

# Child Care Connection

MSDH Child Care Licensure Bureau

October 2025

*“Bridging the gap between Child Care Providers and MSDH Child Care Licensure Bureau in order to provide a safe and healthy environment for Mississippian children and families.”*



## Mississippi State Department of Health (MSDH) Reminders

### Let the Fall Colors Begin!

October is finally here—bringing beautiful leaves, cool breezes, and cozy vibes! As the seasons shift, it's not just the scenery that changes—this is also the time when children begin to catch more colds and viruses as we head into winter.

With that in mind, it's the perfect time to **refresh your knowledge** on important health and safety practices. Staying ahead of seasonal illnesses starts with preparation, awareness, and good hygiene practices for both staff and children.

This month, we encourage you to **take a few minutes to revisit** key regulations and guidelines. Below are a few important sections to review, but don't stop here—be sure to check out the full guidance on **Health & Hygiene, Cleaning,** and the various **illness protocols** to keep your program safe and healthy.

#### Key Regulations & Guidelines:

- **Subchapter 12: Health, Hygiene, & Safety**
  - *Rule 1.12.1: Employee Health*
  - *Rule 1.12.2: Child Health*
  - *Rule 1.12.3: Child Hygiene*
- **Appendix H: Cleaning & Disinfection Procedures**
- **Appendix I: Communicable Diseases/Conditions and Return to Child Care Guidelines**

We're all in this together—let's make October a healthy, happy, and colorful month for staff, children, and families.

Stay warm, stay well, and enjoy the season! 🍎 🍂



## October 2025 Trainings



Date	Time	Training Topic	Location	Trainer
October 1 <sup>st</sup>	9:30am-12:30pm	Child Care Regulations Part 1	Tupelo, MS	J. Dockery
October 1 <sup>st</sup>	1:00pm-4:00pm	Child Care Regulations Part 2	Tupelo, MS	J. Dockery
October 2 <sup>nd</sup>	9:30am-12:30pm	Directors' Orientation	Tupelo, MS	J. Dockery
October 2 <sup>nd</sup>	1:00pm-4:00pm	Playground Safety	Tupelo, MS	J. Dockery
October 3 <sup>rd</sup>	9:30am-12:30pm	CCDF Health & Safety	Tupelo, MS	J. Dockery
October 6 <sup>th</sup>	9:00am-12:00pm	Child Care Regulations Part 1	Virtual	J. Dockery
October 6 <sup>th</sup>	12:30pm-3:30pm	Child Care Regulations Part 2	Virtual	J. Dockery
October 7 <sup>th</sup>	9:00am-12:00pm	Directors' Orientation	Virtual	J. Dockery
October 7 <sup>th</sup>	12:30pm-3:30pm	Playground Safety	Virtual	J. Dockery
October 8 <sup>th</sup>	9:00am-12:00pm	Infant Safety In The Classroom	Virtual	J. Dockery
October 8 <sup>th</sup>	12:30pm-2:30pm	Positive Discipline & Guidance	Virtual	J. Dockery
October 13 <sup>th</sup>	9:00am-12:00pm	Regulations Governing Licensure of Child Care Family Homes for 5 OR Fewer Children	Virtual <b>(ONLY for Family Homes Centers)</b>	J. Dockery
October 2 <sup>nd</sup>	5:30pm-8:30pm	CCDF Health & Safety	Camden	S. Smith
October 6 <sup>th</sup>	5:30pm-8:30pm	Child Care Regulations Part 1	Biloxi	S. Smith
October 7 <sup>th</sup>	12:30pm-3:30pm	Playground Safety	Biloxi	S. Smith
October 7 <sup>th</sup>	5:30pm-8:30pm	Child Care Regulations Part 2	Biloxi	S. Smith
October 14 <sup>th</sup>	5:30pm-8:30pm	Playground Safety	Camden	S. Smith
October 18 <sup>th</sup>	8:30am-11:30am	Child Care Regulations Part 1	Camden	S. Smith
October 18 <sup>th</sup>	11:30am-2:30pm	Child Care Regulations Part 2	Camden	S. Smith
October 20 <sup>th</sup>	10:00-1:00pm	Playground Safety	Hattiesburg	S. Smith
October 20 <sup>th</sup>	5:30pm-8:30pm	CCDF Health and Safety	Hattiesburg	S. Smith
October 21 <sup>st</sup>	9:00am-12:00pm	CCDF Health and Safety	Hattiesburg	S. Smith
October 21 <sup>st</sup>	12:00pm-3:00pm	Playground Safety	Hattiesburg	S. Smith
October 21 <sup>st</sup>	5:30pm-8:30pm	CCDF Health and Safety	Private	S. Smith
October 7 <sup>th</sup>	9:30am-12:30pm	Child Care Regulations Part 1	Virtual	M. Jordan
October 7 <sup>th</sup>	1:00pm-4:00pm	Child Care Regulations Part 2	Virtual	M. Jordan
October 8 <sup>th</sup>	9:30am-12:30pm	Directors' Orientation	Virtual	M. Jordan
October 8 <sup>th</sup>	1:00pm-4:00pm	Playground Safety	Virtual	M. Jordan
October 14 <sup>th</sup>	5:30 p.m.-8:30p.m.	CCDF Health and Safety	Virtual	M. Jordan
October 15 <sup>th</sup>	9:30am-12:30pm	Child Care Regulations Part 1	Virtual	M. Jordan
October 15 <sup>th</sup>	1:00pm-4:00pm	Child Care Regulations Part 2	Virtual	M. Jordan
October 16 <sup>th</sup>	9:30am-12:30pm	Directors' Orientation	Virtual	M. Jordan
October 16 <sup>th</sup>	1:00pm-4:00pm	Playground Safety	Virtual	M. Jordan



