Healthy Child Care
NEWSLETTER

Winter/Spring ★ Missouri Dept. of Health and Senior Services ★ www.health.mo.gov ★ Volume 22 Number 1

Comprehensive Background Screenings

New legislation enacted during the 2018 legislative session requires child care staff members to request the results of a criminal background check, which includes fingerprinting and the Family Care Safety Registry. Child care providers are now required to request the results of a criminal background check for child care staff members prior to their employment or presence in a family child care home, group child care home, child care center or license-exempt facility not subject to 210.1080.9 RSMo.

The instructions for requesting a criminal background check which meets the new requirements are below. You can also find additional information about the background check process on SCCR's website at https://health.mo.gov/safety/childcare/background-check-process.php. If you have questions about the new process, please contact SCCR at 573-751-2450. We appreciate your patience as we implement these new requirements.

COMPREHENSIVE CRIMINAL BACKGROUND CHECK INSTRUCTIONS:

1. All individuals required to have a background screening must register through the Missouri Automated Criminal History Site (MACHS) by following the instructions on the Missouri State Highway Patrol Applicant Fingerprint Services of Missouri form which can be found at https://health.mo.gov/safety/childcare/background-check-process.php.
   - Make sure you are using the MACHS registration number found on our Applicant Fingerprint Services Form. If you have been fingerprinted for a different agency, you will have to be fingerprinted again.
   - After you have registered with MACHS, you will be re-routed to IdentoGo's website. IdentoGo is the state contractor for fingerprinting services. There you will be provided with a list of available locations and appointments.
   - Once you schedule your appointment, a pop-up will appear containing a payment authorization code. It is important that you and your staff print this or write it down. Because a billing account has been established, no payment will be due for the cost of fingerprinting conducted through September 30, 2019.
2. Once the individual has been fingerprinted, they must provide their receipt to the child care provider.
3. The provider must complete and submit the Employer Criminal Background Check Notification form to sccrcbs@health.mo.gov. This form can be found at https://health.mo.gov/safety/childcare/background-check-process.php.

IMPORTANT: If you do not submit this form, the background screening unit will not be able to match up a staff member with your facility and you will not be notified of the results.

4. All individuals required to have a background screening must register (if not already registered) with the Family Care Safety Registry and the provider must request a background screening. Please visit https://health.mo.gov/safety/fcsr/index.php for instructions.
5. The background screening unit will notify the provider and the applicant of the results determining if they are eligible or ineligible to work in a licensed child care facility or a license-exempt nursery school.

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Music in Early Childhood

By Gina Hohensee, BS Ed, MS Ed/ADM, Child Care Facility Specialist

> "The fact that children can make beautiful music is less significant than the fact that music can make beautiful children."
>
> Cheryl Lavendar

There is no doubt that research has proven that music instruction included in the daily activities of preschool children improves all areas of child development and skills for school readiness. These readiness skills include intellectual, social and emotional, motor, language, and overall literacy. Limiting your music time to a CD during naptime or DVD while you and your caregivers clean up, cook or do paperwork limits the developmental skills you want your children to acquire.

Feel the Beat

Incorporating singing and dancing into circle time is an easy way to enhance music instruction today. It is important to sing with your children, or even just lip sync with a CD if you feel self-conscious about your talents. Simple songs such as "The Days of the Week" are set to varying tunes. When your children have accomplished one tune, introduce them to another so they recognize the connection to the words and concepts, not just the notes and rhythms. A starter song for very young children, even two-year olds, is this easy version https://supersimpleonline.com/song/days-of-the-week/. Older children in your preschool can progress to a fun version set to the tune of The Adams Family Theme song with hand clapping https://www.youtube.com/watch?v=yIvQOab00OQ. Finally, add a more language rich version with your oldest preschoolers with versions similar to this one performed by the Learning Station https://www.youtube.com/watch?v=3tx0rvuXIRg. Do you need additional resources? Check out the You Tube Channel for children's songs or just google "music and preschoolers".

