



# Healthy Child Care Newsletter



## SCCR Has a New Administrator



The Section for Child Care Regulation (SCCR) welcomes Sue Porting as the new Administrator of the Section for Child Care Regulation for the Missouri Department of Health and Senior Services. Sue has served as Assistant Administrator since 2002, in addition to over 20 years of service

in SCCR, during which she served in the roles of child care facility specialist, child care supervisor and coordinator of children’s programs. As a result, Sue assumes this leadership role well prepared for continuing the important work of SCCR, and we are grateful for her leadership, service and spirit of collaboration.

## Caution Required!

*Be Careful with Bleach Solution Concentration*

As a child care provider, it is important to remember that children come into contact with disease causing germs every day. These germs are on toys, tables, food contact surfaces, rugs, and furniture. Sanitation procedures are designed to kill or reduce disease-causing germs. Environmental public health specialists inspect child care facilities at least annually to help programs maintain healthy environments for children in care.



Child Care Sanitation Inspection Guidelines from the Missouri Department of Health and Senior Services (DHSS) include detailed instructions on when and how to sanitize items in child care facilities. Germs are easily spread in child care settings, and children have a weaker immune system, which increases their risk of getting sick when exposed. Bleach is the most commonly used and recommended sanitizer because it is cost effective and, when EPA registered, proven to reduce or inactivate germs.

The National Resource Center for Health and Safety in Child Care

*Bleach continued on page 6*

## Inside this issue

|   |   |  |    |
|---|---|--|----|
| SCCR Has a New Administrator                      | 1 | Free Marketing for Your Child Care Program                   | 9  |
| Caution Required! Be Careful with Bleach Solution | 1 | Healthy Children Eat Smart                                   | 10 |
| Earn ‘MOve Smart’ Status!                         | 2 | Child Abuse and Neglect: Changes in Mandated Reporter        | 12 |
| MOve Smart Advanced Level                         | 3 | Yogurt Pops, Making “Healthy” Fun and Delicious              | 13 |
| I am Moving: I am Learning                        | 3 | Print Training Records Easily from the Toolbox!              | 14 |
| Top 10 Reasons to Immunize                        | 3 | Looking for Fun & Creative Ways to Introduce Fruits & Vegies | 14 |
| Landline Phones: The Reliable Choice              | 4 | Unsafe Products and How to Obtain Recall Information         | 15 |
| It’s Your Business: Staff-related Records         | 6 | Ace Bayou Bean Bag Chairs Recalled                           | 15 |
| Taking the Bite Out of Biting                     | 7 | BRITA Recalls Children’s Water Bottles                       | 16 |
| Checkout the Child Care Website                   | 8 | Mini Grant for Businesses to Support Breastfeeding           | 17 |
| Clock Hour Training: Is It Approved?              | 8 |  |    |

# Earn 'MOve Smart' Status!

*Promote an active lifestyle with physical activity standards for child care!*

Adopt new guidelines for physical activity to assist the staff in your center in guiding children's optimal physical growth and health. The Missouri MOve Smart Guidelines, developed by the Missouri Department of Health and Senior Services—Bureau of Community Food and Nutrition Assistance (MDHSS—BCFNA), are designed to boost the physical activity practices and improve the health and wellness of children ages 2-5. The guidelines include recommendations for total amounts of structured and unstructured physical activity, indoor physical activity, learning integrated physical activity, screen time, staff participation in physical activity and staff role modeling of an active lifestyle.

The MOve Smart program is voluntary and open to all licensed and license-exempt child care facilities throughout Missouri. The program is offered at three levels: minimum, which closely follows the minimum state licensing requirements, intermediate and advanced. Each level requires increasingly higher physical activity standards, and only centers that meet the intermediate or advanced levels are recognized.

To qualify for the MOve Smart designation, child care centers must submit a one-week schedule that highlights the types of daily physical activity occurring at the facility for each classroom, physical activity-related policies, pictures, and other supporting documents to the state health department.

Child care centers achieving MOve Smart status receive a certificate, poster, and window cling to display in the facility to recognize their achievement. Centers receive a letter describing the new physical activity guidelines to share with families. Centers can also use the MOve Smart logo to promote the changes at the facility.

Child Care Health Consultants (CCHCs) in local public health departments can provide MOve Smart training for your facility at no cost. You can earn up to 3.5 clock hours toward your annual training requirement while becoming a MOve

Smart recognized facility. In addition, CCHCs can offer training on a variety of other health and safety topics, consultation services to child care providers, and health promotions for children attending child care. These services are at no cost as well. There are CCHCs in 101 of the 115 city and county health departments in Missouri. To locate a CCHC in your county or a neighboring area, contact the Missouri Department of Health, Center for Local Public Health Services at 573.751.6170.

Your CCHC, in cooperation with the Bureau of Community Health and Wellness, also has access to another resource to help you create child friendly activity zones around your existing play areas. Your local CCHC

To qualify for the MOve Smart designation, child care centers must submit a one-week schedule that highlights the types of daily physical activity occurring at the facility for each classroom...

can arrange to borrow some creative sidewalk and playground stencils to paint colorful shapes on existing surfaces that encourage children to be active as well as stimulate their brain development through numbers, shapes, and color association. Lending of the stencils is at no cost—you only have to supply the paint and manpower. These stencils are a great compliment to helping you achieve the MOve Smart standards.

So take advantage of these resources for your facility to get active, get fit and be healthy!

More information about the MOve Smart Guidelines can be found at <http://health.mo.gov/movesmart>. Contact MDHSS—BCFNA today at 800-733-6251 to learn more and get started!



# MOve Smart **ADVANCED** Level

The following centers have already started the process and have been recognized as Missouri MOve Smart at the advanced level! Congratulations to these centers. They are setting the bar that all child care programs should aim to achieve.

The **Brain Station in Crystal City, MO** was the first child care program in Missouri to be recognized by the Bureau of Community Food and Nutrition Assistance Child and Adult Care Food Program (CACFP) for meeting the MOve Smart Guidelines. On June 4, 2014, Nita Jones, director, and The Brain Station received recognition as a MOve Smart Child Care center at the advanced level.

**Odessa Community Day Care Center in Odessa, MO** was recognized as a MOve Smart Child Care center in June 2014. Kristy Howerton, director, accepted the recognition as a Missouri MOve Smart Child Care at the advanced level on June 27, 2014, in addition to their recognition as an advanced Eat Smart Child Care center. Odessa Community Day Care Center is the first child care center to receive recognition as both a MOve Smart and Eat Smart Child Care. They are the 2nd child care center to be recognized as Missouri MOve Smart.



## I am Moving I am Learning

To support child care providers with becoming MOve Smart, over 20 *I am Moving, I am Learning* (IMIL) training opportunities will be offered for child care providers before June 2015. IMIL is a fun, hands-on training that helps

providers integrate physical activity into their current program. IMIL methods easily increase moderate to vigorous physical activity—even in small spaces. It uses the important mind-body connection to enhance brain development and promote kindergarten readiness in 2- to 5-year-old children. This practice can also help children build a foundation for long term health and well-being.

IMIL seeks to:

- Increase moderate to vigorous physical activity (MVPA) every day
- Improve the quality of planned movement activities led by adults
- Promote healthy food choices every day

Training sessions are available at no cost to participants. Check the MO workshop calendar at [www.moworkshopcalendar.org](http://www.moworkshopcalendar.org) or contact Karla Voss at [karla.voss@health.mo.gov](mailto:karla.voss@health.mo.gov) for an IMIL training near you.

# TOP 10

## Reasons to Immunize

1. **Immunizations save lives.** Immunizations provide you and your family protection against more vaccine-preventable diseases than ever before.
2. **Immunizations protect you and your child from serious diseases.** Immunizations help the body fight off diseases.
3. **Immunizations are safe and effective.** Immunizations are only given to children and adults after a long and careful review by scientists, doctors and health care professionals.
4. **Immunizations are required for school and child care attendance.**
5. **Immunizations can save time and money.** A child with a vaccine-preventable disease can be kept out of school or child care for longer periods of time. A prolonged illness can take a financial toll because of lost time at work, medical bills or long-term disability care.
6. **Immunizations are easy to get.** If you have a doctor, call for an appointment. You can also contact your local public health agency to schedule an appointment.
7. **Immunizations protect others you care about.** Unfortunately, some babies are too young to be completely immunized. To help keep these individuals safe, it is important that you and everyone else in your family be immunized.
8. **Immunizations protect future generations.** Immunizations have reduced and eliminated many diseases that killed or severely disabled people just a few generations ago.
9. **Immunizations only hurt for a few seconds yet give your child the best protection from vaccine-preventable diseases.**
10. **The best reason to immunize...you love your children and you want to protect them!**

# Landline Phones: The Reliable Choice

by: Jimmy Henderson, Division of Fire Safety

The use of cellular telephones, cordless telephones, internet telephones and other communication formats instead of landline telephones has been greatly debated. While the Division of Fire Safety constantly monitors technology, at this time the cons still far outweigh the pros regarding cell phones, cordless phones, and internet phones. The following paragraphs highlight advantages and disadvantages of the different cordless communication devices, and provide the justification for why Division of Fire Safety does not allow them as primary means of communication.

**Cordless telephones:** The advantage is also the disadvantage because of the ability for the handset to be removed from the base. As witnessed in my own home, many times the telephone cannot be located in time of need. During an emergency situation, time is wasted by searching for the phone. With a landline phone, its fixed location eliminates the problem of having to search for it, or remembering where it was left. In addition, these phones rely on battery power, which is dependent on the user remembering to re-cradle the hand set to charge the batteries.