## Influenza (Flu) Information



Flu is a seasonal threat that can result in extended illness or hospitalization. Vaccination each flu season is the best way to protect adults and children from seasonal flu and its complications.

### Flu Vaccination

Seasonal flu shots are [recommended by the CDC](#) each year for everyone six months of age and older. Flu vaccination can reduce flu illnesses and prevent flu-related hospitalizations and death. It takes about two weeks after vaccination for full protection against the flu to take effect. **Get your flu vaccination by the end of October for best protection.**

### Who should get a flu shot

Yearly flu shots are [recommended by the CDC](#) for everyone six months of age and older. Those particularly at risk for influenza complications include young children, adults 65 and older, pregnant women, and those with a chronic illness. Parents and caregivers of those who are at risk for flu should also receive a flu vaccination.

- **Young children:** Children, especially those six months through four years old, are more vulnerable to flu and its complications. It's especially important that children with underlying medical problems such as neuro-developmental or other disorders receive flu vaccination, since they can be at much higher risk of medical complications for death.

*The flu shot is not approved for use in children younger than 6 months of age.*

- **Adults 60 and over:** People over the age of 60 are the largest group in the nation struck by serious or life-threatening cases of influenza. Older adults should also consider getting pneumonia shots. The pneumonia vaccination won't prevent pneumonia, but it can greatly reduce the severity and deadliness of pneumonia.

- **Anyone with a chronic illness:** Chronic disease such as diabetes, or a condition like HIV that weakens your immune system, can greatly increase the risk of getting the flu, having it longer, and suffering from more serious medical problems as a result of it. People with diabetes are almost three times more likely to die from flu complications.
- **Pregnant women** or women who will be pregnant during the flu season: Pregnancy can change the immune system in the mother, making flu and flu complications more likely. Flu can pose a risk both to the mother and her developing child. Flu vaccination for the mother can also protect newborns from the flu while they are too young for flu vaccination themselves.

### Who should not get a flu shot

A flu shot is **not** recommended if you:

- Have a severe allergy to eggs
- Have had a severe reaction to a flu shot in the past
- Have had Guillain-Barré syndrome in the 6 weeks following a previous flu shot

### Preventing Flu

#### **I. Take time to get a flu vaccination each year**

- Flu vaccination not only can help prevent the spread of flu, but more importantly, it can save lives. In the 2017-2018 flu season, an estimated 80,000 adults nationwide died from the flu, as well as 180 children. Three of those children were Mississippians.
- Each flu season brings new strains of flu that you need protection against. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Flu vaccine is available as traditional injections, nasal spray, and high-dose versions for older people. Whichever one you choose, be sure that you get it soon enough for a full season of protection – preferably before the end of October.



- Infants younger than six months of age aren't protected by flu vaccination. When you take steps to prevent to flu, you're helping protect them, too.

## **2. Take everyday preventive actions to stop the spread of germs**

- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- If you are sick, limit contact with others as much as possible to keep from infecting them. If you have flu symptoms, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Avoid touching your eyes, nose and mouth. Germs spread this way.

## **3. Take antivirals to treat your flu if your doctor prescribes them**

- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications, especially if you take them as soon as possible after symptoms appear.
- For those at high risk, antiviral drugs can mean the difference between having a milder illness or more a serious illness, hospitalization or death.
- Antiviral drugs are only available by prescription.
- Antiviral drugs can treat flu once you become ill, but they can't prevent flu. The flu vaccine has proven to be the best way to prevent the flu.

# Lead Poisoning Prevention Month

October 19-25

## LEAD in Imported Products

*Lead is a heavy metal that can cause serious health problems if it enters the body. Lead dust from chipped and peeling paint is the most common source of lead, but other items may also contain lead.*

### Some cultural spices and medicines

Many items found to have lead are white, bright yellow, or red. Items that are sold by weight, such as bulk spices purchased outside of the U.S. are commonly found to have high levels of lead, including:

- Cinnamon
- Whole chilies
- Chili powder
- Curry powder
- Turmeric
- Coriander
- Dried insects
- Cumin
- Thyme
- Seven spices
- Cloves
- Anise seeds
- Azarcon
- Bali Goli
- Kandur
- Pay-loo-ah
- Greta
- Oregano



### Some traditional ceramics and pottery

Lead may be found in some food storage containers and cookware including items that are:

- Handmade and decorated by someone outside of the U.S.
- From street vendors or flea markets
- Old, chipped, or cracked





## Some cosmetics and ceremonial powders

Lead may be in some cosmetics and ceremonial powders such as traditional kohl made from galena and Kajal, Kum Kum, Sindoor, Surma, Thanaka, Pooja powder, Rangoli and Vibuti.

## Some candies

Candies from all over the world have been found to contain lead, many from Mexico and Asia.

## Some special amulets and jewelry

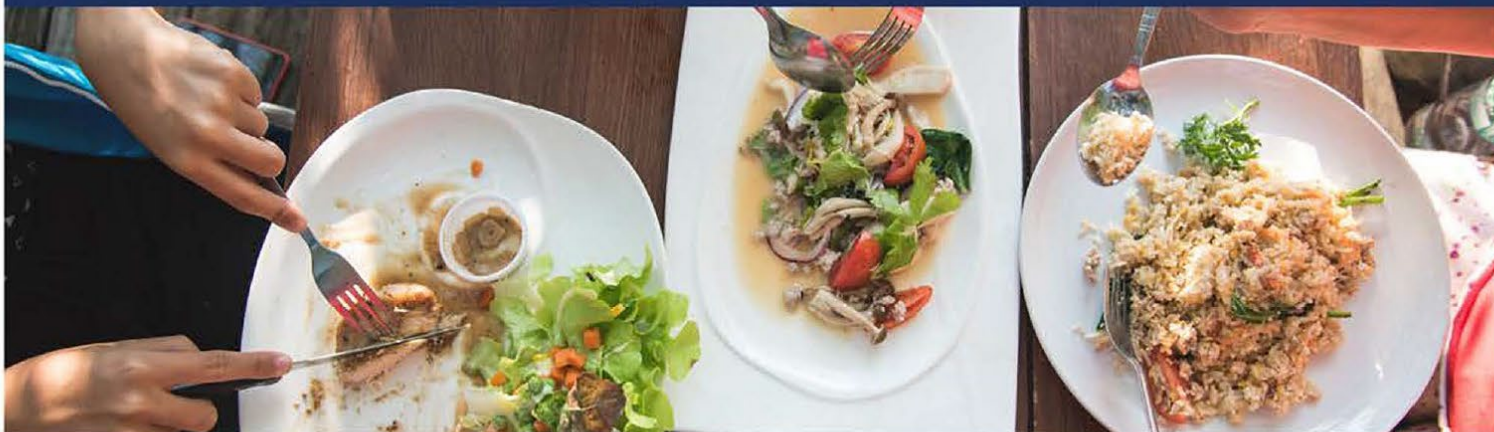
Lead may be in special amulets and jewelry used for:

- Luck
- Protection
- Religion
- Fashion



## Keeping Your Family Healthy

- Spices from large grocery stores are less likely to have high levels of lead than those from smaller, international stores or internet-based retailers.
- Avoid imported cosmetics.
- Only purchase medicines produced in the United States.
- Check the labels of medicines for a safety label by either a state or federal agency.
- Remember: the only way to know for sure if your child has been exposed to lead is through a blood test. If you think your child may have been exposed to lead, call your local health department or your child's doctor to schedule a blood test.



[msdh.ms.gov/leadfree](https://msdh.ms.gov/leadfree)  
601-576-7447  
[mslpphhp@msdh.ms.gov](mailto:mslpphhp@msdh.ms.gov)



MISSISSIPPI STATE DEPARTMENT OF HEALTH



# Take-Home Lead Exposure



## What is take-home lead?

### Lead residue can:

- Be unknowingly brought home from your work or hobby
- Be passed on to your children and other family members
- Result from activities that create lead dust that is odorless and invisible to the naked eye
- Attach to clothing, shoes, skin, hair, and other personal belongings while at work
- Spread to furniture, floors, and other objects once you arrive home
- Endanger children when they touch lead-contaminated furniture, floors and other items and put their hands in their mouths.
- Cause learning difficulties and health problems in children

### Jobs or hobbies associated with take-home lead:

- Demolishing or remodeling houses, buildings, tanks, or bridges
- Painting or removing old paint
- Making bullets
- Making or fixing radiators or batteries, painting ceramics
- Welding or soldering
- Plumbing
- Making jewelry
- Making stained-glass
- Refinishing furniture





# Steps to take to prevent take-home lead exposure:

- Wear protective equipment, including a respirator.
- Wash hands before eating, drinking, smoking, touching your face.
- Shower, wash your hair and change into clean clothes and shoes before leaving work. Do not take contaminated work clothes and shoes home.
- Before entering the house, remove shoes worn while walking in work buildings or parking lot. Bring clothes in a sealed bag.
- Avoid taking other contaminated items from work to your home, such as travel coffee mugs or gloves.
- Cover vehicle seats and floor mats with washable coverings and wash weekly.

## Before you leave work:



Shower



Change clothes and shoes



Wash work clothes separately

## If you work with lead, take these steps to protect your family

### While at work:

Follow protocols for staying clean during work breaks.

Protect your personal belongings from lead exposure:

Glasses, Cellphone, Watch, Hats, and Keys

These are items small children may want to play with or put in their mouths.

Leave these items at home, in your car, or place in a clean locker room before work.

Do **NOT** eat in work area, keep lunch items in the break room

Do **NOT** go to car during breaks at work

**ALWAYS** wash hands and face with soap and water before eating, drinking or smoking

For more information, visit [msdh.ms.gov/lead](https://msdh.ms.gov/lead)

or call the Lead Poisoning Prevention and Healthy Homes Program  
at 601-576-7447.



MISSISSIPPI STATE DEPARTMENT OF HEALTH

# JACKSON FAST TRACK!

## Mississippi Director's Credential



For Directors, Director Designees and  
Up-and-Coming Administrators

## 2025 Dates:

August	September
12-13	2-3
19-20	9-10
25-26	16-17
	22-23
	30- October 1

Attendance on both dates, every week, for all nine modules is mandatory for completion of the course. Registration is contingent on space and acceptance into the program. Applications will be received through June 30th.



Scan here to register  
through your lift-ED  
portal!

### Earning Your Credential Will:

- Provide a pathway to become a qualified Director of a licensed child care center.
- Help you develop the knowledge and skills needed to provide the highest quality care for the children and families you serve.
- Give you the C.D. recognition positioning you as a leader and role model in the early childhood community.
- Demonstrate your competency in center management, child care experiences, and education in working with young children 0 -12 years of age.



# October is Safe Sleep Month

## WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?

The following image shows a safe sleep environment for baby.



**Room share:** Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet\*.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Use a wearable blanket to keep baby warm without blankets in the sleep area.



Place babies on their backs to sleep, for naps and at night.

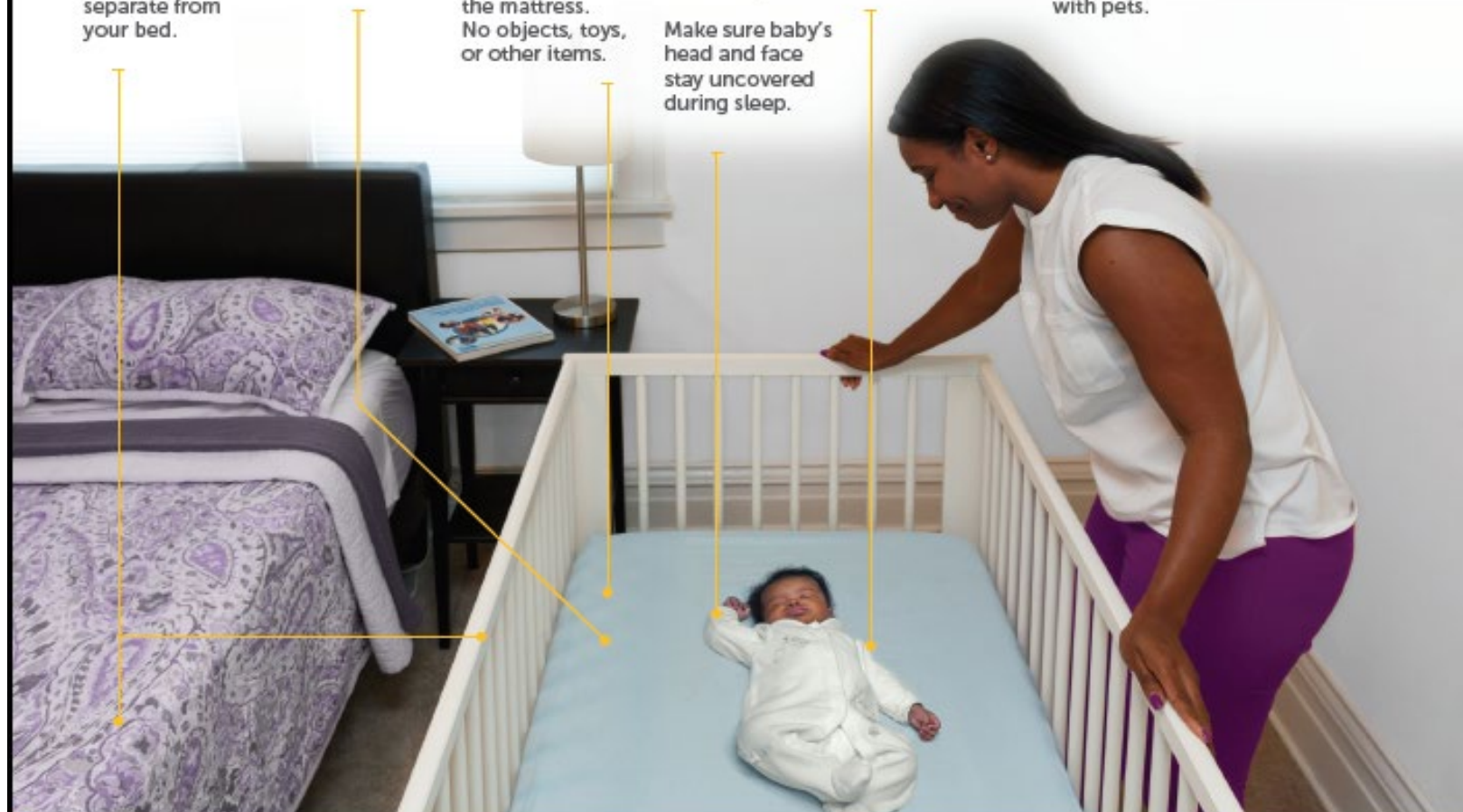


Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.

Make sure baby's head and face stay uncovered during sleep.



