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The Latest from Child Care Licensing

Spring 2009 Edition

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A Message from the Regional Licensing Manager

As 2009 unfolds and spring is (hopefully) just around the corner, I would like to update you on the new resources that 2010 Legacies Now and LEAP BC™ have prepared to promote physical activity and healthy eating for children from birth to age five.

When the Child Care Licensing Regulation was amended, the requirements for nutrition were significantly changed to reflect an outcome based approach which is more child centered. In response to these changes, we have identified a need to provide nutrition training, supports and resources to care providers so that they can ensure they have a sound nutrition program. Increasingly, we see that care providers are relying on parents to provide lunches and snacks for their children. This raises a whole host of additional challenges as caregivers need to consult with parents to ensure that the food that comes into their care centre supports healthy eating for young children.

The Food Flair resource was recently updated and is available online in our resource page of the Northern Health Community Care Licensing page. (http://www.northernhealth.ca/Your_Health/Programs/Public_Health_Protection/ResourcesandPublications.asp) We are also working with our Community Nutritionists and Child Care Resource and Referral programs to help deliver a print version of the Food Flair resource materials in a workshop format.

We know that not all of our care providers may not be able to attend a workshop or may prefer to learn in different ways. Therefore, we would like to hear from you and your communities – how can we best meet your educational needs? Would a DVD presentation work best? Online or by distance learning? Small group presentations with parent groups may also be an option. We need your input so please consult with your licensing officer, Child Care Resource and Referral agencies or Community Nutritionist to help us help you.

Sincerely,

Sharlene Lively
Regional Manager, Community Care Licensing



A Note from the Northern Health Community Nutritionists

Food Flair: Early Learning Practitioners' Resource™

It is with great pleasure we announce the availability of a new and comprehensive nutrition resource for child care professionals. **Food Flair Early Learning Practitioners' Resource™** was created by registered dietitians and has been adapted for use in early learning settings. Food Flair focuses on promoting and supporting healthy eating for children from 2 to 5 years of age. It contains a wealth of information, resources and tools, including:

- ✓ information to help foster healthy eating in young children, including
 - information on how to incorporate healthy food and beverages into childcare settings,
 - important topics in food safety,
 - how to foster a positive social environment around food,
- ✓ fun activities, books, songs, and games to increase knowledge and excitement around healthy food,
- ✓ healthy recipes that you and the children can make together, and
- ✓ information to help you to communicate about food and nutrition with families.

As well, the concepts in Food Flair dovetail nicely with the amended requirements for nutrition in the *Child Care Licensing Regulation*.

Food Flair is a component of LEAP BC. Developed alongside MOVE; a physical activity resource for 0 to 3 years and HOP; a physical activity for 3 to 5 years, these resources are an initiative created by 2010 Legacies Now in an effort to increase instructional materials for early learning practitioners to include in child care settings. Promoting healthy development for children is an important way to start kids on their way to lifelong healthful eating practices and active lifestyles. The LEAP program resources, including Food Flair, can be found at http://www.2010legaciesnow.com/leap_bc/.

Workshops will be available for Food Flair, MOVE and HOP. We realize that Northern Health is a vast area and caregivers often are unable to attend workshops where travel, time or weather can be a challenge. Therefore, we are also interested to know if there are other ways for us to deliver this information to you and your community.

For more information on accessing or planning a workshop for your community or to discuss other training options that may be available please contact a Community Nutritionist or Licensing Officer in your area.

Sincerely,

Flo Sheppard, MHSc, RD
Public Health Dietitian
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Nutrition Policy

Eating is a sensory, social and learned behaviour. Establishing a pleasant and conducive atmosphere in which children can enjoy their meals and snacks is a goal of every child care facility. The positive aspects of nutrition lay a foundation for good nutritional attitudes and behaviours to be developed that carry through the life time.

Section 48 of the Child Care Licensing Regulations outlines the specifics around provision of healthy food and beverages. Section 56(e) requires a written policy that encompasses the full spectrum of food and beverages being provided or made available to children in care.

A written food and nutrition policy, besides being a requirement in the regulations, helps everyone child care providers and their staff, children and their families as it:

- ensures that children are given the food and opportunities they need for good health, growth and development.
- promotes healthy eating and good nutrition.
- ensures best practices around nutrition, eating behaviours, meal times, curriculum and/or activities, and food safety
- gives providers and staff support for dealing with food issues that arise in child care (ie: if there are concerns over the types of food being sent from home a nutrition policy can give clear guidelines when communicating with parents or care givers)
- can be a useful tool in initiating dialogue and communication with families and caregivers



ACTIVITY PLANNING FOR PRESCHOOLERS

Activity planning is a "must" for individuals and organizations providing child care, but is also recommended for parents to do at home. Planning in advance makes it easier to fit physical activity into your busy day.