Every childcare provider must submit a new equipment list at opening and then every two years at renewal which your Child Care Facility Specialist reviews upon receipt. One section of this list is dedicated to musical equipment. An array of musical instruments from tambourines to drums to xylophones is usually listed. However, Specialists around the State have rarely seen these manipulatives being used by the children. Some centers may have instruments in their learning stations, but without prior instruction of the instrument you may be setting up your children for failure or yourself for headache.

Teaching a child how to use an instrument is every bit as important as providing them with an instrument. Caregivers often consider a tambourine a distracting instrument. When children are taught to hold the tambourine still and listen for the quiet that is exactly what they will do. Using a tambourine, bells, angles and drums in place of hand claps can easily be accomplished. Children will soon learn the meaning of rhythm and make connections.

If you feel uncomfortable in your ability to teach children how to use a basic instrument well, contact the music teacher at your local school or perhaps your church music leader. If you live in a town with a music store, contact the owner to see if they could make a presentation for your children and expose them to even more instruments they may have never seen or heard played before. There are a lot of High School students who are required to complete Community Service hours for their A+ Scholarships or their National Honor Society requirements. Contact the school to find out if any of those students are in band or orchestra and if they would like to earn some hours working with your children. And NEVER forget that you may have some very talented parents. Put the word out to them and see if you can generate interest from those parents who enter your doors daily.

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Music in Early Childhood continued from page 2

Lullaby Baby - Of All Ages

Naptime for all children birth to five years of age is vital for their physical growth as well as their mental and emotional well-being. It is not entirely clear as to why music can aid in sleep for children, but the physiological outcomes are a lower heart rate and slower breathing. The relaxing effect a good song can have may trigger feel-good chemicals in the brain. It is important that if you start naptime with music, it needs to play the entire naptime or disturbances will be felt in the brains of little ones causing them to wake before fully rested.

Two very important factors when choosing music for naptime are the quality or style of the music and the volume of music. One of these factors without the other will negate any positive effects that you are trying to achieve.

Songs like the "Itsy Bitsy Spider" and "Here We Go Round the Mulberry Bush" are great for story time, however they are not appropriate for naptime. Music for napping needs to be instrumental with no words. Words cause the brain to "think" the words and stay more active than just instrumental sounds which ease the brain. Classical music and soft lullaby music can lead to a more restful sleep for your children. It is important to preview your music choices. While Beethoven's 5th Symphony is a beautiful work of artistic genius, it can be loud and harsh. Mozart would be a better choice of music for naptime. In fact, there was a study called "The Mozart Effect" which determined that listening to classical music while sleeping could cause your child to grow to love classical music, but it did not make your child smarter, which is what it was hoping to prove. Additionally, there are some very appropriate Beethoven music that is perfect for naptime. The following page (https://www.youtube.com/watch?v=eH54w0rTrrc) has three hours of classical music for babies, toddlers, and children to go to sleep and relax. It has great Beethoven piano music for babies' brain development and deep relaxation. This is relaxing music for sleep. Use it for all of your children regardless of their ages.

The second, and perhaps the most important, factor of music at naptime is the volume of the music being shared with your children. Most of us do not have noise level machines sitting around mapping out the decibels we are exposing ourselves and our children to. So keep this in mind when setting the levels on your DVD players at naptime. Children's ear canals are small and particularly susceptible to loud noises. Even brief exposure can induce permanent hearing loss. Sustained exposure to sounds greater than 85 decibels are known to damage the sensitive hair cells in the inner ear. If you are unable to hear your coworker whispering to you or the soft breathing of your children, the music is too loud. Loud noises, such as the changing of musical instruments or the changing of music from one song to the next can also be very frightening for infants and young children and can cause a restless sleep pattern. The softer you play the music, the softer your children's voices will become and their restlessness will soon turn into a peaceful, mind soothing rest.

