

# Child Care Training Bulletin: July 2008 - September 2008

All workshops count toward the Child Care Division training requirements. Please check category to ensure meeting Child Development requirements. **CKC** refers to **Core Knowledge Category**.

<b>Date/Time</b>	<b>Workshop</b>	<b>Description</b>	<b>Trainer</b>	<b>Location</b>	<b>Cost</b>
July 2nd Wednesday 6:30 pm-8:30 pm Training Hours 2	Starting Points CKC Professional and Leadership Develop- ment	Introduction to the core knowledge categories, core body of knowledge, Oregon Registry steps, and Oregon Registry application.	Lisa Barrager ECE Trainer/ LFC Staff	LCC Main Campus Building 26 Room 314	Free
July 19th Saturday 9:00am-11:30am Training Hours 2.5	Little Bites, Big Steps Sessions 1 and 2 CKC Health, Safety and Nutrition	Session 1: Feeding Your Child: This session reviews healthy eating and food challenges Session 2: What and How Much Do I Feed My Child? Discuss serving sizes, food groups, menu planning and how to choose healthy foods.	Terri Hansen Jennifer Slater ECE Trainers/ LFC Staff	LCC Main Campus Building 19 Room 243	\$15
August 9th Saturday 9:00am-11:30am Training Hours 2.5	Little Bites, Big Steps Sessions 3 and 4 CKC Health, Safety and Nutrition	Session 3: Snacks and Drinks: Practice choosing appropriate drinks and snacks with some fun activities. Session 4: Energy Balance: Energy Balance is the balance between the foods we eat and the energy we expend. Learn about barriers to proper energy balance and some fun activities to maintain a proper energy balance.	Terri Hansen Jennifer Slater ECE Trainers/ LFC Staff	LCC Main Campus Building 19 Room 243	\$15
August 14th Thursday 7:00pm-8:30pm Training Hours 1.5	Little Bites, Big Steps Session 5 CKC Health, Safety and Nutrition	Session 5: Activity and Fitness for Young Children: Recognize the importance of young children being active and formulate ways to encourage children to become more active.	Terri Hansen Jennifer Slater ECE Trainers/ LFC Staff	LCC Main Campus Building 19 Room 243	\$10
August 21st Thursday 6:30 pm-8:30 pm Training Hours 2	In the Mix 1: Joys & Challenges of Mixed- Age Child Care Set One CKC Human Growth and Development	Family child care often includes a blend of older and younger children. We will discuss how family child care can be helpful to the development of school-age children as well as the younger ones. We will describe the unique developmental interests and needs of school-age children and youth and younger children and will plan ways to meet the challenges of mixed ages in family child care.	Pamela DuVall ECE Master- Trainer	LCC Main Campus TBA	\$10

# Important Information For Providers

## Consumer Product Safety Commission Be Sure Your Child Care Setting Is As Safe As It Can Be

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Injuries have a substantial effect on the health of millions of children as well as a significant impact on the health care system. In fact, six of the top ten reasons for children's visits to hospital emergency rooms were for injuries such as bruises, open wounds, sprains and strains, broken arms, and other injuries due to external causes. In a recent national study, the Consumer Product Safety Commission visited a number of child care settings and found that two-thirds of them had one or more potentially serious hazards. Use the safety tips in this checklist to help keep young children safe.

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### Child Care Safety Checklist for Parents and Child Care Providers

- \*CRIBS:** Make sure cribs meet current national safety standards and are in good condition. Look for a certification safety seal. Older cribs may not meet current standards. Crib slats should be no more than 2 3/8" apart, and mattresses should fit snugly.  
This can prevent strangulation and suffocation associated with older cribs and mattresses that are too small.
- \*SOFT BEDDING:** Be sure that no pillows, soft bedding, or comforters are used when you put babies to sleep. Babies should be put to sleep on their backs in a crib with a firm, flat mattress.  
This can help reduce Sudden Infant Death Syndrome (SIDS) and suffocation related to soft bedding.
- \* PLAYGROUND SURFACING:** Look for safe surfacing on outdoor playgrounds - at least 12 inches of wood chips, mulch, sand or pea gravel, or mats made of safety-tested rubber or rubber-like materials.  
This helps protect against injuries from falls, especially head injuries.
- \*PLAYGROUND MAINTENANCE:** Check playground surfacing and equipment regularly to make sure they are maintained in good condition. This can help prevent injuries, especially from falls.
- \*SAFETY GATES:** Be sure that safety gates are used to keep children away from potentially dangerous areas, especially stairs.  
Safety gates can protect against many hazards, especially falls.
- \*WINDOW BLIND AND CURTAIN CORDS:** Be sure miniblinds and venetian blinds do not have looped cords. Check that vertical blinds, continuous looped blinds, and drapery cords have tension or tie-down devices to hold the cords tight. Check that inner cord stops have been installed. See [www.windowcoverings.org](http://www.windowcoverings.org) for the latest blind cord safety information.  
These safety devices can prevent strangulation in the loops of window blind and curtain cords.
- \*CLOTHING DRAWSTRINGS:** Be sure there are no drawstrings around the hood and neck of children's outerwear clothing.  
Other types of clothing fasteners, like snaps, zippers, or hook and loop fasteners (such as Velcro), should be used.  
Drawstrings can catch on playground and other equipment and can strangle young children.
- \*RECALLED PRODUCTS:** Check that no recalled products are being used and that a current list of recalled children's products is readily visible.

Recalled products pose a threat of injury or death. Displaying a list of recalled products will remind caretakers and parents to remove or repair potentially dangerous children's toys and products.

The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products under the agency's jurisdiction. The CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical hazard.

To report a dangerous product or a product-related injury, call CPSC's hotline at (800) 638-2772 or CPSC's teletypewriter at (800) 638-8270, or visit CPSC's web site at [www.cpsc.gov/talk.html](http://www.cpsc.gov/talk.html). To join a CPSC email subscription list, please go to <https://www.cpsc.gov/cpsclist.aspx>. Consumers can obtain this release and recall information at CPSC's Web site at [www.cpsc.gov](http://www.cpsc.gov).