**Cellular telephones:** Almost everyone has a cellular phone. These devices are very handy with many advantages. But again, with these advantages come disadvantages. Cell phones cannot only be moved around the facility but can also be inadvertently removed from the premises entirely. Cell phones also rely on battery power and the ability of the user to maintain the battery level. In addition to these disadvantages, cell phones also have some unique intricacies, based on the structure of cellular network infrastructure. Cellular phones are designed to hit or connect to the closest tower that is available when the call is placed. When a 911 call is placed, we cannot control which tower picks up the call. It may be routed to another jurisdiction, much further away, and with limited capabilities as far as determining your address (enhanced 911 gives data such as location, in the event the caller becomes incapacitated or cannot verbalize information due to excitement or physical condition). This can compound an already serious situation, as location is the most vital piece of information a 911 call taker receives. Even if the nature of emergency is undetermined, as long as they

have an address, 911 dispatchers can send a unit to investigate the address/location. This ability can be lost, with cell phone calls bouncing off of random towers. Additionally, during a large incident, cell phone towers get overloaded with calls and cell service is disrupted completely, rendering a cell phone useless.

**Internet telephone:** Internet telephones are fairly new and the technology might not exist in many of the rural areas that we provide services. Their disadvantages are similar to those of cell phones. When calls are placed, they are processed through towers and call centers as far away as Canada, and then bounce back to your relative location. It may be difficult, if not impossible to identify your location even with enhanced 911 systems.

**Bottom Line:** Landline telephones are more reliable than any of the above mentioned devices. Landline phones reduce or eliminate many of the "human factors" (e.g., remembering to charge the phone, remembering where you left it, etc) as well as circumvent the technological variables. Reducing the human factors during times of emergency increases overall safety. This is why Division of Fire Safety requires facilities to maintain landline phones. We will continue to stay abreast of the progressive changes in technology and vow to monitor the issues surrounding their practical use.



Landline telephones are more reliable  
than any of the above mentioned devices.



# It's YOUR Business: Staff-related Records

As family child care/small center providers you are independent small business owners. Your success depends on how well you understand and use sound business practices, as well as your knowledge of early childhood care and education.

Child care is a regulated industry that requires a lot of record keeping. In this article, we focus on the information child care business owners need to collect and save that relates to employees. You may already be familiar with some of the data and documentation required. While some of this information is necessary for licensure, other documentation is needed for accreditation, tax records, and other purposes.

Developing an organized process for gathering, sorting and maintaining required information enables your program to meet all required regulations for licensure, accreditation, and federal and state payroll tax liabilities. Maintaining accurate payroll records is an important part of staying on top of program finances.

Keeping track of your employees' professional development allows you to better understand the skills and needs of your workforce. A clear understanding of the background, training, education, skills, and experience that your employees bring to the job improves your ability to manage, supervise, and enhance your staff.

Finally, creating and documenting a structured process to orient all staff to your program's policies and procedures and to state child care regulations provides your employees with the information and tools they need to effectively do their jobs.

The records child care programs need to maintain for each staff member fall into the following broad categories:

- Documentation required for child care licensing:
  - o Medical Examination Report
  - o TB Risk Assessment
  - o Family Care Safety Registry Background Screening
  - o Required annual training clock hours
  - o First Aid and CPR certification documentation for sufficient number of staff
  - o Facility Director Approval for child care center director and group home provider
  - o Staff attendance records
- Additional Professional Development Documentation (not required for licensure):
  - o Missouri Professional Development Identification or MOPDID numbers for each staff member. These are needed to track required training and clock hours. Go to: [www.openinitiative.org](http://www.openinitiative.org) for more information and to obtain a MOPDID.
  - o Ongoing training and education for each staff member – certificates showing training clock hours or college transcripts to determine that staff meet child care accreditation and all other requirements for annual staff training (the OPEN Initiative Registry can provide

*Continued on page 6*



*Staff-Related Records continued from page 5*

- you with a printout of employee training clock hours; go to: [www.openinitiative.org](http://www.openinitiative.org).
- o Completed Food Handlers training for designated staff
- o Completed and current First Aid and CPR training
- Salary, Benefits, and Tax Documentation (does not apply to licensure):
  - o Staff time sheets
  - o Staff overtime (if used)
  - o Requests for and administrative approval or rejection of requests for leave (vacation, sick, personal, jury, etc.)
  - o Enrollment in benefit plans or provision of benefits – health care, reduced child care fees, pension, sick leave, vacation time, holidays. etc.
  - o Completed state and federal income tax forms
  - o Federal and state with-holding
  - o Payments for social security, Medicaid, etc.
  - o Worker’s compensation insurance and premiums
- Human Resources Documentation:
  - o Signed employment contract or agreement
  - o Salary and benefits
  - o Annual (or more frequent) staff performance evaluation and ongoing feedback from administrators

- o Staff professional performance reviews, development plans, and administrative follow-up
- o Orientation to:
  - ✓ Missouri Child Care Licensing Regulations – especially child/adult ratios and disciplinary policies
  - ✓ Staff handbook – program policies and procedures
  - ✓ Parent handbook – family policies and procedures
  - ✓ NAEYC Code of Ethical Behavior

It is essential that child care providers maintain employee records in a secure location and that all information be kept confidential. Maintaining confidentiality on information about employees is more than just “the right thing to do.” Federal law, the Health Insurance Portability and Accountability Act, or HIPAA, sets standards for privacy for individually identifiable health information (including all medical records – physical exams, TB test results, etc.) Medical records, in particular, should be stored with access to authorized personnel only.

These tips are taken from *Developing Your Family Child Care Business™*, originally developed by the Ewing Marion Kauffman Foundation as part of its FastTrac® programs. We hope they will help you increase your financial control over your business and lead to greater profitability.

