



# LICENSING LINK



## ***FROM CHILD CARE LICENSING UNIT To All Our Providers***

**Wishing you a Happy  
New Year**

It's hard to believe how fast time flies, but here we are already in 2010. In terms of the economy, it wasn't so great; but I hope each of you can find one good thing that happened to you last year. Let this coming year be better than all the others. Promise to do some of the things you've always wanted to do but couldn't find the time. Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. Vow not to make a promise you don't think you can keep. Here is to the bright New Year, and to the things that are yet to come, and to the beautiful memories that we hold.



**Scott County  
Child Care Licensing**

Winter January, 2010

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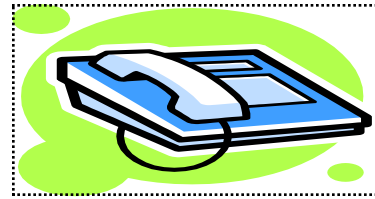


## REMINDER CORNER



### Are you planning to move?

Please keep us informed of your move prior to your actual move or as soon as you know that you are moving. We need enough time to schedule and complete your home safety inspection to have the new home licensed. **Be aware, the license from your previous home is not transferable to your new home without the completion of home safety inspection and meeting all licensing requirements. One more thing, if you are on the food program and your new home is not licensed, your food program will not reimburse you until your home is licensed.**



### Do you have a new phone number?

Please notify child care licensing of your new phone number right away so we have current information in our file. This allows us to notify Child Care Resources and Referral (CCR&R or RCC) and Scott County Licensed Family Child Care association of your new phone number so they can update your information on their website.

**By not notifying us of your new phone number, you are depriving yourself from getting those calls from the prospective parents who are looking for daycare since your old phone number is still on the websites but is no longer working.**

### New email address?

As it was mentioned in our last newsletter, one of our cost saving strategies is to use the Internet to send our Licensing Link newsletters as well as the notification letter informing providers of their upcoming renewal /off year visit. **Our first attempt was successful** and was accomplished with very few glitches. **Thanks to our providers for being supportive and patient.** In the last couple of months some of you might have also received background check clearance letter via email. **In order for us to do our job efficiently, we ask all our providers to keep us informed of your email address changes. We would like to keep our list as up to date as possible. As we have mentioned in our newsletter, we are no longer mailing out anything to providers if they have access to Internet. We feel it is a very efficient way to inform our providers right away of any important licensing changes or any new legislative changes. We hope you also feel that way. Please, be sure to check all the emails that you receive from Child Care Licensing.**

For those who do not have access to email, we want to make it clear that because you do not have an email address, it does not mean that you will not be informed of these important licensing changes. Depending upon the information, it may just take a little longer to receive the information as you will be informed through the Licensing Link newsletter or during your annual visit.

**It is our goal to have the Licensing Link newsletter on our website in near future.**

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## REMINDER CORNER

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- \* Please be sure to notify child care licensing immediately of any changes in your household i.e. if someone is moving in, change in your marital status, change of address or change of phone number. Do not wait to submit any change until your annual visit or with your annual paperwork. The sooner you notify us of any changes, the sooner we can notify the appropriate people like RCC or food program of the changes.
- \* If you are planning to use someone as a substitute/helper, remember to send in a background study form on that person prior to using them. **The Rule says** you just need to submit a background study form, you do not need to wait until the background study is completed on the person before using them as substitute/helper.
- \* **Providers, also make sure you fill out the survey sent by Child Care Resources and Referral, sometimes known as RCC or CCR&R and send it back right away so they can update your information on their website. If you do not respond to their survey, RCC will try to get in touch with you a couple of times. After that if they still cannot get in touch with you because your phone number has been changed or you have moved, your information will not be given out to prospective parents.**

### CLARIFICATION CORNER

Shaken Baby Syndrome Training  
And  
Video Watching

Effective August 1, 2009 training requirements related to Shaken Baby Syndrome for family childcare license holders as well as for staff/helpers/substitutes who assist in the care of infants was expanded to who assist in the care of children under school age, along with who assist in the care of infants.

- \* **Providers** need Shaken Baby Syndrome training every **5 years** and **video watching** will be **part of the initial and ongoing annual training.**
- \* **Substitutes/helpers** need Shaken Baby Syndrome training every **5 years** if assisting in care of children under school age along with assisting in care of infants. **Video watching does not count towards actual training requirement.**
- \* **Minnesota Statutes 2008, section 245A.50, Subd. 5 Shaken Baby Syndrome training required under this subdivision must be at least one-half hour in length and must be completed at least once every five years.**

### NEXT RULE REFRESHER COURSE

#### Reminding U of Licensing Expectations

This is a 2 hour class of free training offered by Scott County Child Care Licensing . Perfect opportunity to get your 2 hours of training credit as well as rule refresher course both at the same time. We know for sure you will find this class very informative. Even though you have been doing care for many years, still some of the information that you will receive through this class would be a real eye opener. This is a great way to refresh your knowledge about child care license rule. **Remember there is no cost to attend this training.** Due to a great demand, we are offering this training again on **March 15, 2010 from 6:30 to 8:30 pm at the Scott County Government Center.** If you have not attended this training yet, and if you are interested in attending or have questions regarding the class, please call **Nancy Berndt at 952-496-8405 to register.** We guarantee you will not be disappointed.