Have Fun with Your Music

The children being cared for in your homes and centers represent increasingly diverse backgrounds and experiences. Music is an international language which can bridge gaps in language development, cognitive development and advanced overall literacy. Participating in musical opportunities will ensure you are adding to the development socially and emotionally, well-balanced children.

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Winter Workout Woes

by Karla Voss, Bureau of Community Health and Wellness, Missouri Department of Health and Senior Services

Staying active is so good for you. But even kids often have reasons for not being more active. If you find yourself or the children you care for being less active in the colder months, think about what's stopping you or them. Here are some solutions to common concerns.

- Embrace the cold—the more you move, the warmer you'll be. Bundle up the little ones and aim for being outside for shorter amounts of time.
- Embrace the snow—playing in snow burns more calories as each step takes more effort. There are so many fun activities to do! Play with the kids to add to the fun and keep your heart happy and healthy.
- Get in the right frame of mind—get the kids involved! Let them be your inspiration. They always want you to join in. Have an indoor "snowball" fight with socks.
- Hibernation time—change up the routine during the winter months by trying some movement videos or songs to keep it fun and new.
- It's too dark and I'm tired—often, the more we move, the easier it gets. That first step is the most important. Turn on music and dance. Watch how everyone's mood brightens as their heart rates go up.
- I'm too busy this time of year—every little bit counts! Set small goals of 5-10 minutes at a time throughout your day. Short breaks help with keeping kids and adults tuned-in to the activity.

Not only does regular activity keep you healthy physically, there are loads of benefits for your emotional health too. Your mood, attention span, and sleep quality improve with just a few minutes a day of movement. Try it today!

Resources

Check out videos and resources at: https://health.mo.gov/living/wellness/nutrition/movesmartguidelines/resources.php

Read more ideas for winter workout ideas at:

https://www.webmd.com/fitness-exercise/features/how-to-keep-working-out-in-winter#1 and

https://www.healthychildren.org/English/healthy-living/fitness/Pages/Overcoming-Obstacles-to-Physical-Activity.aspx

AVOIDING "Cabin Fever" and the Challenging Behavior that Goes With It!

By Lisa Eberle-Mayse, Director of Inclusion Services, United 4 Children

Ah, those wonderful winter days—crisp chill in the air, maybe a little snow, getting dark earlier—makes you want to curl up with a book and a cup of hot cocoa, doesn't it? Well…maybe if you're a grownup! But if you're a young child, and you haven't been outside in a few days, or only for a short time, all that "kid energy" doesn't just go away because it's winter!

On the contrary, young children absolutely NEED to move their bodies, to exercise their "Big" muscles, to experience the sensory input of jumping, running, climbing, swinging, pulling and pushing. When they DON'T get this movement on a regular basis, strange (but predictable) things start to happen:

- There are more conflicts in the block area as blocks get grabbed and hurled
- You feel like you're shouting "Walking Feet!" all day long
- Objects (and people!) get pushed and shoved
- The lunch table is suddenly a mountain that must be climbed
- Attention spans get shorter and Circle Time is impossible because everybody just can't seem to stop wiggling!

We obviously can't change the weather, but we CAN change our approach to Gross Motor Activity during these Fall and Winter months. It's time to challenge yourself to "think outside the box" and create opportunities for active play inside!

Some things to consider:

- "Free Form" running, jumping and climbing may not be safe indoors, so look for ways to "structure" movement to make it fun and safe:
  - **Tape some curved and zig-zag lines** on the floor and have kids do crab walks or bear crawls on the path.
  - **Create an obstacle course** out of everyday classroom objects – crawling or walking around or over chairs, going under tables, jumping on tape X's on the floor, rolling on a carpet.
  - **Wax Paper Ice-Skating** – This is done by covering each child's shoes in wax paper held in place with a rubber band. You skate to music on a carpeted or hard floor surface. Yes, the wax paper will tear, but then that person goes to the "store" to buy "new skates," (teacher with more wax paper and rubber bands.)
  - **Crossing the River** – Place two 6-foot long strings parallel to each other on the floor. Start the game with the strings just a few inches apart—this is the river. You can make up a story about a group of children who had to cross the river, and as the story grows, the river gets wider with the strings placed farther and farther apart. The children line up and jump across one at a time and then go to the back of the line. If a child landed in the river, that child could become the storyteller.
  - **Snow Ball Fights** – Use lots of sheets of newspaper to make "snow balls." Half of the class can be on one side of the room, half on the other—then throw your snowballs! Right before this develops into chaos, everyone can pretend to be "Katie the Snow Shoveler" and push all the snowballs to one side of the room and empty our truck load of snow balls into the trash can. (Then, of course, we all wash our hands as they will be covered with newspaper ink!)
  - **Sock Basketball** – Put all of those odd socks without mates to good use! Make soft "balls" with the socks, then let kids "slam dunk" them into a trash can or laundry basket. You can use the same sock balls for "target practice."
  - **Egg Races** – and Variations Using plastic eggs, race from one end of the room to the other holding the egg on a serving spoon (or a measuring cup or smaller spoon, depending on the dexterity of your child). See how far children can get without dropping/breaking an egg. Try not to focus on "winning," but on having fun while walking with the egg. A fun variation to this game (especially if you have limited space) is to have the children get on their hands and knees and push the plastic eggs from one place to another using only their noses – by blowing through a straw.
  - **Crab Soccer** – Get down into a crab walk position, then kick a bouncy ball back and forth or try kicking it into a goal. This is a fun (and funny!) way to exercise different muscle groups.

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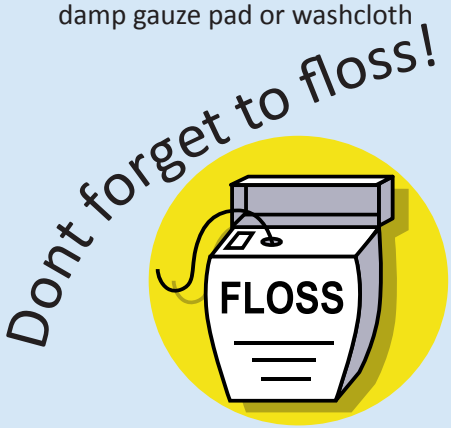
Early Oral Care

By Julie Boeckman, Program Manager, Office of Dental Health, Missouri Department of Health & Senior Services

Tooth decay is the most frequent childhood disease, but it's also the most preventable. Tooth decay in infants and toddlers is often referred to as baby bottle tooth decay. The most common cause of tooth decay in babies is frequent, prolonged exposure of the baby's teeth to drinks that contain sugar. Here are some tips to avoid baby bottle tooth decay:

- Put only plain water, formula, milk or breast milk in bottles. Avoid filling bottles with liquids such as sweetened water, fruit juice or soft drinks.
- Babies should finish their bottles before going to bed. Never put your baby to bed with a bottle. Even breast milk or formula can still decay teeth.
- If your child uses a pacifier, provide one that is clean — don't dip it in sugar or honey.
- Try not to share saliva with the baby by using the same spoon or licking a pacifier to clean it. Tooth decay can begin with cavity-causing bacteria being passed from the mother to the baby.
- After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth



How do I clean my infant's mouth?

- Begin cleaning your baby's mouth during the first few days by wiping the gums with a clean, moist gauze pad or washcloth.
- When your child's teeth begin to come in, brush them gently with a child-size toothbrush and water. A baby's front four teeth usually push through the gums at about 4 to 6 months of age, although some children don't have their first tooth until 12 or 14 months.
- For children older than 2, talk to your dentist about starting to brush your child's teeth with a small amount of fluoride toothpaste. Be sure they spit out the toothpaste when done.
- Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a small amount of fluoride toothpaste. Don't be afraid to check from time to time to be sure they are getting all of the sides. When your child has two teeth that touch, you should begin flossing their teeth daily.

When your child's first tooth erupts, it's time to schedule a visit to the dentist.

Avoiding "Cabin Fever" continued from page 5

- **Hulu hoop musical chairs** – Place several colors of hoops on the floor, then turn on some music (try playing different styles and tempos.) They dance around outside of the hoops. When the music stops, call out 3 or 4 colors and they have to stand in that hoop. No losers!

And if you really want lots of ideas to choose from, search for Indoor Gross Motor Games for Preschool on Pinterest—you will be amazed!

So plan for some rejuvenating "hot cocoa and book" time for yourself in the evening or the weekend, and plan for lots of fun and creative ways to keep kids moving this season!

Indoor Activity Ideas for School-age Children

By Bradley Lademann, Missouri Afterschool Network

It's cold outside. And wet. And you have a room full of school-age children who are looking for something to do. Whatever they are going to do, it is going to be inside because, well…because it is winter in Missouri and it is too nasty to do anything outside.

Sound familiar?

Sometimes circumstances will dictate that our programming happens indoors. While you won't be able to engage in big games like kickball or climbing on playground equipment inside, you can still provide some structured activities for your kids. Here are a few ideas.

- **Scavenger Hunts:** Always a favorite, the scavenger hunt is a flexible activity that can be used in a variety of ways. You can send students to search in a specific area (count how many light fixtures are in our snack area), send them on a search for certain people (which staff person was born outside the state of Missouri?), or send them to look for items of a specified color (can you count all of the red backpacks hanging on the hooks?). If you know in advance that the weather will not allow outdoor activities, you could hide an item or two somewhere in your space and create clues for students to follow in order to discover the "treasure". Scavenger hunts sometimes require a little extra-effort beforehand to set up but they can be a fun activity on a cold, winter day.

- **Create a gift for someone outside of your program:** It is always beneficial for students to do kind things for other people. If it is around the holiday time, students can make holiday cards for individuals in nursing homes or for military personnel serving overseas. If it isn't a holiday, perhaps students could make a card or a craft for someone they appreciate, maybe a parent or a teacher. Get creative in thinking about how your program might serve someone else by creating gifts or cards.

- **Set up an indoor "obstacle course":** You may need to create a little space for this one but students can be active inside too. Create some things for the kids to go over, under, or through and have them run the obstacle course. A yardstick spanning two chairs can become an obstacle to be crawled under. Several hula hoops laid in close proximity can become lily pads to be used in crossing a lake. Set up a ball station where the student has to bounce a ball 10 times with each hand before moving on. With everyday items found in a school-age program, and a little imagination, your space can become an American Ninja Warrior course! It should go without saying that safety should be a priority in your design.

- **Read aloud:** I am always amazed at how students will sit and listen to a good story. Find a book with chapters and read a chapter or two each day. Or set a time and read aloud for 15-20 minutes each day over the winter. You can say to the students, "You don't have to listen, but you do need to sit quietly as I read". You will be surprised how many of the kids will get into the story. Do a little research to discover what books may be appropriate for your younger students and somewhat relevant to your older ones, then read to them. Reading aloud makes those young brains work as they visualize in their head what you are reading to them.

These are just a few ideas. There isn't space to talk about Lego building activities (design and build a dream home or a new school building), laughter activities (have the kids share their favorite jokes), or "getting to know you" games (have students pair up and talk to each other until they find three things in common). When in doubt, Google "indoor activities for kids" and find some that work for your group.

Have fun!! (And hope for an early spring!!)

Work Smarter Not Harder

By Robin Phillips, CEO/Executive Director Child Care Aware of Missouri

Are you a Center Director wanting to learn more about business budgeting or cost savings for your child care business? Perhaps you're a teacher looking for more classroom resources or maybe you're a family child care provider and you need to create a parent handbook but you have no idea where to start. Child Care Aware® of Missouri can help!

Show Me Child Care Resources is a shared resources knowledge hub housed within Child Care Aware® of Missouri. The knowledge hub was created to provide early care and education providers, technical assistance staff, and/or coaching staff with a virtual toolkit that helps support best business practices, uses resources (time and money) more efficiently, and facilitates compliance with administrative and operational requirements. Show Me Child Care Resources contains approximately 1,200 practical resources such as handbooks, policies, job descriptions, marketing supports, budget tools and cost savings programs created specifically to help ECE directors and staff put more time and money back into providing quality care.

Some valuable tools and resources for this season:

- Information related to the spread of germs to share with staff and families
- Templates and suggestions for establishing sick policies to be shared with families/put in family handbooks
- Links to holiday craft and activity ideas
- Safe sleep tips/what to be mindful of when dressing baby for bed and maintaining a safe sleep environment i.e. dressing in layers instead of using blankets, etc.
- Training videos available to help children learn proper handwashing techniques to reduce the spread of germs and posters to hang with pictures of proper handwashing techniques
- Alternative fun snack ideas for healthy celebrations
- Cold/snowy day activities for indoor gross motor development
- Checklists for emergency preparedness backpacks and plans in case of inclement weather, power outages, etc. to be used for child care programs and shared with families
- Show Me Jobs, a an all-in-one tool both for job seekers and for employers looking to hire staff

Call us to see if you qualify for a free or discounted subscription. You can also request an overview to learn more. Contact: Dori Martin at 314-535-1458 ext. 6

Missouri Breastfeeding Friendly Child Care

Over 80 percent of Missouri mothers breastfeed and you are important in helping them to continue. The Missouri Department of Health and Senior Services has resources for child care providers to successfully support breastfeeding families. Breastfeeding gives moms and babies many health benefits—yet many moms worry that going back to work will make it hard to breastfeed. It takes just a little time and resources to help moms continue to breastfeed.

Becoming a MO Breastfeeding Friendly Child Care is one way to support your families. This is a voluntary recognition program available to Missouri child care providers. To receive the award, you must meet criteria known to improve support for breastfeeding women in the workforce. Successful applicants will receive a certificate, window cling and recognition on the DHSS website.

A new free online training has been created to help you achieve this recognition. This fun interactive training will teach you the basics of supporting a breastfeeding mom and child through your care. The training is open to all providers and provides one clock hour of training credit if completed. Visit https://health.mo.gov/living/wellness/nutrition/breastfeedingfriendlychildcare to complete the online training and for more information on becoming a MO Breastfeeding Friendly Child Care.

Taking Care of Yourself
When Things Get Busy

By Bridgit Gale, Grants Coordinator, United 4 Children

Teachers are under pressure to do more in the classroom all of the time – a lot of paperwork, caring for high energy children and children with differing abilities and social levels – the list goes on! Stress is natural and can be inevitable. But stress can take a toll on your health and effectiveness as an early childhood educator. It impacts the quality of care that you can give. When you are too stressed it is difficult to offer the praise, nurturance, and structure your children need. Add the holidays and this can become a very overwhelming situation. So what can you do, as an educator, to take care of yourself so we can meet the needs of our children?

First, recognize the signs of stress so you can act early to minimize it. Cognitive signs include memory problems, racing thoughts and continuously worrying. Emotional signs may present in irritability, inability to relax and feeling overwhelmed. Physically, your body may have excessive perspiration, nausea, dizziness or headaches. Behavioral signs to look for include difficulty sleeping, nervous habits and an increase/decrease in appetite.

Secondly, look at ways to reduce stress, including making a deliberate and planned approach. Remember, it is individualized to the situation. Here is a list of things to consider when trying to reduce stress.

Lastly, create a coping strategy toolbox, whether real or imaginary, by collecting these strategies and others that are successful for you. Don't forget some of these things you can place directly in your classroom and involve the kids as well. Some additional things to try would be breathing techniques, yoga or muscle relaxation techniques. These are good breaks to have for you and the children in the classroom and help everyone to destress.