\*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (like a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



NIH

Eunice Kennedy Shriver National Institute of Child Health and Human Development



# SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)  
and Other Sleep-Related Infant Deaths

Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Use a sleep surface for baby that is **firm** (returns to original shape quickly if pressed on), **flat** (like a table, not a hammock), **level** (not at an angle or incline), and covered only with a fitted sheet.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk, like by breastfeeding.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



For more information about the Safe to Sleep® campaign, contact us:

Phone: 1-800-505-CRIB (2742) | Fax: 1-866-760-5947

Email: [SafetoSleep@mail.nih.gov](mailto:SafetoSleep@mail.nih.gov)

Website: <https://safetosleep.nichd.nih.gov>

Telecommunications Relay Service: 7-1-1







SCAN HERE

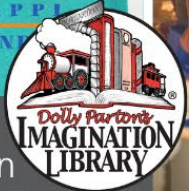
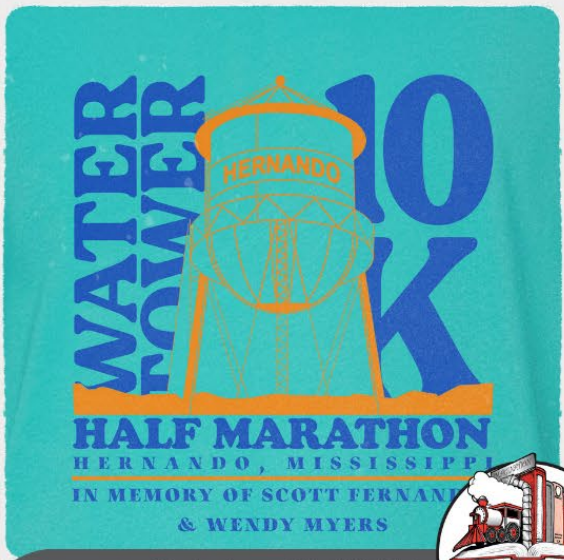


# Children's Day at the Hernando Farmers Market

Hernando Farmers Market: Saturdays 8am-1pm thru October on Hernando Town Square  
\*SNAP benefits doubled, see market table

Children's Days: last Saturday of the month 10am-12pm, free activities, \$5 POP, free book

Children's Health Fair: September 20<sup>th</sup> 10am-12pm



October 11, 2025  
10k and Half Marathon  
supports Hernando's Dolly Parton  
Imagination Library



November 21-22, 2025  
Free ice skating, trolley and carriage rides,  
Christmas farmers market, performances  
and more!

# City of Hernando

Download the City of Hernando app for more details  
& events throughout the year

# DHA Resource & Referral Centers

## Our Services

### Quality Professional Development

- Local Area Coaching
- Coaching & Training on Specific Topics
- Virtual & In-person Trainings

(Trainings are done through MDHS)

### Quality Professional Development

- Computer Access for Career Development
- Access to Educational Resources for children ages 0-12yrs
- Information on Health, Social Services, & Job Training

Scan our QR code to find a center near you!



**Children must be accompanied by a parent/guardian.**

### Makers Space

- Order Ellison Die Cutouts
- Lamination
- Poster Maker
- Resources for Completing School Projects.

### Lending Library

- Developmentally & Age-Appropriate materials for ages 0-12yrs
- Mock Classroom Setup
- Supervised Play
- Storytime



Resource and Referral Network



**DELTA  
HEALTH  
ALLIANCE**

HEALTH • EDUCATION • COMMUNITY

**Mississippi Lift is a program of Mississippi Department of Human Services.**



RESOURCE & REFERRAL CENTER

WE ARE OPEN IN AN  
AREA NEAR YOU!



Center Locations:

- |                |                |
|----------------|----------------|
| Leland, MS     | Batesville, MS |
| Greenwood, MS  | Senatobia, MS  |
| Indianola, MS  | Hernando, MS   |
| Cleveland, MS  | Grenada, MS    |
| Belzoni, MS    | Winona, MS     |
| Clarksdale, MS |                |

- \* Technical assistance
- \* Professional development
- \* Lending library for childcare providers and families.

Scan our QR code for  
more information!



# New Trainings Available Now!

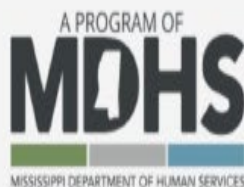
REGISTER TODAY

Find us on:  
<https://portal.lift-ed.ms>

*Mississippi*  
EARLY CHILDHOOD  
INCLUSION CENTER

Professional Development  
series are offered  
in-person, statewide,  
and virtually via Zoom.

Participants will receive four  
contact hours upon successful  
completion of the series.



Follow the steps below

- 01 Professional Development Opportunities
- 02 Advanced Search
- 03 Sponsoring Organization
- 04 MECIC