How does activity planning benefit preschoolers?

- promotes regular physical activity which contributes to healthy growth and development, positive self-esteem, and a healthy weight
- ensures preschoolers have ample opportunities to be active and exercise their muscles
- provides preschoolers with a chance to try new activities and meet new friends
- provides a source of fun and entertainment

Why should you have an activity plan?

- to provide regular opportunities for active play and ensure preschoolers are active every day
- to decrease the amount of time spent in sedentary activities such as television watching and computer games
- to help you set aside time to be active with your preschooler



Parents and child care providers share the responsibility of keeping children physically active and should all be involved in planning and doing activities with their children.

HOW TO USE THE “HEALTHY START FOR LIFE - KEEPING ACTIVE TOGETHER PLANNER”

Use the activity planner to plan or keep track of the activities you do with your children. Include activities that your children do on a regular basis (e.g. swimming or skating). Add other activities that you plan to do (e.g. walking or hiking). This will help you see if you have reached your goal of keeping your preschoolers active each and every day. Remember to include a variety of different activities.

Tip: If you are new to activity planning or don't have a lot of time, use the activity planner to record the activities you enjoy with your children day-by-day.

For activities choose:

- **Endurance activities** that strengthen the heart and lungs such as running, jumping and swimming.
- **Flexibility activities** that encourage children to bend, stretch and reach such as gymnastics and dancing.
- **Strength building activities** that build strong muscles and bones such as climbing.

When planning activities for preschoolers:

- Look for "fun" activities that children will enjoy.
- Choose activities that are appropriate for the age and stage of your children. Preschoolers should begin with simple activities that develop skills for more complex activities. For example, rolling a ball and having them sit and catch it between their legs vs. throwing a ball and having them catch it while standing.
- Be aware that basic movement skills such as running, jumping, throwing and kicking do not just happen as a child grows older. These skills are a result of the child's heredity, activity experiences and their environment. For example, a child who does not use stairs may be delayed in stair climbing and a child who is discouraged from bouncing and chasing balls may lag in hand-eye coordination.

What else should you keep in mind?

- Praise children for participating in an activity - building confidence is more important than skill at this stage (e.g. I'm glad you enjoyed playing that game vs. you played that game really well)
- Keep children "moving" without making it seem like "exercise" or something they "have to do" - being physically active should come naturally.
- Make sure indoor and outdoor play areas are safe.
- Reduce "non-active" time spent watching TV and playing video and computer games.
- Be a good role model by being active yourself and with your children.

PHYSICAL ACTIVITY CHECKLIST

Use this checklist to plan your activities and check it again to see if your activity plan:

- Includes a variety of different activities and varies these throughout the week.
- Includes activities that are appealing, fun and safe for preschoolers.
- Includes a combination of endurance, flexibility and strength activities.
- Provides for at least 30 minutes daily of **structured**¹ physical activity for toddlers and least 60 minutes for preschoolers.
- Provides for at least 60 minutes and up to several hours per day of daily, **unstructured**² physical activity.
- Provides opportunities for children and adults to be active together.

¹ **Structured** physical activity includes activities that you direct or do with your toddler/preschooler to keep them moving such as walking, exercising, bike riding, skating, gymnastics, dancing, active games, etc. These also include activities that you might take your toddler/preschooler to.

² **Unstructured** physical activity is supervised free time for children to play actively on their own or with other children. For example playing inside or outside on play structures, building forts, running and jumping, etc.

HEALTHY START FOR LIFE Keeping Active Together Planner

Use this "sample activity plan" as a guide for planning activities you can do with your preschooler. Adapt it to suit your schedule and activity preferences.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walk Indoor free play <i>- building blanket forts</i> 1	Tiny Tot Gym Class Outdoor free play 2	Walk Indoor free play <i>- stretching and moving exercises</i> 3	Rhythmical activities – <i>- marching and moving with the music</i> Outdoor free play 4	Walk Indoor free play <i>- big ball bounce activities</i> 5	Parent & Tot Swim Class Outdoor free play 6	Family outing – <i>- walking or hiking</i> 7
Walk Indoor free play <i>- stretching and moving exercises</i> 8	Tiny Tot Gym Class Outdoor free play 9	Walk Indoor free play <i>- dancing - making up your own dance</i> 10	Parachute or Blanket games Outdoor free play 11	Walk Indoor free play <i>- outdoor playground climber</i> 12	Parent & Tot Swim Class Outdoor free play 13	Family outing – <i>- cycling or cross country skiing</i> 14
Walk Indoor free play <i>- outdoor hopping & skipping games</i> 15	Tiny Tot Gym Class Outdoor free play 16	Walk Indoor free play <i>- marching and moving with the music</i> 17	Obstacle & Climbing Course Outdoor free play 18	Walk Indoor free play <i>- bean bag toss & carpet games</i> 19	Parent & Tot Swim Class Outdoor free play 20	Family outing – <i>- picnic in the park</i> 21
Walk Outdoor free play <i>- Freeze tag</i> 22	Tiny Tot Gym Class Outdoor free play 23	Walk Indoor free play <i>- outdoor playground climber</i> 24	Ball Games Outdoor free play 25	Walk Indoor free play <i>- outdoor hopping & skipping games</i> 26	Parent & Tot Swim Class Outdoor free play 27	Family outing – <i>- skating or scavenger hunt</i> 28
Walk Indoor free play <i>- dancing - making up your own dance</i> 29	Tiny Tot Gym Class Outdoor free play 30	Walk Indoor free play <i>- big ball bounce activities</i> 31	x	x	x	x

Bold type (black)= "Structured activities" such as games and activities that you direct or do with your preschooler to keep them moving such as walking, exercising, bike riding, skating, gymnastics, dancing, active games, etc. These can also include activities that you might take your preschooler to.

Regular type (blue) = "Unstructured activities" including supervised free time for children to play actively on their own or with other children. For example playing inside or outside on play structures, building forts, running and jumping, etc.

Italic type (green) = Other activities that can be done by preschoolers with their parents or child care providers

Copy this activity planner and post it on your fridge or bulletin board to plan or keep track of activities to do with your children.

Remember to:

- Plan for 30 – 60 minutes of **structured*** activity per day.
- Plan for at least 60 minutes and up to several hours of **unstructured**** play per day.
- Preschoolers should not be sedentary for more than 60 minutes at a time except when sleeping.
- Make activity part of your usual routine.
- Enjoy being active with your preschooler.
- Eating well and keeping active go hand-in-hand.

MONTH _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Physical activity can stimulate physical growth, raise self-esteem, contribute to social development and enhance overall health and well being.

<p>COLD WEATHER ACTIVITIES:</p> <ul style="list-style-type: none"> - Playing in the snow - Sweeping or shoveling snow - Building a snow fort or snow - dinosaur/creature - Pulling a sled or wagon - Skating - indoors or outside 	<p>WARM WEATHER ACTIVITIES:</p> <ul style="list-style-type: none"> - Playing outside – kicking or throwing a ball, skipping, running, jumping, climbing - Playing sidewalk chalk games like hop scotch or 4 -square - Planting a garden - Supervised water play & swimming - Riding a tricycle, big wheel or bicycle - Playing with a soccer or beach ball 	<p>ANYTIME ACTIVITIES: (inside or outside)</p> <ul style="list-style-type: none"> - Dancing or moving to music - Walking or hiking - Scavenger hunt - Climbing on play structures or doing an obstacle course - Setting up a safe place to jump, climb and explore (e.g. inside - soft furniture, bean bag chairs and lots of pillows to build forts) - Swimming - Martial Arts - Gymnastics
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When you develop or update your food and nutrition policy, be sure to involve all the members of your child care community. A food and nutrition checklist that can be a useful tool when developing your policy can be found on page 28 of the new Food Flair Resource. Download this document at http://www.2010legaciesnow.com/leap_bc/.

Things that you may want to include in your nutrition policy are:

- **Food Provision**
Outline who is responsible for snacks, lunches, healthy beverages and what your expectations are in accordance with the regulations.
- **Guidelines**
For age appropriate portions sizes, servings, as well as general dietary recommendations more information is available in the Canada's Food Guide for Healthy Eating.
- **Information and Environment**
Information about meal times and what this looks like to you. This outlines how the eating environment will support healthy food habits and family and multicultural values.
- **Communication**
How you will communicate effectively with families regarding their child's food and nutrition. This can include routines, food and beverage consumption, nutrition related activities, and special dietary needs.
- **Educational opportunities**
Children should be given the opportunity to learn about food and nutrition and to make healthy eating activities part of everyday learning.