If we neglect taking care of ourselves, we can't take care of others.

1. Remove yourself from the stressful situation-even if you can't leave the classroom, give yourself a break, if only for a few moments
2. Don't sweat the small stuff-prioritize a few truly important things.
3. Do something for others to help get your mind off yourself.
4. Learn better ways to manage your time.
5. Make a schedule. What is most important to do first?
6. Take good care of yourself by eating regular, healthy meals, exercising and getting adequate sleep.
7. Work off stress in a way you enjoy such as jogging, zumba, or spinning classes.
8. Try a new way of thinking, positive thinking, and remember thoughts impact your behavior.
9. Try to "use" stress. The adrenaline rush that stress produces can help you become energized and focus to accomplish a task.
10. Ask for help when needed. People who have a strong network of family and friends manage stress better.

Recalls

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.

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

Manhattan Toy Recalls Children's Books Due to Choking Hazard

Recall date: December 19, 2018

Recall number: 19-054

Recall Summary

Name of product:
Children's soft books

Hazard:
This recall involves "Find the Bear" soft fabric books with a variety of fabric flaps sewn or attached to the pages. The front cover has blue and purple horizontal stripes and a panda bear's face sewn on. The Manhattan Toy logo is printed on a sewn-in label on the side of the book. Lot code "208150 AJ" is printed on another sewn-in label. A metal grommet used to attach a fabric flap to a page in the book can detach, posing a choking hazard to young children.

Remedy:
Refund
www.manhattantoy.com and click on "Recalls" for more information.

The Children's Place Recalls Infant Snowsuits Due to Choking Hazard

Recall date: December 18, 2018
Recall number: 19-053

Recall Summary

Name of product:
Infant snowsuits

Hazard:
The metal snaps on the snowsuit can detach, posing a choking hazard to young children.

Remedy:
Refund
The Children's Place toll-free at 877-752-2387 from 9 a.m. to 8 p.m. ET Monday through Friday and between 9 a.m. to 5:30 p.m. ET on Saturdays, or online at www.childrensplace.com and click on "Recall Information".

Missouri MOve Smart Child Care

Barbara Keen, Bureau of Community Health and Wellness,
Missouri Department of Health and Senior Services

Young children need lots of opportunities to be active in different ways. Physically active children have more muscle strength, better flexibility, stronger bones, healthier blood pressure and better weight control. But did you know that physical activity is also important for their brains? Exercise creates the environment in which the brain is ready, willing and able to learn. Physical activity boosts blood flow to the brain resulting in better thinking skills, better moods and sounder sleep.

Average preschoolers have been found to get only about 25 minutes of moderate to vigorous physical activity during the child care day. They often spend over half of their day sitting.

Research, however, has shown that children's level of activity can be much higher in some preschools than in others. Are the children in those preschools really that different? Probably not. In fact it's the policies and practices put in place by caregivers that have the greatest impact on physical activity levels.

But how do you know what policies and practices are best? The MOve Smart Child Care program is a set of criteria that reflect what experts have determined to be best practices in physical activity for young children. The Missouri Department of Health and Senior Services awards MOve Smart recognition to Missouri child care facilities that follow these best practices. Go to www.health.mo.gov/movesmart for more information and learn how to apply.

MOve Smart has been around since 2014, but has recently been updated. There is a brand new workbook with practical tips on how to meet the MOve Smart criteria. The workbook can now be ordered from the Resource section of the MOve Smart web page. Also coming soon are opportunities for both online and face-to-face training plus personalized technical assistance.

For questions about MOve Smart, please email movesmart@health.mo.gov.

Wow!

Comments from MOve Smart Child Care providers about our program:

"It increases awareness of the importance of physical activity for staff and families."

"It encourages staff and families to be more physically active."

"It helps to market my child care program as a place that provides an active play environment.

DHSS EDITORIAL STAFF

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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 so they can print their own copy.

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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.

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