For more information about *Developing Your Family Child Care Business™*, contact Francis Institute for Child and Youth Development at: [www.askfrancis.org](http://www.askfrancis.org) or 816-604-4700.

*Bleach continued from page 1*

and Early Education ([nrckids.org](http://nrckids.org)) has released information which confirms there is a change in bleach concentrations sold in stores. The bleach solution has gone from 5.25%-6% to 8.25% sodium hypochlorite solution. The generic recipe for preparing sanitizing solutions is no longer applicable due to this change. The Child Care Inspection Guidelines previously recommended that all sanitizers be USDA D-2 rated, however that requirement is no longer valid. The Bureau of Environmental Health Services now recommends that the child care provider purchase an Environmental Protection Agency (EPA)-registered product that is labeled for use on food contact surfaces and strictly follows the label on the bottle to correctly prepare the sanitizing solution.

Sanitation guidelines require chlorine test strips to confirm the sanitizer is being used at the appropriate strength. It is important that sanitizers are at the correct strength because if the concentration is too low the items may not be free of harmful bacteria and can spread disease causing germs. If the strength is too high, they can be hazardous to the health of the children.

Approved sanitizers are required to be free of dyes and fragrances and not require a rinse after the sanitizing step. Also, always remember that cleaning and sanitizing cannot be done at the same time. Clean, rinse, then sanitize to stop the spread of diarrhea and other communicable diseases.

If you would like to use an alternative to bleach as a sanitizer in your child care facility, please contact your DHSS environmental public health specialist to confirm the sanitizer is approved for use in child care settings by the Bureau of Environmental Health Services.





# Taking the Bite Out Of Biting

by Lisa Eberle-Mayse - United4Children

We know that biting is common among toddlers and two's—more than half of all children enrolled in child care centers will bite or be bitten before they are three!

However—there is something about biting that prompts a uniquely intense concern by adults—both family members and staff. We may feel angry and upset at the child who bites; we feel sympathy for the one who is bitten; and we always feel a strong desire to make sure this terrible thing never happens again.

## Why Do Toddlers Bite?

### Teething

Cutting teeth hurts! Chewing on something relieves the pain. Toddlers cannot see things from another's perspective, so they do NOT automatically know they are hurting another child when they bite.

### Exploration

Infants and Toddlers explore the world around them in many ways—including putting just about anything and everything into their mouths. This includes other children and adults. Toddlers are also exploring the concept of cause and effect—and biting usually causes a BIG effect from the child who is bitten and the adults.

### Attention

Children learn quickly that they get an immediate and dramatic response from adults when they bite. Since a toddler does not always distinguish between positive and negative attention, biting can be a quick and effective way of becoming the center of attention.

### Mimicry

Copying the actions of others is a powerful way for toddlers to learn. Unfortunately, sometimes toddlers learn negative behaviors like biting. This is another reason why not giving lots of attention to the biter is so important—behaviors that are not reinforced will not continue!

### Developing Language Skills

Toddlers are just beginning to use words. Especially during moments of stress, frustration, or “BIG” emotions (another child takes my toy, or gets in my way; all the other mommies are coming to pick up and mine hasn't), toddlers have a hard time “finding the words” to express their feelings, needs and wants.

### What Can We Do About It?

While the reasons for biting are many, and may make sense to the toddler, the fact remains that biting is not acceptable.

*Biting continued from page 7*

It is our job to create a safe environment for all children, and to help children learn acceptable ways to communicate and explore.

The most important thing we do to deal with biting is to respond in a consistent and predictable way when a child bites. Since seeking attention can be one of the reasons why children bite, tell the biter in a firm, but calm and matter-of-fact way, that biting is not okay—“You may not bite your friends.” You may have the biter help comfort the child who was bitten, or you may move him/her away from the area where the biting occurred. Be sure to pay prompt and sincere attention to the child who was bitten. Try to point out to the biter the impact of their bite—“Look, his arm is red where you bit him, and he’s crying because it hurts.”

We also need to look for the reasons WHY a child may be biting and work to address those reasons. Ask the family if there is anything different going on at home. Track incidents to see if there is a pattern. Examine and modify classroom routines and activities to ensure that children are getting enough stimulation, and that there is a balance of quiet and active time and small and large group activity. Work to help children learn words to use in stressful situations, which may be as simple as “NO!” or “MINE!” You may need to “shadow” a frequent biter to minimize incidents.

Unfortunately, despite our best efforts, we cannot completely eliminate biting from the childcare setting. In the time it takes to turn from one child to another, a toddler can bite. Take the time to educate your families about biting before it happens, and when biting does occur, work to communicate clearly with the families of both children involved. If biting becomes “chronic” for a particular child, develop a written plan so that everyone knows what will be done to address the situation.



## Check Out the Child Care Website!

Many useful resources are available on the DHSS Child Care website at [www.health.mo.gov/safety/childcare](http://www.health.mo.gov/safety/childcare).

Find resources for:

- Licensing Forms
- Inclusion
- Online Training
- CPSC Product Recalls
- Emergency Preparedness
- Laws, Regulations, & Guidelines
- Clock Hour Training
- And much, much more!