## PET CORNER



Children love pets and pets love children. There are many benefits to having a pet as a part of the learning environment of your child care home. Pets can be a lot of fun. They are good companions for children and can help teach children social skills. However, when bringing a pet into the child care setting, you need to follow guidelines to protect the health and safety of the children. While the majority of interactions between children and pets are happy and enjoyable, there are some important things to be considered in ensuring the health and safety of children in child care setting.

Per Childcare Licensing Rule 9502.0435 Subp.12, all pets housed within the residence shall be maintained in good health and are limited to dogs, cats, fish, guinea pigs, gerbils, rabbits, hamsters, rats, mice and birds if the birds are clear of *Chlamydia psittaci*. **Reptiles like snakes, iguanas, chameleons, lizards, turtles, geckos, alligators, hermit crabs, etc. are not approved pets in daycare setting.** Providers, before choosing a pet in daycare setting, you need to consider lots of things. Is the pet in good health? Is the pet disease free? Is the pet friendly towards children? While no pet is perfect, there are some that are more suitable to a child care home than others. When choosing pets, keep in mind possible allergic reactions some children may have that would require them to be away from animals. Other children may be afraid of certain kinds of animals.

If you already have a pet in your child care, be sure to inform parents before they enroll their children in your daycare. Child care providers should always be present when children are playing with a pet. It is very important to take the time to teach children how to interact appropriately with a pet. This precautionary step will reduce the risks associated with pet biting or scratching child in daycare.

If you have a pet, keep everyone safe and healthy with these tips.

1. Wash your hands thoroughly after contact with an animal, its saliva or its feces.
2. If you are scratched or bitten by your pet, wash the area with soap and running water immediately.
3. Make sure that your pets stay current on all shots and vaccinations. Place records of immunizations in a safe place. Licensor will need a copy of record for the file.
4. Pick up animal waste daily, especially in area where children and pets play.
6. Have your pet tested for parasites at least once a year. Give pets year-round preventive medications to control parasites. Remember, fleas can bite children as well as animals.
7. Don't let children kiss pets or put their hands or objects in their mouths after handling animals until they wash their hands.

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# PET CORNER

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6. Don't let infants and children less than 5 years old touch reptiles, amphibians, baby chicks or ducklings.

Take extra precaution if pets are allowed to roam freely throughout the child care area. Animals should be kept away from food preparation, food storage, and eating area. Their food supply should be kept out of the reach of children. Keep your pet clean. Do not keep animal litter boxes where the children can get to them. Following basic sanitation practices is essential to maintain the safest possible environment for both the pets and the children in your care.

If a child is bitten or scratched while playing with a pet, act immediately. Thoroughly clean and dress the wound. Then consult a doctor for additional care and advice. Remove the pet from contact with children until you know what happened. Notify the parents of a child who was bitten or scratched by pet on the day the injury occurred. Notify child care licensing agency regarding bite and fill out injury report form if child's skin was broken or child was seen by the doctor. Most dog bites can be prevented as long as you follow all the safety instructions. Teach children how to interact with the animal.

Since the majority of in-home providers care for children age 5 and younger, keep in mind that if you are considering or you already have a pet in your home, it is your responsibility as a licensed provider to ensure the health and safety of children in care.

## Are You Looking for Training?

### Child Passenger Restraint Training Offered at AAA

Following are scheduled dates for the training

Saturday, January 16, 2010	6-9pm
Saturday, February 20, 2010	9am to Noon
Saturday, March 20, 2010	9am to Noon
Saturday, April 17, 2010	9am to Noon

To register for any of the above sessions, please call Shannon Swanson at 612-414-9590. **If you are a AAA member, the class is free. For non members cost of training class is \$25.**

**Other places to look for the training:**

- \* **Check with Child Care Resources & Referral. Check or Register on line for the training at [www.mnstreams.org](http://www.mnstreams.org) or Call 651-641-3549.**
- \* **Check on Scott County Licensed Family Child Care Association website at [www.sclfcc.com](http://www.sclfcc.com)**

# MEENA'S CORNER

## OBEISITY AND SCREEN TIME IN HOME DAYCARE

**What is the link between childhood obesity and screen time? How does child care practices and policies impact childhood obesity? What role do child care providers play in preventing childhood obesity in children?**

According to Center for Disease Control and Prevention, there is a direct link between television viewing in childhood and obesity in adulthood. Overweight and obesity are generally caused by lack of physical activity and unhealthy eating habits in our daily lives. Over 80% of children under age 5 spend some time in non-parental care. A large national study found that the type of child care in the year before kindergarten is linked to obesity. **According to this study, children cared for by a parent or in licensed child care centers are less likely to start kindergarten obese than children in child care offered by extended family, friends, and neighbors.**

**What causes overweight and obesity in young children?** We all know that lack of physical activity and/or unhealthy eating habits are two major culprits that causes overweight and obesity in young children. Lack of physical activity can be blamed on the introduction of new technology like computer, email, cell phone and time spent in front of television. How many of us eat in front of the television or allow our children to eat in front of television while watching or reading and returning emails? Think about watching television, all you see is increased marketing of unhealthy food. During screen time you are not aware of what you are putting in your mouth, or how much food you are consuming. Everything looks so appealing on the television that kids will reach for unhealthy food rather than healthy food. Young children are spending more and more time in front of a television or computer and that means less and less time being spent on any physical activities. Of course, there are other contributing factors, like genetics or certain illness that could cause obesity in young children. But when we talk about screen time, we do have control over and we must exercise that control to limit the screen time in young children and fight against childhood overweight and obesity.

