



MISSISSIPPI STATE DEPARTMENT OF HEALTH

CHILD CARE LICENSURE INFORMATION MEMORANDUM

Number 4

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Volume FY 2014

ANNOUNCEMENTS

1. The next Child Care Advisory Council meeting will be held May 2, 2014, at 1:00 pm at MSDH Osborne Auditorium, 570 East Woodrow Wilson Blvd., Jackson, MS 39216. For more information, contact Ida Dixon at 601-364-2827.
2. The Child Care Licensure Division would like to bid farewell to Faith Tatum in District IV and Tavia Scott in District V.
3. The *CC Regulations & Licensing* training has been increased to six (6) contact hours and will include the most current amendments made to the Child Care Regulations. The amendments became effective August 2013. All Child Care Owners, Directors and Director Designees are strongly encouraged to attend this training to remain abreast of these important updates.
4. The Child Care Licensure Division would like to remind providers of the new Nutrition Standard Guidelines in Appendix C of the *Regulations Governing Licensure of Child Care Facilities*, which went into effect on May 16, 2013. The new Nutritional Standards are available on the MSDH website at www.HealthyMS.com, along with a 'Letter for Parents' to help educate parents about these changes, 2 sets of menus (one is low cost), party suggestion ideas, snack box ideas for field trips and much more!
5. Facilities can now purchase the online TummySafe© course for up to three (3) people for \$25.⁰⁰. This is offered by MS State University. The certification test will cost \$100.⁰⁰ per person. More information can be found at <http://msucare.com/tummysafe/index.html>.
6. ***Federal Regulations*** mandate that, effective December 28, 2012, Drop Side baby cribs can no longer be used in child care facilities.

7. As a reminder, the Child Abuse Reporting Law states, “Any attorney, physician, dentist, intern, resident, nurse, psychologist, social worker, **child care giver**, minister, law enforcement officer, public or private school employee or any other person having reasonable cause to suspect that a child is a neglected child or an abused child shall cause an oral report to be made immediately by telephone or otherwise and followed as soon thereafter as possible by a report in writing to the Department of Human Services.”
8. If you are interested in becoming approved to offer continuing education contact hours to child care providers, the document, “**How to Become An Approved Staff Development Trainer**” has been placed on the MSDH website under the “Child Care Provider Training” section and then beneath “Related Resources.” For additional information, please contact Ms. Nancy Nunley, Region 1 Trainer.
9. An application fee of \$100.⁰⁰ must be paid when applying for a new license. For regular annual license renewal, please send only the renewal fee that is based on the capacity of your center.
10. Move to Learn is a cooperative project of the Mississippi Department of Education’s Office of Healthy Schools and the Bower Foundation. The project is designed to help teachers raise student achievement by incorporating physical activity into the classroom. The website www.movetolearnms.org has 10 five-minute exercise videos that you can use in your classroom. Ten additional video will be released throughout the school year. In addition, the website hosts over 1200 lesson plans that incorporate important fitness and nutrition lessons. There is also a section with success stories and research findings. Be sure to visit the Move to Learn Facebook page (<http://facebook.com/movetolearnms>) and Pinterest site (<http://pinterest.com/movetolearnms>) for daily health and nutrition tips.
11. GoNoodle.com is another website designed to incorporate learning with physical activity. Research has shown that when kids have short bursts of physical activity during the school day, it does stimulate learning. Now with www.GoNoodle.com, teachers have a FREE and fun way to bring physical activity into the classroom.

95%

OF TEACHERS USING @NOODLE SAID IT IMPROVED ACADEMIC PERFORMANCE.



LEE, 5TH GRADE TEACHER

"If we spend 10 minutes using GoNoodle, I have found that students are way more productive and way more engaged, which has led to very tangible academic gains."

"What a positive change in my science students! Because they know they can let off energy [with GoNoodle] they eagerly complete their classroom assignments to "sprint" to the lesson's end. Thank you for a motivating and empowering teaching tool."



GEORGINA, SCIENCE TEACHER



TRACY, 1ST GRADE TEACHER

"The #1 benefit of using GoNoodle has to be the joy I see in my students' faces after our brief workouts. They are more motivated to complete class activities, incorporate healthy choices in snacks each week and for many it helps boost their self confidence. As a teacher, I am overjoyed to be able to introduce a different way of motivating my students to making healthier choices."

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CALM

Calming brain breaks release stress and prepare students for concentration. Try these brain breaks before tests to relax the classroom.

ENERGIZE

Active brain breaks provide an energy release for a controlled, ready-to-learn classroom. Try these after lunch!

FOCUS

These brain-breaks channel energy into focus with activities like stretching. Try the Focus brain breaks first thing in the morning.