## Clock Hour Training: Is it Approved?

When in doubt, check it out! Before attending child care training, be sure to check the Missouri Workshop Calendar to see if it is approved. All face to face and online training on the MWC is approved for clock hours. If the training you would like to attend is not listed on the MWC, be sure to check the Child Care website to ensure it meets one of the other approval criteria. See the list at: [www.health.mo.gov/safety/childcare/training.php](http://www.health.mo.gov/safety/childcare/training.php).

# Free Marketing for Your Child Care Program!

*Help parents find you -- self-update your program record.*



As the owner or director of a child care business, do you know who is looking for you?

How do you help potential customers find your program?

All marketing costs you something, if only your time, so you want to get the word out to as many families as you can through each of your marketing strategies, right?

Families of almost 5,000 Missouri children used the Child Care Aware® of Missouri no-cost referral service last year to find child care, early learning, or after-school programs. Would you like these families to find your program on the lists they receive? Would you like to have them quickly see all the great reasons they should choose your program, rather than one of the others on the list?

Keeping your program's information current in your Child Care Aware® of Missouri listing is the best way for you to market your program. It's easy...and about to get even easier! Right now, if you have a Director of Record number from OPEN's Professional Development Registry, you can simply login to the Child Care Aware® referral database and update your program characteristics. This is a great opportunity to tell prospective parents about your hours and openings, your curriculum, your capacity to serve children with special needs, and what makes you the best place for their children. You can even upload photos of your classrooms and play spaces. More information on self-update is available at: <http://mo.childcareaware.org/childcare-early-ed-staff/update/>. (Soon, we'll be removing the requirement to obtain Director of Record status before your first login, making this process even easier.)

To make sure you have this marketing advantage, you can also update your program information over the phone (call toll free, 866-892-3228), or complete the Child Care and Early Learning Program Information Form ("PIF") that comes to you in the mail each fall. Last year, 10 programs that submitted their PIFs were lucky winners of \$100 gift cards from U.S. Toy/Constructive Playthings. Congratulations to these programs in Pine Lawn, Troy, St. Louis, Columbia, Sullivan, Farmington, Kansas City and Sikeston! Wouldn't you like to see your town's name on next year's list?

Whether you complete and return your "PIF," call for a phone chat or login for a self-update, you can take advantage of this free marketing strategy for your program.

*When parents search, make sure they find YOU!*

# Healthy Children Eat SMART



Missouri Eat Smart programs help create healthy children. Offering Missouri Eat Smart's healthy eating guidelines in your program:

-  Helps prevent childhood obesity
-  Shows you care about children's health
-  Supports parents who care about their children's eating habits

Learn all about Missouri Eat Smart guidelines, view approved menus, and access an application to be recognized as a Missouri Eat Smart child care center at: <http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/>

Click here to view a listing of all Missouri Eat Smart awardees! (<http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/EatSmartAwardRecognition.pdf>)

## *All Aboard Learning Center*

### **Cuba**

All Aboard Learning Center in Cuba, MO was recognized in March 2014 for achieving the advanced level of the Missouri Eat Smart Guidelines. Teresa Switzer, director, and All Aboard Learning Center accepted an award for achieving the standards set by the advanced level of the Missouri Eat Smart Guidelines. Staff members, parents, community members and children celebrated their achievement as children performed a multicultural song and dance. Various foods from different cultures were also served to those in attendance. All Aboard Learning Center is the 85th child care center in Missouri to be recognized as Missouri Eat Smart, and the 37th child care center to be recognized at the advanced level.



*Children of All Aboard Learning Center perform a multicultural song and dance to celebrate their Eat Smart recognition.*

## *Salvation Army Westport*

### *Early Learning Center*

### **Kansas City**

Salvation Army Westport Early Learning Center in Kansas City, MO was recognized as an Advanced Missouri Eat Smart child care center in April 2014. Salvation Army Westport Early Learning Center is the 88th child care center in Missouri to be recognized as Missouri Eat Smart, and the 38th child care center to be recognized at the advanced level. Susan Smith, director, and Salvation Army Westport Early Learning Center was recognized for achieving the advanced level of the Missouri Eat Smart Guidelines.

# Missouri Valley Community Action Agency Marshall

Missouri Valley Community Action Agency (MVCAA) in Marshall, MO along with 11 of its Head Start centers was recognized in May 2014 at the Sedalia Community Center for achieving the advanced level of the Missouri Eat Smart Guidelines. The staff of MVCAA's Head Start centers located in Brunswick, Carrollton, Higginsville, Knob Noster, Lexington, Marshall, Richmond, Salisbury, Sedalia Community Center, Sedalia Buckner Center and Warrensburg was recognized for achieving the advanced standards of the Missouri Eat Smart Guidelines for Child Care. Tara Wilken, past Health and Nutrition Manager, was in attendance at the recognition, along with Michael Robbins, Health and Nutrition Manager. Missouri Valley Community Action Agency accounts for the 89th through 99th child care centers to be recognized as Missouri Eat Smart child care centers. Additionally, the 11 centers account for the 39th through 49th child care centers to be recognized at the advanced level.