**It is said that limiting children's television time and computer use, helps them loose weight. Screen time appears to be an important modifiable cause of childhood obesity and the researchers concluded that "cutting down on screen time rather than cutting down on calories seems to reduce weight". The long term effects in exposure to screen media is unknown, however studies have linked television-watching in young children to obesity, aggression, lower academic performance, and decreased attention span. With the introduction of new technology, like computer, cell phone, emails, person is likely to be inactive. The television and computer screens are consuming our free time.**

In a new study, the amount of television viewed by many young children in child care settings doubles the previous estimates of screen time, with those in home-based settings watching significantly more on average than those in center-based daycares. The study found that among preschool-aged children, those in home-based daycares watched TV for 2.4 hours per day on average, compared to 0.4 hours in center-based settings.

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# MEENA'S CORNER

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With the exception of infants, children in home-based care programs were exposed to significantly more television on an average day than children in center-based programs. The greatest increase in screen time was seen in the preschool group, in home-based child care settings.

**Obesity prevention must start early in life. Because more children are in child care programs today than ever before, the potential for successfully addressing childhood obesity in the child care setting is great.** Obesity prevention efforts must happen both in and out of the home. When it comes to kids, providers and parents need to work together in this fight against childhood obesity. Providers and parents should not only set a good example, they need to set rules that limit kid's computer time, TV watching, and video game playing. Make a rule, no eating in front of a screen, that means any screen. Unfortunately, setting and enforcing rules is a challenge for many parents/caregivers. Daycare providers, you play a major role in keeping our next generation physically fit and healthy. On average, young children spend more time with daycare providers than with their own parents. Since most parents work, the responsibility of controlling screen time and promoting physical activities falls on daycare providers. The child care set up and how your program is structured, significantly impacts child's behavior, health, and learning. It is critical that the child be exposed to positive interactions with other children and adults. Most parents expect their child's preschool environment to provide opportunity for cognitive stimulation, social interaction and physical activity. Television is a poor substitute for all of these.

## What can you do?

- \* Move throughout the day. A child's health, development, and learning depend on getting physical activity every day. If weather permits, kids should be playing outside in winter time as well as in summer time. Ask parents to dress children in appropriate clothing that encourages active play. Keep extra mittens, hats, and coats on hand. You can always find affordable clothing items at garage sales.
- \* Minimize screen time. Encourage active games, listening and moving to music, and creative play to stimulate interaction and help brain development. Incorporate movement, like stretching, dancing, jumping, crawling into all aspects of the curriculum. For a child, basic movement, skills such as running, jumping, throwing do not just appear because a child grows older, but comes from everyday activities and natural ability.
- \* Set screen time limits. Create a house rule that limits screen time to two hours every day. More importantly, **enforce the rule.**
- \* Explain to kids that it is important to sit less and move more in order to stay at a healthy weight. It will help them to learn and master new skills, such as riding a bike, or shooting hoops. It will also make them more energetic. Children should be involved in structured play everyday.
- \* Create healthy meal and snack times. Introduce new foods with familiar food. Let the child decide how much to eat. Eat more fruits and vegetables and reduce food portion sizes.

**The economic impact of overweight and obesity includes direct and indirect costs. Direct costs include medical costs placing young children, youth, adults at much greater risk for development and early onset of a wide variety of chronic diseases. Indirect costs include morbidity, loss of productivity, absenteeism and premature death.**



**Scott County  
Child Care Licensing**

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## Reason I Stay In Daycare



One day with a little child is worth a ZILLION with a crabby,  
badmouthed, boss at the bank!!  
I make my own hours, choose my own clients and set my own pay.  
I pay way less taxes and often save my husband tax money.  
Who else deducts the light bill, water bill, garbage bill, interest  
on the house, cable bill,  
Cell phone bill, 2nd phone line on their taxes.  
I am home when my 10 year old runs in with a crumpled ribbon  
from the class spelling bee.



I am home when my 13 year old brings home a muddy puppy that  
"followed" him home.

I am home when my 17 year old and his friends are hanging around a Nintendo  
In the basement instead of a water bong.

I can run a load of laundry, run a preschool program, answer my email,  
Drink a cup of coffee and still be doing my JOB!!!

Yes, the hours are long. Yes the pay direct to me is often low.

But I recently turned down an executive position, suit wearing, beeper carrying  
JOB which would pay \$30,000 a year to do what I do.

**MAKE A DIFFERENCE.....in the lives of each child I care for and MY OWN.**

AUTHOR UNKNOWN

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