very concise, accurate guidance on infant feeding practices. http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Pages/HALF-Implementation-Guide.aspx</p> <ul style="list-style-type: none"> 4 myths – that the AAP guidelines dispel: <p>Huge shifts in the last five years in what is recommended...</p> <ul style="list-style-type: none"> Start with rice cereal first – now AAP says it doesn’t matter what they start with Add meat only after many other foods have been offered first – if baby has been mostly breastfeeding, may benefit from meat, chicken, eggs which may be higher in iron and zinc Add finger foods only after baby is used to getting pureed and strained foods – once baby can sit up and bring hands to mouth, soft finger foods in small pieces are okay <p>Solid foods make the baby sleep longer and should be added around 4 months – AAP recommends breastfeeding as sole source for 6 months. No evidence that feeding infant cereal makes babies fall asleep or sleep longer.</p> AAP also has an Institute for Healthy Childhood Weight | <p>Resources for promoting best practices in Infant Feeding handout is available on the CSHEL website.</p> |

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| | <p>http://ihcw.aap.org/programs/Pages/default.aspx – Includes resources for families and Head Start providers... Another source for credible, practice-based information about supporting healthy growth and preventing childhood obesity.</p> <p>5-2-1-0, Let's Go...a toolkit for child care providers with many materials suitable for child care trainings, handouts, and policy guidance particularly for breastfeeding support. http://www.lets-go.org/programs/early-childhood/toolkits/</p> <p>Ages and Stages – good information for different ages and questions that child care providers might have; also good for providers who are having difficulty helping parents understand the best practice standards for infant feeding http://www.healthychildren.org/English/ages-stages/pages/default.aspx</p> <p>HealthyChildren.org - healthychildren.org (AAP) – free handouts that can be used with parents (including on feeding on cue) News from the AAP:</p> <ul style="list-style-type: none"> • Allergies – shift in what is recommended. For many years, we’ve said don’t do nuts, peanuts, soy, dairy, strawberries, etc. After 15 years, they may have caused more food allergies than they prevented, so it is now recommended to introduce these types of foods in small quantities before they are a year of age. Parents need to give their baby ANY new food first. • If you make your own baby food, be aware that spinach, beets, green beans, squash, and carrots contain large amounts of nitrates... Recommendation from AAP. Good information for parents who are making their own baby foods. Variety is the best decision – don’t serve large amounts. Jarred baby foods (carrots, spinach, etc) are grown without large amounts of nitrates. <p>Responsive Feeding Practices are considered the best way to feed babies for healthy growth and development – being aware and responding to babies’ cues (engagement, discomfort, eye contact, pushing away bottle). Example – baby pushes away bottle, but provider will continue to try to get the milk into the baby (often because parents want babies to eat on schedule or a certain amount). It is most important to promote these practices to infant room child care providers. Following are resources to support responsive feeding practices:</p> <ul style="list-style-type: none"> • NCAST http://www.ncast.org/index.cfm?category=16 , Keys to Caregiving and Baby Cues...a baby's first language. Good information on Baby Cues – there is a video and cue cards that you can buy for \$85.00. Great for trainings about infant cues. Cards are excellent for infant staff coaching. | |

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| | <ul style="list-style-type: none"> • Ellyn Satter Institute (ESI) – Feeding with Love and Good Sense – Division of Responsibility – Parent responsibility – when to eat, what to serve/Child Responsibility – whether to eat, what to eat, how much to eat http://ellynsatterinstitute.org/index.php. Satter's website has many downloadable handouts for provider education and to share with parents. Also sells video sets about cue feeding and division of responsibilities ...around \$150.00. Excellent for child care, early learning provider trainings. • Helpful guide for parents before their child begins child care outlining breastfeeding friendly child care. http://www.withinreachwa.org/wp-content/uploads/2013/05/Breastfeeding_Working_Washington.pdf <p>Show and Tell – pouches where children suck on the pouch rather than having it placed in a bowl; finger foods that have a lot of sugar in them and tons of air. Suggest that some of the puffs and pouches are okay now and then, but should not be used all the time because they do not promote healthy eating. Refer to the attached article from Cathe Paul.</p> | |
| <p>Nursing CEUs</p> <p><i>Update by Cathe Paul</i></p> | <p>Certificate of attendance will be posted on the CSHEL website. It is each individual person's responsibility to turn in their CEUs.</p> | |
| <p>Next Meeting</p> | <p>Next scheduled CSHEL meeting will be January, 16, 2015 at PSESD, Renton.</p> <p>Drawing for PedsFacts – Pediatric First Aid Book (complete training system, not just the book) – Darcy Hermosa</p> | <p>Still need a co-chair</p> <p>When topics come up, send the request to Cathe Paul c.paul@cshelwa.org or Peggy King. p.king@cshelwa.org CSHEL will try to find a presenter. Especially infant issues.</p> |