Left: Children of MVCAA take part in a “crunch” contest. The children served themselves a carrot, green pepper, apple slice, and broccoli. Once served, they bit into their food to see who could crunch the loudest. Middle: MVCAA is recognized as a Missouri Eat Smart Child Care at the advanced level. Right: Staff of MVCAA proudly presents the banner that recognizes their organization as Missouri Eat Smart.

# Urban Sprouts Child Development Center Olivette and University City

Urban Sprouts Child Development Center, with two locations in Olivette, MO and University City, MO, was recognized for achieving the intermediate level of the Missouri Eat Smart Guidelines on April 9, 2014, during the “Week of the Young Child.” Sarah Gaines, nutrition consultant at the Missouri Department of Health and Senior Services Bureau of Community Food and Nutrition Assistance spoke with parents on the importance of the Missouri Eat Smart child care program as they picked their children up at the end of the day. Andrea Barragan, director, was recognized for her accomplishment in achieving the guidelines. The Urban Sprouts Child Development Centers account for the 86th and 87th child care centers in Missouri to be recognized as Missouri Eat Smart.



Andrea Barragan, director of Urban Sprouts Child Development Center, proudly presents her two certificates, recognizing the centers' achievements for being recognized as Missouri Eat Smart.

# University of Central Missouri Child Care Center Warrensburg

University of Central Missouri (UCM) Child Care Center in Warrensburg, MO, with two locations at Central Village and Foster Knox, was recognized as an Advanced Missouri Eat Smart Child Care in May 2014. The child care centers were recognized at the University of Central Missouri for achieving the standards set by the advanced level of the Missouri Eat Smart Guidelines. The UCM Child Care Centers account for the 100th and 101st child care centers in Missouri to be recognized as Missouri Eat Smart and the 50th and 51st to be recognized at the advanced level.



# Child Abuse and Neglect: Changes in Mandated Reporter Requirements

Information provided by Missouri KidsFirst [www.missourikidsfirst.org](http://www.missourikidsfirst.org)

Child care providers and other adults working with children need to be aware of recent changes in Missouri’s mandated reporter requirements. According to Missouri KidsFirst, many adults responsible for the care of children are unaware of the revisions made to Missouri’s mandated reporter law in the 2013 legislative session.

Section 162.069.2 RSMo and Section 210.115 RSMo state, in part:

- No supervisor or administrator may impede or inhibit any reporting.
- No internal investigation can be initiated until a report has been made.
- Abuse is not limited to abuse inflicted by a person responsible for the child’s care, custody and control.

Reporting requirements are now individual and not institutional. Mandated reporters can no longer “cause a report to be made,” by reporting suspected child abuse to a “designated agent.” For example, if a teacher suspects that a child is experiencing abuse, the teacher is mandated to call the Missouri Children’s Division Hotline to make a direct and immediate report. A teacher cannot simply convey concerns to a supervisor or program administrator to prompt a report to be filed on the teacher’s behalf. Reports should be made by calling the child abuse and neglect hotline at 800-392-3738. Missouri law requires mandated reporters to identify themselves when making a report, although anonymous reports are accepted from individuals who are not mandated by occupation to report.

Additionally, Missouri requires every school district to include in its teacher and employee training:

- Up-to-date and reliable information on identifying signs of sexual abuse in children.
- Danger signals of potentially abusive relationships between adults and children.
- The importance of the role of mandated reporting.
- How to establish an atmosphere of trust so that students feel their school has concerned adults with whom they feel comfortable discussing matters related to abuse.

All organizations that work with mandated reporters should receive comprehensive training.

The consequences of child abuse and neglect are far-reaching and long lasting. Child abuse and neglect severely impacts the health and safety of our communities. Missouri KidsFirst believes that the key to individual, family, and community economic success and viability is to assure all children are raised in safe, stable, nurturing families absent of all forms of child abuse and neglect.

For information on Mandated Reporter Training, contact Missouri Kids First at 573-632-4601. Locate additional information on promoting child advocacy and the prevention of child abuse in Missouri on the Missouri KidsFirst website at: <http://missourikidsfirst.org/>.

# Yogurt Pops

## Making “Healthy” Fun and Delicious

Fact or fiction: Children do not choose to eat fruits and vegetables.

The answer: Fiction!

All too often, we hear the myth that kids do not like fruits and vegetables. However, Missouri Eat Smart Child Care believes eating fruits and vegetables can be fun and delicious!

How do we get kids to choose these foods, you ask? By introducing fruits and vegetables in a positive, fun, and creative way, they become desirable and children choose to eat these excellent sources of vitamins and minerals! Whether making vegetable bouquets, serving veggie sticks with hummus, or making fruit flowers with cookie cutters, children will be more excited about and interested in fruits and vegetables because they look colorful and attractive.

One creative way to increase fruit intake is by making yogurt pops. There are few children that will not jump for joy when they get the chance to eat a frozen treat. This recipe will have kids thinking they are eating dessert when in reality they are having something much more nutritious! Yogurt pops put a healthy spin on the average fudge bar. Each pop contains one half of a creditable meat/meat alternate choice for the Child and Adult Care Food Program (CACFP) and Missouri Licensing, making one yogurt pop creditable as the meat/meat alternate choice for Snack for children aged 1-5 years. Not only are these frozen treats an excellent source of dairy, fruit, and fiber, but they taste amazing too!



