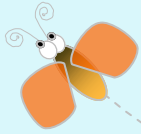




Wright County Daycare Newsletter

July 2011



50 Frequently Asked Questions

This training will address the most frequently asked questions from child care providers to licensing staff. Everything from: When do I need to exclude a child due to illness, to how often do we need to view the SBS video? This training is an excellent opportunity for new providers to get their questions answered, and for seasoned providers to clarify licensing rules.

Date: Thursday, November 3, 2011

Time: 6:30-8:30pm **Cost:** \$18 (non-refundable)

Location: Wright County Government Center:

10 2nd St NW-Buffalo, Room 120 A/B

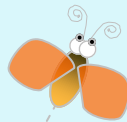
Instructors: Wright County Licensors

To Register: Contact Tammy Romer,

WCHS at:

763-682-7488, 1-800-362-3667 ext. 7488 or

Tamara.romer@co.wright.mn.us



Possible Changes to Relicensing Visit Scheduling

In upcoming months, your relicensing visits may be scheduled differently. Currently licensors contact providers, or providers contact their licensors in order to schedule relicensing visits that are at a convenient time for both parties. In the era of trying to be more efficient with our time and money, licensors may soon be giving providers a window of time for relicensing visits instead of a specific date and time. This will allow licensors to conduct more visits per day, cutting down on mileage and days out of the office. When and if this change occurs, you will be notified when receiving your relicensing packet. Your licensor will give you a time period that they will be out for your visit. For example, you will be given a span of a few days, or a specific day, you just may no longer have a specific time. We would expect that you have all of your relicensing paperwork ready and waiting for your visit. This will make things run smoother if we happen to come out and you are not able to sit at the table with your licensor. Most other counties in our area have been doing relicensing visits on a drop-in basis for a number of years. The feedback we have received is that things generally run very smoothly. We hope in the long run it will be more time and cost efficient for everyone.

Supervision Training

Wright County will again be offering training on supervision. This will be an opportunity to review the rules on supervision and gain a clear understanding how to provide adequate supervision. Liability issues will be addressed as well as proactive measures to promote proper supervision for all ages of children in your care.

Date: Tuesday, August 23, 2011 **Time:** 6:30-8:30pm **Cost:** \$18 (non-refundable)

Location: Wright County Government Center: 10 2nd St NW-Buffalo, Room 120 A/B

Instructors: Becky Domjahn, LSW, and Kris Carlson, LSW, Licensors

To Register: Contact Tammy Romer, WCHS at: 763-682-7488, 1-800-362-3667 ext. 7488 or

Tamara.romer@co.wright.mn.us

Preventing Dehydration

With summer in full swing, children are enjoying more time and activities outdoors. Often times it is difficult to get them back inside! With the heat of summer and added physical activity, we need to remember to make sure kids (and providers!) are staying hydrated. Here are a few tips to prevent dehydration:

Offer plenty of water, often! Even if children say they are not thirsty, offer water numerous times throughout the day. Give each child their own water bottle or cup to use for the day, and remind them to take drinks or water breaks when playing.

Offer some cool indoor activities. If the temperature or heat index is high, offer indoor activities to cool off throughout the day.

Remind parents to send their children in light weight clothes, or layers.

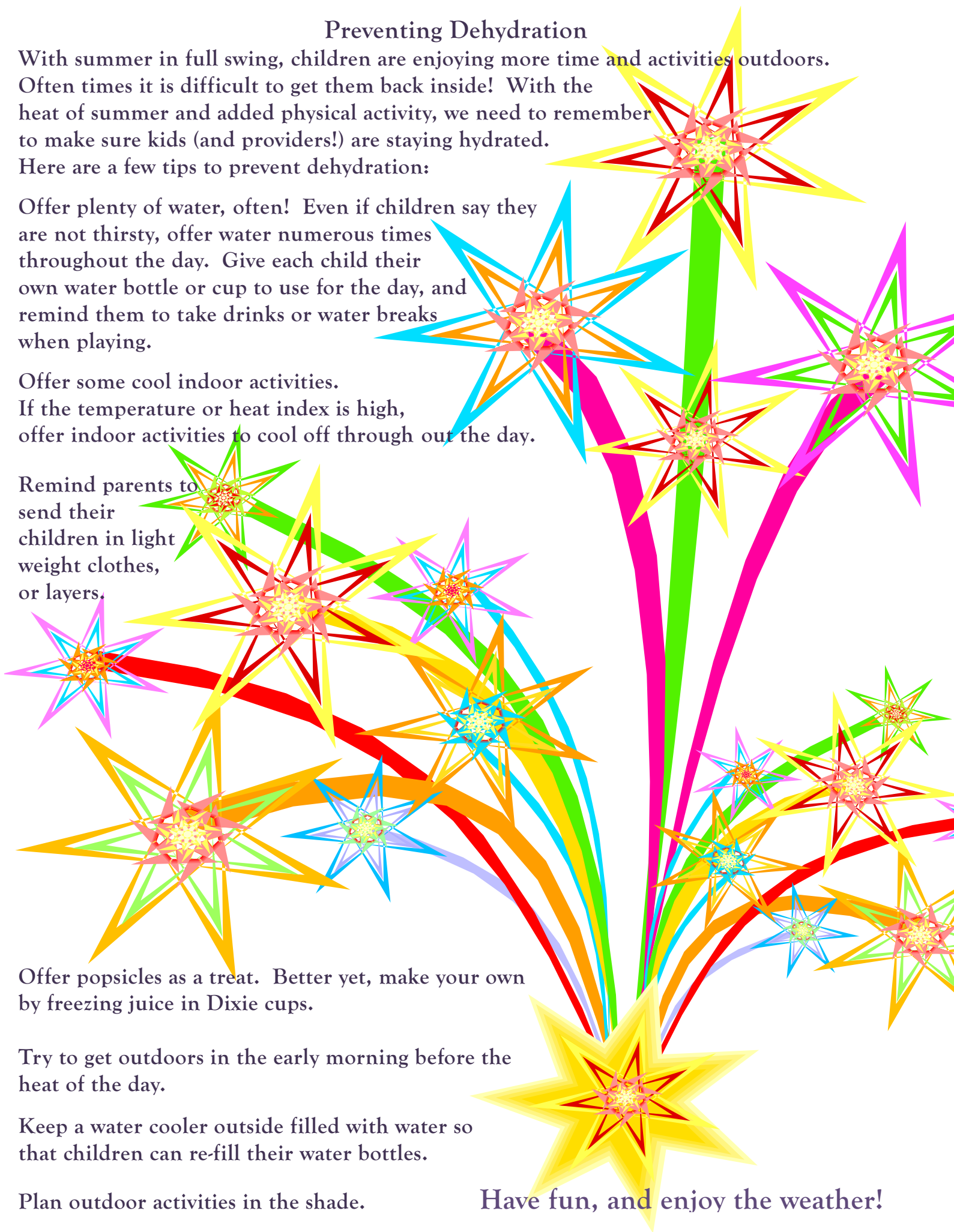
Offer popsicles as a treat. Better yet, make your own by freezing juice in Dixie cups.

Try to get outdoors in the early morning before the heat of the day.

Keep a water cooler outside filled with water so that children can re-fill their water bottles.

Plan outdoor activities in the shade.

Have fun, and enjoy the weather!





Background

Studies on Household Members



Providers generally are aware of the need for background studies for their adult household members and teenage children. However, there has been some confusion lately with young adults moving in and out of the home, i.e. going to college, coming home for the summer, in-between residences, etc. Household membership changes must be reported to your licenser within 30 days of the change. This includes young adults moving in and out of the home. If a household member has been out of the home for 45 days or more, and they plan to move back into the home, a new study needs to be run at the time that they move home, or better yet, before they move home. (MN Statute 245C.04 Subd 1(i)(1)) The Department of Human Services will issue \$200 fines for each background study that is not run as required.

The Department of Human Services is also asking that we as licensors do a better job of running background studies on children as soon as they turn 13. Often times this is missed until the next re-licensing period. Please remember to send in a background study on your child at the time they are turning 13, even if it is in the middle of your licensing period. There is no additional fee if you need to run a study. Please contact your licenser if you have a question regarding background studies.



Rule Reminder

*9502.0425 PHYSICAL ENVIRONMENT
Subp. 18. Electrical services.*



The following electrical guidelines must be met:

- A. all electric receptacles accessible to children under first grade must be tamper-proof or shielded when not in use;*
- B. all major electrical appliances must be properly installed, grounded in accordance with the state electric code, and in good working order;*
- C. extension cords shall not be used as a substitute for permanent wiring; extension cords and flexible cords shall not be affixed to structures, extended through walls, ceilings, floors, under doors or floor coverings, nor be subject to environmental damage or physical impact; and*
- D. electrical wiring must be sized to provide for the load and be in good repair.*

Licensors run into a variety of wiring and electrical issues in the course of licensing child care homes. Please review the above section of the rule regarding electrical services. Extension cords are one area that providers often overlook. Along with extension cords, multi-plug adaptors are not allowed to be used during child care hours. Adaptors with surge protectors may be used. Please contact your licenser with any questions.

INFANT SLEEP SPACE SAFETY

There have been several questions from providers regarding infant sleep space safety. MN Statute 245A.1435(b) requires infants to be placed to sleep in a crib

directly on a firm mattress with a fitted crib sheet that fits tightly on the mattress and overlaps the mattress so it cannot be dislodged by pulling on the corner of the sheet. Once a sheet is in place, providers should also check the mattress to be sure that there is no unacceptable gap between

the mattress and any sides of the crib. MN Statute 245A.146

Subdivision 1-6 requires child care providers to complete monthly crib inspections for all cribs in their facility that are accessible to children, and document those inspections on a monthly crib inspection form. Crib inspection forms need to include the brand name, model number and identifying number by the provider.

Each time the monthly inspection is done, the form should be completed and dated (mm/dd/yy) by the provider. Annually, the provider is required to document that they have checked all cribs' brand names and model numbers against

the US Consumer Product Safety Commission website

listing of unsafe cribs. Documentation of checking cribs against the US Consumer Product Safety Commission must be recorded on page 2 of the monthly crib inspection form.

There are a number of products on the market to assist in positioning an infant for sleep. These items

should **not** be used by child

care providers. Sleep positioners typically claim to help keep infants on their backs and reduce the

risk of Sudden Infant Death Syndrome. The FDA has never

cleared an infant sleep positioner to prevent or reduce the risk of SIDS and they are not recommended by the SIDS Center. MN Statute 245A.1435(b)

prohibits providers from placing soft products such as pillows, bumper pads, quilts, comforters, sheepskin, pillow-like stuffed toys

or other soft products in the crib with an infant.

Infant sleep positioners would be considered a soft product and therefore are not to be placed in a crib.

Please
call your
licensor if
you have any
questions or concerns
about the infant sleep space
you are providing.

Pool Use Reminders:

In July we are in the thick of summer heat and a dip in the pool would feel like a great way to cool off. Make sure you are aware of the rules and best practice guidelines when using your wading or full size pools in conjunction with your child care business.

Subp. 3. Water hazards.

Swimming and wading pools, beaches, or other bodies of water on or adjacent to the site of the residence must be inaccessible to children except during periods of supervised use. Wading pools, as defined in chapter 4717, must be kept clean. When children use a swimming pool, as defined in chapter 4717, or beach, an attendant trained in first aid and resuscitation shall be present. Any public swimming pool, as defined in chapter 4717, used by children must meet the requirements of chapter 4717. Please refer to MN Statute regarding the use of wading and swimming pools:

<https://www.revisor.mn.gov/statutes/?id=245A.14>

License holders are responsible to follow the laws regarding pool use and maintain the appropriate trainings and permission forms. If you use a wading pool or full size pool in your child care, please take a moment to review the statutes.

Feel free to contact your licenser with any questions.



Getting Choked Up?



Consumer Reports has advised that choking deaths are alarmingly high these days.

The article stated that a recent study showed that the average age of children who die from choking is 4.6 years. Toys geared to older children do not carry a warning label as they do for children under the age of three. Caregivers need to be watchful because children over age 3 are also at risk for choking on toys.

Besides toys, food causes 42% of choking incidents. In 2003, 2.7 million children were treated for choking and nearly 2,000 died. Not only are lives lost, but children who were admitted to the hospital for procedures to remove the object cost an average of \$34,652 and required 6.4 days hospital stay.

Children continue to put objects in their mouths well beyond the age of three. Caregivers and parents need to avoid giving children known choking hazards such as hot dogs, grapes and carrots, or make sure the objects are cut into small pieces. Check the toys, stuffed animals, clothing and the floor regularly for choking items regardless of the age of the child.

Too Much Sun Hurts

Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Kids don't have to be at the pool, beach or on vacation to get too much sun.

Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Turning pink? Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent *further* burning, get your child out of the sun.

Tan? There's no other way to say it: tanned skin is damaged skin. Any change in the color of your child's skin after time outside – whether sunburn or suntan – indicates damage from UV rays.

Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them – and sometimes only slightly.

Oops! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy – in your car, bag or child's backpack.

Parents, help your children to play it safe, and protect your own skin as well. You're an important role model.



Choose Your Cover

www.cdc.gov/ChooseYourCover

For more information about protecting your family from skin cancer, contact:

- The National Cancer Institute's Cancer Information Service at 1-800-4-CANCER for information about all cancers, including skin cancer.
- CDC's Division of Cancer Prevention and Control at 1-888-842-6355 for recorded information or to order Choose Your Cover materials or posters.
- Our Web site at www.cdc.gov/ChooseYourCover

When you play it safe, you're playing it smart.



Play it Safe in the Sun

A guide for parents



Choose Your Cover

Choose Your Cover

Hey Moms and Dads! Not all sun protection comes in a bottle. There are lots of ways to protect your child's skin all year long. Here are five you can try.

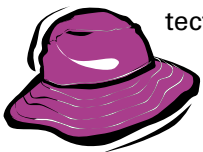
1. Hide and Seek. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief once it's happened.



2. Cover 'em Up. Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. AT-shirt, long shorts or a beach cover-up are good choices, too – but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.



3. Get a Hat. Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.



4. Shades Are Cool. And they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.



5. Rub on Sunscreen. Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside.



Warning:
Even a few serious sunburns can increase your child's risk of getting skin cancer.

Sunscreen Scoop

Sunscreen may be easy, but it doesn't protect your child's skin completely. Try combining sunscreen with other "Choose Your Cover" options to prevent UV damage.

Sunscreen comes in a variety of forms – lotions, sprays, wipes or gels. Be sure to choose one made especially for kids with:

- Sun Protection Factor (SPF) of 15 or higher
- both UVA and UVB protection

For most effective protection, apply sunscreen generously 30 minutes before going outdoors. And, don't forget to protect ears, noses, lips and the tops of feet which often go unprotected.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to "waterproof" and "water resistant" products as well.

Keep in mind, sunscreen is not meant to allow your kids to spend more time in the sun than they would otherwise. Sunscreen reduces damage from UV radiation, it doesn't eliminate it.

The American Academy of Pediatrics now advises that sunscreen use on babies less than 6 months old is not harmful on small areas of a baby's skin, such as the face and back of the hands. But your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Protect the Skin They're In