If you have any questions regarding the development or modification of a nutrition policy for your facility please contact a licensing officer in your area.

QUICK LINKS FOR PARENTS AND CHILD CARE PROVIDERS:

[Canada's physical activity guide for children](http://www.phac-aspc.gc.ca/guide/index_e.html) Health Canada
www.phac-aspc.gc.ca/guide/index_e.html

[Active Healthy Kids Canada](http://www.activehealthykids.ca/index.cfm)
www.activehealthykids.ca/index.cfm

[Fun and Physical Activity](http://www.toronto.ca/health/pubs_index.htm) Toronto Public Health (2000)
www.toronto.ca/health/pubs_index.htm

Healthy Start for Life – FAQs
<http://www.dietitians.ca/healthystart/content/resources/faqs.asp>

[Moving and growing: exercises and activities for two, three and four year olds](http://www.cfc-efc.ca/docs/cich/00002_en.htm)
Canadian Institute of Child Health www.cfc-efc.ca/docs/cich/00002_en.htm

[Moving & growing: exercises and activities for five and six year olds -](http://www.cfc-efc.ca/docs/cich/00003_en.htm)
Canadian Institute of Child Health www.cfc-efc.ca/docs/cich/00003_en.htm

[Parachute play](http://www.cfc-efc.ca/docs/cccf/00004_en.htm) - Canadian Child Care Federation (1996)
www.cfc-efc.ca/docs/cccf/00004_en.htm

[Physical activity Guidelines for Infants & Toddlers](http://www.aahperd.org/naspe/template.cfm?template=toddlers.html) National Association for Sport & Physical Education
www.aahperd.org/naspe/template.cfm?template=toddlers.html

Storage of Hazardous Items

Very often during routine inspections, licensing officers will do a physical inspection for storage of hazardous items and discuss storage procedures with facility staff and operators. Items often considered are toxic chemicals and cleaners, knives and other sharp tools or utensils, suffocation hazards, medications, etc. For storage and usage of these items it is very important that they are kept in a secure location and used strictly according to recommendations. Due to the fact that numerous staff and others could have access to dangerous items, it is also extremely important that items are clearly labeled and when at all possible, kept in their original containers.

The following tragic story is an unfortunate example of what may happen when hazardous substances are accessible to children.

LITTLE ROCK, Ark. - Ten children at an Arkansas day-care centre drank windshield wiper fluid after the owner served it from a container mistaken for Kool-Aid and placed in a refrigerator, authorities said Friday.

The day-care owner voluntarily surrendered her state licence Friday.

Doctors estimate the children, ages two to seven, drank about 30 millilitres of the blue fluid late Thursday afternoon before realizing it tasted wrong, said Laura James, a pediatric pharmacologist and toxicologist at Arkansas Children's Hospital in Little Rock.

Only one child remained hospitalized Friday in good condition, after blood samples showed "measurable levels" of methanol, a highly toxic alcohol that can induce comas and cause blindness, officials said. In moderate cases, it can cause nausea, vomiting, staggering and sleepiness, James said.

The day care also provided the fluid for testing.

The owner bought the windshield wiper fluid with several other items on a recent shopping trip, James told The Associated Press. "This product was mistakenly grabbed and thought to be Kool-Aid and put in the refrigerator," she said.

The day care's owner, Carolyn Bynum, was interviewed Friday by child welfare investigators and gave up her licence, said Julie Munsell, a spokeswoman for the state Department of Human Services. Bynum declined to comment to the AP, but Munsell said she accepted "total responsibility" for the incident. "She was so upset about what had occurred and she was definitely worried some of the children had been injured," Munsell said. "It was just a mistake, she says. She says it was just a horrible mistake."

Bynum's licence had allowed her to care for 10 children in her home in Scott, about 25 kilometres east of Little Rock. Munsell said Bynum had no found complaints or serious compliance issues since receiving the licence in 2002.

By surrendering her licence, Bynum can no longer care for the children without reapplying. State law requires a licence when someone cares for more than five children from more than one family at the same time in their home.

The toxicologist warned that many antifreeze or windshield wiper solutions have bright colours, which can be mistaken for fruit drinks.

"I think the take-home message is not to have these products in the kitchen or where you're doing any kind of food preparation," she said.

By Jon Gambrell, The Associated Press