Safe to Sleep® Event Ideas

Consider these ideas for planning an event to promote safe infant sleep in your community.

Help us to spread the word about safe infant sleep!

- Nearly 4,000 infants die suddenly and unexpectedly each year in the United States. Most of these deaths result from sudden infant death syndrome (SIDS) and other sleep-related causes of infant death, such as accidental suffocation.
- The mission of the national Safe to Sleep® campaign is to educate parents, caregivers, and health care providers about ways to reduce the risk of SIDS and other sleep-related causes of infant death.
- Key ways to reduce the risk of SIDS and other sleep-related causes of infant death include:
 - Always place your baby on his or her back to sleep, for naps and at night.
 - Use a firm sleep surface with a fitted sheet, free from soft objects such as pillows, toys, blankets, and crib bumpers.
 - Room share—keep baby's sleep area separate, but in the same room where parents sleep.
- Since the Safe to Sleep® campaign began in 1994 (then known as Back to Sleep) the overall U.S. SIDS rate has declined by 50% across all racial/ethnic groups!

Help us spread the word about safe infant sleep so that these rates continue to decline.

Please visit <http://safetosleep.nichd.nih.gov/> to order free educational materials developed by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). If you have any questions or additional requests, please contact the NICHD Information Resource Center toll free at 1-800-505-CRIB (2742) or by email at NICHDInformationResourceCenter@mail.nih.gov.



Eunice Kennedy Shriver National Institute of Child Health and Human Development



Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.

- **Offer a Presentation on Safe and Unsafe Sleep Environments**
Set up a crib or play yard and have participants identify what should and should not be placed in the crib to make it a safe sleep environment. You can set up an unsafe environment and have people try to list all the ways the environment is not safe, such as a loose quilt or blanket included in the crib, plush toys, etc. Have people remove what they think is unsafe from the sleep environment or give them a basket of sleep items and have them select which ones they think are safe for the sleep environment and put them in the crib. Use a doll to demonstrate how to lay an infant in a crib correctly.
- **Hold a Safety Baby Shower**
Present this as a part-education, part-social activity. Present information on safe infant sleep or show the Safe Sleep for Your Baby video. Accompany the presentation with a discussion and perhaps a quiz game with prizes provided to the winners. Offer gift baskets of baby products as door prizes to attendees. This event has been particularly successful with low-income or teenage expecting mothers.
- **Create Social Media Postings**
Post a new tip or fact about safe infant sleep every day or week for a month on Facebook or Twitter. Use Instagram or Pinterest to post a photo of an unsafe sleep environment and ask people to comment on what makes the sleep area unsafe. You can make it a game by offering a prize or acknowledgement to the first commenter to name all of them.
- **Conduct Trainings for Health Professionals and Future Health Professionals**
Provide information or host a training event for local health professionals including pediatricians, family physicians, nurses, and other care providers. You can also use the trainings to raise awareness among students studying to become a health professional.
- **Capitalize on WIC and Other Social Service Programs for Children**
Reach out to your state's WIC program and to the staff of the child protective services unit. Offer materials (or link to the Safe to Sleep® educational materials) to educate lay people and increase the knowledge of agency staff. Capitalize on previously planned events and education sessions sponsored by other agencies to connect and spread safe to sleep messages with families and young children.
- **Develop Events for Specific Audiences**
Organize an event for a particular group of people who regularly care for infants, including grandparents, high school students, or childcare providers. Provide a safe sleep presentation as part of a health class at the senior or community center.
- **Develop Partnerships**
Consider partnering with other local agencies to help host events and conduct outreach. Partnerships are valuable for outreach, and local partners are key to gaining community buy-in to promote safe infant sleep messages. Partnerships also can help you earn media attention, spread the messages about the campaign, and educate community members on safe infant sleep. For long-term outreach initiatives, forming a coalition of partners who can bring different resources to the table—staff capacity, targeted audience members, available space, promotion capability—is vital.



www.cpsc.gov

Child Care Providers Your Guide to New Crib Standards

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards take effect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non full-size cribs including wood, metal and stackable cribs.
- If you purchase a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.
 - o Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance. The document must:
 - Describe the product
 - Give name, full mailing address and telephone number for importer or domestic manufacturer
 - Identify the rule for which it complies (16 CFR 1219 or 1220)
 - Give name, full mailing address, email address and telephone number for the records keeper and location of testing lab
 - Give date and location of manufacture and testing
 - o The crib must also have a label attached with the date of manufacture

What you should do...

- All child care facilities, family child care homes, and places of public accommodation:
 - o Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
 - o Should not resell, donate or give away a crib that does not meet the new crib standards.
- Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.
- Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding it.