Prep Time: 10 minutes

Total Time: 2 ½ hours

Yield: 4 servings

### Ingredients

- 1 C Nonfat Vanilla Greek Yogurt
- 2 Tbsp Reduced Fat Peanut Butter
- ½ C Uncooked Oats
- 1 C Bananas, Strawberries, or Blueberries, chopped

### Directions

In a mixing bowl, combine yogurt, peanut butter, oats, and chopped fruit of choice. Pour mixture into paper cups, placing 1 wooden craft stick in each (if ice pop molds are not available) and freeze. Serve when frozen.

## Nutritional facts

|                   | Banana | Strawberry | Blueberry |
|-------------------|--------|------------|-----------|
| Calories          | 169    | 157        | 147       |
| Fat (g)           | 4      | 4          | 4         |
| Carbohydrates (g) | 26     | 22         | 20        |
| Fiber (g)         | 3      | 2.5        | 3         |
| Protein (g)       | 9      | 9          | 9         |

# Print Training Records Easily from the Toolbox!

Over the last few years, the Section for Child Care Regulation has transitioned to the Missouri Professional Development System for electronic clock hour training approval and attendance tracking. This new system makes organizing training records easy for child care program directors, administrators, and family home providers! Here's how it works:

- Child care providers and trainers obtain an individual Missouri Professional Development ID (MOPD ID) at: [www.mopdid.org](http://www.mopdid.org) or by calling OPEN at 573-884-3373. The MOPD ID is quick and easy to obtain-it only takes about 30 seconds! The MOPD ID is a workforce ID number that trainers will request at approved training sessions. This number is used to award electronic credit to training participants so a comprehensive clock hour training report can be printed.
- Trainers submit clock hour training applications for approval on the Missouri Workshop Calendar at: [www.moworkshopcalendar.org](http://www.moworkshopcalendar.org). Once approved, the trainer publishes the training on the Missouri Workshop Calendar. At approved training sessions, trainers are required to request the MOPD IDs of training participants. The trainers then enter attendee's MOPD IDs after the training. CPR and First Aid trainers must also complete the approval process in order to award clock hours.

- Program directors, administrators, and family home providers can visit the Toolbox website at: [www.openinitiative.org](http://www.openinitiative.org), click on Toolbox to set up program accounts, add staff MOPD IDs to the program and print comprehensive clock hour training reports.

These clock hour training reports may be used for verification of clock hour training records. This eliminates the need to provide copies of certificates to child care facility specialists for review of clock hours.

Some child care providers do not have a computer or internet access. Don't worry! All that is needed is a MOPD ID, and that may be obtained by calling OPEN at 573-884-3373. Program directors and administrators without computer or internet access may contact OPEN by phone for assistance on setting up their Toolbox accounts. When it's time for clock hour training review, child care facility specialists can print reports from the Toolbox.

Additional information about clock hour training and training approval may be found on our website at: [www.health.mo.gov/safety/childcare](http://www.health.mo.gov/safety/childcare). Questions may be emailed to: [CCTraining@health.mo.gov](mailto:CCTraining@health.mo.gov).

## Looking for fun and creative Ways to Introduce Fruits and Vegetables to Children?

"Grow It, Try It, Like It!" is a FREE garden-themed nutrition education kit, featuring MyPlate, to be used by child care staff to introduce children to fruits and vegetables. The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm. It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each set of lessons contains hands-on activities, planting activities, recipes, and nutrition education activities that introduce MyPlate. Additionally, use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children!



Grow It, Try It, Like It! –Available in print!

Ordering information: schools, child care centers, and summer meal sites that participate in the USDA Child Nutrition programs (e.g., National School Lunch Program, School Food Service Program, etc.) may request free copies of this kit at: <http://tn.ntis.gov/>.

## Unsafe Products, and How to Obtain Recall Information

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. The CPSC issues approximately 300 product recalls each year, including many products found in child care settings. Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be lent or given to a charity, relatives or neighbors or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending or selling recalled products. You can contact the CPSC to find out whether products have been recalled and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information. It is the responsibility of child care providers to ensure that recalled products are not in use in their facilities.

The CPSC's toll-free hotline is available at 800.638.2772. The hearing impaired can call 800.638.8270. Information also is available on the CPSC website at [www.cpsc.gov](http://www.cpsc.gov).

This quarter we are highlighting a product that has recently been recalled and is commonly found in child care facilities.

## Ace Bayou Bean Bag Chairs Recalled Due to Suffocation and Choking Hazards

**Recall Date:** August 22, 2014    **Recall #:** 14-261

### Recall Details

#### Hazard:

The zippers on the bean bag chairs can be opened by children who can then crawl inside, get trapped and suffocate or choke on the bean bag chair's foam beads.

#### Recall Details

The recalled chairs with zippers that open were sold in a variety of sizes, shapes, colors and fabrics. They include round or L-shaped, vinyl or fabric, and are filled with polystyrene foam beads. They were sold in a variety of colors, including purple, violet, blue, red, pink, yellow, Kelly green, black, port, navy, lime, royal blue, turquoise, tangerine and multi-color. The round bean bag chairs were sold in three sizes, 30, 32 and 40 inches in diameter. The L-shaped bean bag chair measures 18 inches wide by 30 inches deep by 30 inches high. "ACE BAYOU CORP" is printed on a tag sewn into the bean bag chair's cover seam.

#### Manufactured

China

#### Sold at

Bergner's, Big Lots, Bon-Ton, Boston Store, Carson's, Elder-Beerman, Herberger's, Meijer, Pamida, School Specialty, Wayfair, Walmart and Younkers stores and online at Amazon.com, Meijer.com, Walmart.com and other websites before July 2013 for between \$30 and \$100.

#### Remedy

Consumers should check their bean bag chairs for any zippers that can open, take those that can open away from children immediately and contact Ace Bayou for a free repair kit to permanently disable the zippers so that they cannot be opened.



Find the full recall at: [www.cpsc.gov/en/Recalls/2014/Two-Deaths-Reported-with-Ace-Bayou-Bean-Bag-Chairs/](http://www.cpsc.gov/en/Recalls/2014/Two-Deaths-Reported-with-Ace-Bayou-Bean-Bag-Chairs/).

## BRITA Recalls Children's Water Bottles Due to Laceration Hazard

**Recall Date:** August 19, 2014    **Recall #:** 14-257

**Name of product:**

Brita hard-sided water filter bottle for kids  
Hazard: The lid can break into pieces with sharp points, posing a laceration hazard

**Units**

About 242,500

**Description**

The four recalled children's water bottles have popular cartoon characters on a hard-sided plastic bottle. Characters and bottle colors include Dora the Explorer®, violet; Hello Kitty®, pink; SpongeBob Square Pants®, blue; and Teenage Mutant Ninja Turtles®, green. The bottles stand 6 inches tall, hold 15 ounces of liquid, have white lids that screw off and have fold-up straws and filters that sit inside the straw below the lid. Each bottle bears a Brita logo and features the image of a popular children's cartoon character. The removable plastic wrap on the bottle at time of purchase has the model number BB07 and the following UPC codes: 60258-35883 on the Dora the Explorer, 60258-35914 on the Hello Kitty, 60258-35880 on the SpongeBob Square Pants and 60258-35882 on the Teenage Mutant Ninja Turtles.

**Incidents/Injuries**

Brita has received 35 reports of lids breaking or cracking. No injuries have been reported.

**Remedy**

Consumers should immediately stop using the recalled water bottles and contact Brita to receive a postage-paid shipping package to return the bottles for a full refund.

**Sold at**

Alaska Housewares, Associated Food Stores, Bartell Drug, C&S Wholesale Grocers, Quidsi, Royal Ahold, Shopko, Target, US Navy Exchange, Walmart Stores, and online at Amazon.com, Drugstore.com and Target.com. Hello Kitty bottles were sold from February 2014 through July 2014. Dora the Explorer, SpongeBob Square Pants and Teenage Mutant Ninja Turtles bottles were sold from June 2013 through July 2014. The bottles sold for about \$13 to \$19.

**Importer**

BRITA LP of Oakland, Calif.

**Manufactured in**

Mexico



Find the full recall at:  
[www.cpsc.gov/en/  
Recalls/2014/BRITA-  
Recalls-Childrens-Water-  
Bottles/](http://www.cpsc.gov/en/Recalls/2014/BRITA-Recalls-Childrens-Water-Bottles/)

# Mini-Grant for Businesses to Support Breastfeeding Mothers

The Missouri Breastfeeding Friendly Worksite Program is a state-wide initiative to increase employer support for breastfeeding mothers. The Missouri Department of Health and Senior Services is offering up to \$500 to a limited number of Missouri employers to create or improve their lactation support policies and programs.

For example, funds may be used on:

- ◆ Locks on doors
- ◆ Privacy screens/partitions
- ◆ Comfortable chair
- ◆ Signs
- ◆ Table or other flat surface to hold a breast pump

This is an easy way to support breastfeeding families in your child care program and can be used as a marketing tool for attracting families with breastfed infants and toddlers.



Child care centers may obtain an application and the requirements for this grant by emailing [karla.voss@health.mo.gov](mailto:karla.voss@health.mo.gov).

#### DHSS EDITORIAL STAFF

Angela Oesterly  
Coordinator of Children's Programs  
Section for Child Care Regulation

Sue Porting  
Administrator  
Section for Child Care Regulation

Lori Buchanan  
Publication Information Coordinator  
Office of Public Information

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the Web address: [health.mo.gov/safety/childcare/newsletters.php](http://health.mo.gov/safety/childcare/newsletters.php) so they can print their own copy.

*This document is in the public domain and may be reprinted.*

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Section for Child Care Regulation, P.O. Box 570, Jefferson City, MO, 65102, 573.751.2450. Hearing- and speech-impaired citizens can dial 711. EEO/AAP services provided on a nondiscriminatory basis.

Partial support for this newsletter is provided by:

