Active Play Safety – Spring 2014

Spring brings increased opportunity for outside play. It is a good time to check outdoor active play areas. Check and fix indoor active play areas too. The design and maintenance of large muscle play areas should provide risk-taking opportunities that are not likely to cause serious harm. The most common and most severe injuries in child care occur during active play. (continued on page 2)

Health Education Lessons for Pre-K

The National Institutes of Health funded the development of a set of 11 pre-K health education lessons. The curriculum is called Eat-PlayGrow. The lessons are about eating right, moving more, getting enough sleep and limiting screen time.

The teaching messages are aligned with widely accepted national pre-K health education standards. U.S Health and Human Services scientists reviewed the curriculum for accuracy. Head Start and preschool centers tested the lessons. The evaluations showed that children, teachers and families adopted some of the desired health behaviors.

Each of the lessons includes key points, art activities, songs, healthy snack ideas, story time activities, suggested physical activities and parent handouts.

To download the free lessons, go to: http://cmom.org/sites/default/files/EatPlayGrowTM_Curriculum.pdf

Tooth Brushing in Child Care

Practicing oral hygiene in child care settings teaches a lifetime habit. Brushing teeth as part of the daily curriculum makes up for any lack of adequacy of oral hygiene in children’s home settings.

Tooth brushing removes some of the plaque on children’s teeth. Plaque holds harmful bacteria against the teeth. (continued on page 3)

Nurses, Doctors and Other Health Professionals at ECELS Can Help

Do you have health and safety questions? Speak to a nurse by calling the ECELS technical assistance line. ECELS is the Early Childhood Education Linkage System-Healthy Child Care Pennsylvania. ECELS serves professionals whose work includes keeping children healthy in early education and child care programs.

For more than 25 years, ECELS has linked health experts with early education and child care professionals to promote adoption of best practices. ECELS is a nationally recognized program of the PA Chapter of the American Academy of Pediatrics.

Does your child care program have a health consultant? ECELS can help you connect with a health professional to be an ongoing source of health and safety advice. Use the ECELS website at www.ecels-healthychildcarepa.org. Contact ECELS by e-mail or phone: ecels@paaap.org, 484-446-3003 or in PA 800-243-2357.

Remember that each Regional Key has a designated staff member who addresses health and safety issues too.
Outdoor areas can be multi-purpose. They can accommodate activities that build a variety of skills: small muscle movement, literacy, numeracy, science and appreciation of nature. They should be a place for daily moderate to vigorous physical activity. For safety, be sure to divide different types of activities to maintain safe distances between them. As much as possible, design safety into the active play area rather than rely on supervision. Then concentrate supervision in active play areas where risk-taking is likely or encouraged.

Instead of expensive climbing equipment that requires high levels of maintenance and supervision, you can make a low cost climber by using a hill of sand or grass over dirt. A hill challenges children to use a variety of climbing skills and gross motor experiences. Indoors or outdoors, give children tunnels, low level obstacle courses, and surfaces to practice walking in a straight line. A big cardboard appliance box with all sharp edges removed makes a no cost tunnel. Use plastic hoops and ribbons in patterns or chalk on a sidewalk for an obstacle course or a board on the ground to practice balance.

Children soon lose interest in expensive equipment that seems so attractive to adults. They may start inventing hazardous ways to use it. If the play area has equipment from which children can fall, this equipment must have proper surfacing under and at the required distance around it. Asphalt, concrete, and other hard surfaces as well as grass and dirt are not acceptable surfacing or materials for equipment from which children can fall. Use properly installed loose fill surfacing or use surfacing materials like poured-in-place rubber or artificial grass that meet the guidelines in the Public Playground Safety Handbook published by the U.S. Consumer Product Safety Commission [http://www.cpsc.gov/PageFiles/122149/325.pdf]. If maintenance of the equipment and surfacing is too costly or too difficult, remove that equipment.

For advice about safe active play, use the resources recommended by the Early Childhood Education Linkage System (ECELS)-Healthy Child Care Pennsylvania. Go to the ECELS website [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org). Enter “injury” in the search box. Look at the list of items related to injury and active play. Then, return to the home page and search for “active play. The items about injury prevention and active play on the ECELS website include information, handouts, and web links to many useful online resources. Use the two Self-Learning Modules that address Active Play: the newly updated Active Play and Head Bumps Matter. You can also request a workshop about this topic. These professional development activities earn Keystone STARS professional development credit.

In October 2013, ECELS published Model Child Care Health Policies, 5th edition (MCCHP5). This fill-in-the-blank set of policies is based on best practices defined in Caring for Our Children, 3rd edition. Using MCCHP5 eases the burden of drafting site-specific policies. For large muscle play, MCCHP5 includes requirements for equipment, supervision, maintenance, required clothing, footwear, risk-control, and teacher participation in activities. Use the forms in MCCHP5 Appendix O: Daily and Monthly Playground Inspection and Maintenance and in Appendix P: Staff Assignments for Active (Large-Muscle) Play. MCCHP5 is free online at: [http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies](http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies). You can buy the hard copy, printed version of this publication at [www.aap.org/bookstore](http://www.aap.org/bookstore).

Betsy Caesar, MEd, Certified Playground Safety Inspector (CPSI) and Dennis Smiddle, CPSI contributed to this article.
Be sure to do it right! Supervise tooth brushing. You can do it as a group activity.

Prepare for each child a small amount of fluoride toothpaste on a brush or the edge of a cup. Use a pea sized amount of toothpaste for children over 2 years. Use a smear for younger children. Wearing disposable gloves, the teacher/caregiver should assist one child to demonstrate how to brush all quarters of the mouth while the other children follow along.

Children who want to spit can spit into a cup. Rinsing and spitting are not necessary. The small amount of toothpaste is not harmful if a child swallows it.

Be sure that the children do not share toothbrushes. Identify each child’s toothbrush by color of the brush or a colored rubber band on the handle, and by the child’s name. After tooth brushing, rinse the brushes with tap water and store them with the brush head up, touching nothing and open to the air to dry. You can buy commercial toothbrush storage racks or simply store each brush in a cup with the child’s name on it.

The Centers for Disease Control and Prevention recommends against soaking toothbrushes in mouthwash or disinfectant, washing them in a dishwasher or using other germ-killing devices. Such measures may damage the bristles.

Replace toothbrushes every 3-4 months so the bristles do the desired cleaning.

Pennsylvania Keys’ New Learning Management System

On July 1, 2014, the new PA Keys to Quality Professional Development Registry will be online. It will take the place of the PD Calendar. The new Core Knowledge Competencies, Self-Assessment and Professional Development Plan will be online too. These will replace the Core Body of Knowledge & Professional Development Record. These are parts of a new Learning Management System, a “LMS.”

Log in and become a registered user at www.pakeys.org. If you work in an early childhood or school-age program, you will be able to build a profile of your education, training and employment on the website.

You will be able to use the LMS to search and register for relevant courses. Search by Knowledge Areas related to your Professional Development Plan. While paper versions will still be available, you can save time by entering and updating these documents online.

The new PA Keys to Quality Professional Development Registry will make it easier than ever to build, save and track your professional development, certifications, credentials and approvals. It will be all online and all in one place - on the LMS.

Contact registry@berksiu.org for questions about the Pennsylvania Key’s new Learning Management System.
Pediatric First Aid for Caregivers and Teachers (PedFACTs, 2nd Ed) What’s New?

Have you ever taken the Pediatric First Aid for Caregivers and Teachers (PedFACTs) workshop? The 2nd edition course content has excellent updated information provided by the American Academy of Pediatrics (AAP). The PedFACTs course meets PA Facility Licensing Regulations and Keystone STARS requirements. In addition to updated content, the procedures for using PedFACTs have changed. You can no longer use the PedFACTs, 1st Edition content and procedures to take the course.

You can still take a 4-hour in-person PedFACTs workshop course. Now, you have a new option. You can take a “hybrid” course with two components. The first is entirely online. It consists of three self-directed modules and a final exam. The second component is a 2-hour in-person session. You can use either option for your first PedFACTs course, or to renew any previous pediatric first aid certification. Successful completion of the online component generates a Final Examination Certificate. Both the onsite and hybrid courses include an instructor-led hands-on station to practice CPR and management of choking on manikins.

The procedures for any PedFACTs course are:

1. **Register** at the PedFACTs website: [www.pedfactsonline.com](http://www.pedfactsonline.com). This is a new step. Each person must register. On the registration pages, select a course by location or instructor. Choose the type of course as either onsite or “hybrid”. If more than one person is taking the course at the same time and same place, be sure to select the same instructor for everyone. After the registration is complete on the PedFACTs website, the instructor will send an e-mail to the registrant’s e-mail address to confirm the registration and give additional instructions.

2. **Purchase a PedFACTs Participant Manual and Access Code**: Each facility should purchase at least one copy of the PedFACTs Participant Manual. The manual costs $18.95 and includes one access code. Each person must have an access code to take the course. Separate access codes cost $5.95. They are valid for one year. The fee for the access code covers the online registration, online evaluation and Course Completion Certificate. It is in addition to any instructor fee set by the PedFACTs instructor, or by an organization such as a Regional Key that provides the instructor. Purchase the PedFACTs manuals and separate access codes on the Jones and Bartlett Learning (J&B) website at [www.jblearning.com](http://www.jblearning.com) or call J&B at 800-832-0034. To locate the course materials on the J&B website, enter PedFACTs in the search box.

3. **Take the Pretest**: Go to the PedFACTs website at [www.pedfactsonline.com](http://www.pedfactsonline.com). Each person must take the online PedFACTs pretest. Redeem the access code found in the front of each PedFACTs Participant Manual or one that you purchased separately. Create a user name and password. Take the pretest, and then print the Pretest Certificate. Bring the Pretest Certificate to the in-person PedFACTs workshop for the 4-hour all in-person or the 2-hour hybrid course. Users of the hybrid course must bring their Final Examination Certificate to show successful completion of the online component.

After successful completion of either the 4 hour or the hybrid PedFACTs course, students will receive a PedFACTs Course Completion Certificate. It will be sent to the email address the student provided when registering at the PedFACTs website. PedFACTs no longer provides wallet cards. The AAP Course Completion Certificate states it is valid for two years. Pennsylvania received permission from the AAP to allow a 3 year renewal period to be valid, the maximum allowed for facility persons according to Pennsylvania’s child care regulations.

*If you have questions regarding the PedFACTs course, materials or other issues, contact the Division of Life Support programs at the American Academy of Pediatrics: 800-433-9016 x 4798 or pedfacts@aap.org.*
Health Insurance for Every Child in Pennsylvania

In March 2014, Governor Tom Corbett and the Pennsylvania Insurance Department launched a new campaign to promote enrollment in the state’s Child Health Insurance Program (CHIP.) CHIP covers doctor visits for checkups or sick care, vaccines, dental care, eye care, prescriptions, mental health and more.

Now, more than 133,000 uninsured children in Pennsylvania have access to CHIP. All families need to do is apply! Do all you can to encourage families with children up to 19 years of age who do not have comprehensive health insurance to sign up.

For many families, CHIP is free - no copays or monthly premiums. Families with higher incomes may qualify for low-cost or at-cost CHIP. CHIP for any enrolled family includes the same comprehensive benefits. Families whose incomes fall below CHIP guidelines may enroll in Medical Assistance.

Encourage families who need health insurance to apply right away. Use the information on the internet, the TV and radio spots to spread the word. For more information or to enroll in CHIP, visit www.chipcoverspakids.com or call 800-986-KIDS. Help families go online or call if they would like assistance to do it. To view the excellent TV spot, listen to radio spots in English or Spanish, go to http://www.chipcoverspakids.com/chip-resources/resources-for-organizations-community-partners-and-school-districts/e-toolkit/downloads/. Use the ready-made posters and brochures to encourage families to apply. To order or download English and Spanish-language print materials, visit http://www.chipcoverspakids.com/chip-resources/resources-for-organizations-community-partners-and-school-districts/.

### Recipes from USDA Team Nutrition for 25, 50 and 100 servings

The recipes in these new cookbooks feature foods both children and adults should consume more. These include dark green and orange vegetables, dry beans and peas, and whole grains.

All of these healthy recipes are low in total fat, saturated fat, sugar and sodium. With fun names like Porcupine Sliders, Smokin’ Powerhouse Chili, and Squish Squash Lasagna, these kid-tested, kid-approved recipes will please children. Free print copies of the cookbooks are available to schools and child care centers who participate in Child Nutrition Programs. Go to http://tn.ntis.gov/ to order a print copy of the cookbooks. The cookbooks are online too. For centers, go to http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0. For small and large family child care homes, go to http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers-0.

### First Aid Corner

**Washing Cuts and Scrapes**

*No Joke, No Soap*

Advice about using soap to wash dirty wounds differs among otherwise reliable sources. Some first aid instructions say to wash with soap and water. However, emergency room physicians and surgeons do not use soap to clean dirty wounds unless the dirt is oily. Soap further injures open wound tissues, delaying healing.

In Emergency Rooms, physicians gently wash most wounds with lots of water, and no soap.
Child care facilities located on sites that used harmful chemicals years ago could pose a health risk to children and pregnant women today. Young children and pregnant women are more vulnerable when exposed to chemicals. The Pennsylvania Department of Welfare and the Pennsylvania Department of Health are working together to ensure that new child care centers are located in healthy environments. The initiative is called Healthy and Green Child Care Siting. The PA Department of Health evaluates the history of a property and determines whether or not hazardous materials are present at a level that could harm the health of children and their caregivers. The activities address the following questions:

⇒ How was the child care center’s property used in the past?
⇒ Is the center located in a former factory or near a site that used harmful chemicals? If yes, do the chemicals pose a current health risk?

Identifying a potential problem does not mean the property isn’t safe. It means that additional investigation is warranted. If needed, the Department of Health will work with the environmental agencies to review how the property was used in the past and whether or not it poses a health risk.

This may include 1) a review of the chemicals used at the site; 2) how they were handled or stored; and 3) if they contaminated the property, whether or not they pose a health risk to children and their caregivers.

Sites or activities that raise concerns include:

⇒ superfund or other hazardous waste sites
⇒ former factories, smelters or landfills
⇒ gas stations, underground storage tanks or machine shops
⇒ drycleaners, nail salons, auto body or print shops
⇒ laboratories or funeral homes.

Chemical exposures during child development may contribute to respiratory illnesses, cancer, neurodevelopmental disorders, obesity and birth defects. With over 3000 licensed child care centers in Pennsylvania, this program will help prevent harmful exposures to children and staff in child care centers. Providing a healthy environment for children is a goal we all share.

The program is routinely working with new child care center applicants. Child care that is provided in a home is not targeted for this program due to the low risk of exposure to hazardous waste sites in a residential setting. Directors of existing child care centers with questions or concerns about contamination of the center site may ask for help to evaluate the risk. Contact the Pa. Department of Health, Bureau of Epidemiology, Health Assessment Program at 717-787-3350 or email Barbara Allerton at ballerton@pa.gov.

Contributed by Barbara Allerton, Epidemiology Research Associate, PA Department of Health
Stroller and Carriage Safety
A New Mandatory Standard

Between 2008 and 2013, the Consumer Product Safety Commission (CPSC) received 1,300 reports of stroller and carriage injuries. These reports included 4 deaths. ASTM International* brings manufacturers and consumers together to develop standards. In 2013 ASTM updated the voluntary safety stroller and carriage standard. The new ASTM standard is ASTM F833-13b.

In March 2014, the CPSC approved a mandatory standard. The new federal standard incorporates by reference the ASTM voluntary standard. After September 10, 2015, nearly all strollers and carriages sold will have to meet the mandatory requirements.

The new standard governs full-size strollers that fold up. Also, it covers travel systems (including car seats), tandem, side-by-side, multi-occupant and jogging strollers. It adds to the ASTM standard requirements to prevent head entrapment and addresses the following hazards:

- Hinge issues that have resulted in pinched, cut, or amputated fingers or arms
- Broken and detached wheels
- Parking brake failures
- Locking mechanism problems
- Restraint issues, such as a child unbuckling the restraint and restraint breakage or detachment
- Structural integrity
- Stability

Many early education programs transport older infants, toddlers and young preschool age children in strollers. For risk reduction and liability protection, the best practice is to purchase strollers that meet the new standard as soon as they are available.

*ASTM International was formerly known as the American Society for Testing and Materials and is commonly called ASTM.
Swimming & Wading Safety

Are you planning swimming or wading activities this summer? Have your staff members successfully completed water safety training? The American Red Cross has worked with DPW to develop water safety training especially for child care staff.

The training focuses on the need to pre-plan, to assign specific children to specific staff, and to follow the more stringent staff to child ratios swimming and wading require. The training also clarifies that, when children are swimming, providers must have at least one staff person along who is certified as a lifeguard. The certified lifeguard is not counted in the required staff to child ratios.

Training sessions are available now. Contact the aquatics specialists for the American Red Cross to sign up for a session or obtain more information:

Eastern PA – Susan M. Fleming
Phone 717-413-0008; FAX 717-852-0104
Email susan.fleming@redcross.org

Central & Western PA – George Zimmerman
Phone 717-257-1822; FAX 717-257-1832
Email george.zimmerman@redcross.org

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