

It's an inconvenient truth

Kids get sick and child care providers cannot care for sick kids.



This can cause tension between families and providers, as families have the responsibilities of work, and providers have the legal requirement of excluding sick children from care. So, when is a child too sick to be in care?

The Child Care Division uses the Oregon Administrative Rules to determine when children should stay home:
 OAR 414-205-0100(4) Except for mild cold symptoms that do not impair a child's function, children who are ill shall not be in care.
 OAR 414-205-0100 (5) If a child becomes ill in child care, the provider must separate the child from other children to the extent possible and contact the child's parent(s) to remove the child from care as soon as possible.
 OAR 333-19-200 A child who is diagnosed with a child care restrictable disease cannot be admitted or retained

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in a family child care home as long as the disease is communicable. Examples of child care restrictable diseases include but are not limited to: Chicken Pox, giardiasis, meningitis, mumps, measles, tuberculosis, head lice, scabies any illness accompanied by diarrhea or vomiting, purulent conjunctivitis (discharge from the eyes), fever, (oral temperature over 101 degrees F) and/or impetigo be excluded from the home as long as symptoms last.

Child care providers are required by law to follow these OAR's. Failure to do so can result in a financial sanction, and/or possible suspension. The goal is to keep sick children home so others do not become infected, thus reducing sick days for everyone. If your child becomes ill at home and you keep them home, please notify your provider of the symptoms of the illness so other parents can be notified of illnesses circulating in the child care setting.

If you are unsure, please call René at Child Care Resource Network for clarification, 842-2593.

Overweight and obese kids:

One-third of American kids are overweight or at high-risk of becoming overweight.

Here are some recommendations for children of all ages:

- Birth to age 1: In addition to it's many health benefits, breastfeeding may help prevent excessive weight gain. Though the exact mechanism is not known, breastfed babies are more able to control their own intake and follow their own internal hunger cues.
- Ages 2 to 6: Start good habits early. Encourage kids' natural tendency to be active and offer children a variety of healthy foods. It may take 10 or more tries before a child will accept a new food, so don't give up.
- Ages 7 to 12: Encourage children to be physically active every day, whether it's an organized sports team or a pick-up game of soccer during recess. Keep your kids active at home, too, through everyday activities like walking and playing in the yard. Let them be more involved in making good food choices.
- Ages 13 to 17: Teens like fast-food, but try to steer them toward healthier choices like grilled chicken sandwiches, salads, and smaller sizes. Encourage them to be active everyday. If they are not into organized sports, suggest intramural programs, fitness classes such as yoga or pilates, or alternative sport like skateboarding, inline skating, or mountain biking.
- All ages: Cut down on TV, computer, and video game time and discourage eating while watching the tube. Serve a variety of healthy foods and eat meals together as often as possible. Try to include 5 servings of fruits and vegetables a day in their diet, plan healthy snacks, and encourage kids to eat breakfast every day. Encourage your children to try a variety of activities. Don't force any one sport or activity - and help them find what they enjoy and then support them in their efforts.

If you, as a parent, eat well and exercise regularly and incorporate healthy habits into your family's daily life, you're modeling a healthy lifestyle for your children that could last into adulthood. Talk to your kids about the importance of eating well and being active, but make it a family affair that

will become second nature for both you and your children. Most of all, let your children know you love them - no matter what their weight - and that you want to help your child be happy and healthy.

Source: Kidshealth.org

Family Connections

Changes to Oregon's Child Safety Seat Laws

As of July 1, 2007, Oregon changed its seat belt and child safety laws to reflect national best practice.

Changes to the law require:

- Infants to ride rear-facing until they reach both one year of age **AND** twenty pounds.
- Children who weigh over 40 pounds must be properly secured in a booster seat until they are age 8 **OR** 4'9" in height.
- Children who are age 8 or older **OR** are taller than 4'9" must ride properly secured with the safety belt system.

Oregon law continues to require:

- Children over one year of age **AND** between 20 and 40 pounds must be properly secured with a forward-facing child safety seat up to a minimum of 40 pounds or the weight limit of the seat.

The proper restraint of children reduces the severity of injuries and the number of children killed in motor vehicle crashes.

Contact Alliance for Community Traffic Safety (ACTS) Oregon Child Safety Seat Resource Center for information on Oregon law, answers to child passenger safety questions or to locate a child safety seat check up event: 800-772-1315

Source: Child Safety Seat Resource Center
 www.childsafetyseat.org

Just a quick note to you: