

# GOOD BEGINNINGS NEVER END

N.C. Child Care Health & Safety Resource Center • 1-800-246-6731

August 1999

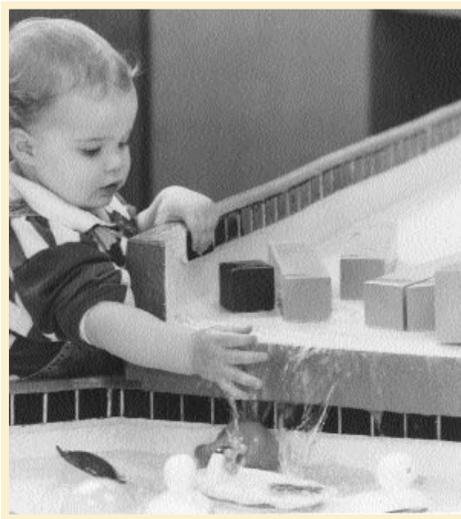
## Key Points

- The Family Day Care Rating Scale gives the highest ratings to homes that provide water play at least 3 times a week.
- Children must wash their hands before and after using the water play table.
- Empty the water table after each use.
- The water play table and toys must be cleaned and sanitized before and after each use with a bleach solution of 50 ppm.
- Children must be **constantly** supervised in areas where there is any body of water including water tables, tubs, buckets, sinks, or toilets.

## In This Issue

- 2 From the Resource Center
- 2 Training Opportunities
- 2 Health and Safety Alert
- 3 Amazing Water Power
- 3 Bubble Fun
- 3 Chill Out
- 3 Lightning Strikes
- 4 Test Your Knowledge
- 4 August References

## SPLISH! SPLASH!



PLAYSPACE RALEIGH, NC

**W**ater is the natural way to keep cool in the summer. Water and water play fascinates children. Through play children discover the qualities of water: water flows; things float on it; it conforms to the shape of a container; it mixes with other substances; it evaporates, it freezes;

Water play is a wonderful experience. Children gain skills and concepts through water play: coordination, math and language. Child care providers can find water as pleasurable and satisfying an experience as children if plans and precautions are made.

A container of water on a table at a height that children can stand around it and reach it comfortably is ideal. Sprinklers, hoses, or small individual water buckets are safe alternatives as a cooling water play activity. (See page 3 of this newsletter for ideas).

Water tables do have one serious problem: they can spread disease in your child care. Therefore cleaning and sanitizing of your water table and water play toys **before** and **after** each use is important. The procedure for cleaning and sanitizing the water table and water toys is as follows:

1. Empty water from table.
2. Wash with detergent solution. (Solution should not be too sudsy. You should be able to rinse out all soap residue with one rinsing.)
3. Rinse with clear water.
4. Spray with bleach solution of at least 50 ppm. Recipe: Mix 1/8-1/4 teaspoon bleach with 1 quart of cool water (use test strips).
5. Let bleach solution air dry for at least 1 minute.

To prevent the spread of germs you should also:

- Avoid using sponge toys. They can trap bacteria and are difficult to clean.
- Have all children wash their hands before and after playing in the water table.
- Do not allow children with open sores or wounds to play in the water table.
- Carefully supervise the children to make sure they don't drink the water.

Call 1-800-246-6731 if you would like more information.

At Your Service

## North Carolina Child Care Health & Safety Resource Center

Providing Training, Consultation & Resources for North Carolina's Child Care Community

### July Call Statistics

Total number of calls .....	982
Number of calls from Family Child Care Providers .....	201
Primary Reason for Calling	No. of Calls
Newsletter/Sun Safety .....	148
First Aid Chart .....	10
NC Regulations .....	7

ABC Book .....	12
Handwashing .....	4
Infant/Toddler .....	4
Nutrition .....	3
Communicable Disease .....	3
Training .....	5
Other .....	5



## Training Opportunities

### September TBA

Preparing Children for Kindergarten Readiness, Hendersonville  
828-692-3847

### September 2

Preventing Child Abuse and Neglect, Dallas, 704-867-0333

### September 11

Central Region Family Child Care Conference (6 hrs.), Greensboro  
339-761-5100

### September 11

Western Region Family Child Care Conference, Black Mountain

### September 11-Oct. 2 (Saturdays)

Get a Steady Beat (20 hrs.- free), Coastal Carolina Community College  
Pat Howard, 910-938-6140

### September 13

2nd Annual Evening of Training (3 Hrs), Raleigh  
Wake Co. Family Child Care Assoc., Donna Vartanesian, 919-790-9875

### September 13- October 21 (Mon. & Thurs.)

Vision, Adventure, & Ideas in Early Childhood, (30 hrs.- free), Coastal Carolina Community College  
Pat Howard, 910-938-6140

### September 14

Birth Order, Gaston Co.  
704-867-0333

### September 14

Recognizing & Reporting Child Abuse & Neglect, Hendersonville, 828-692-3847

### September 14

Secret Formulas (make your own play dough, paint...), Onslow Co.  
Debbly King 910-455-5873

### September 16

Zip Zap Brain Power, Lillington  
910-893-7597

### September 16

Infancy & Attachment Relationships, Cary, 919-677-1400

### September 18

The Other 3 R's, Greensboro  
Jan Warren, 336-378-7700

### September 18-Oct. 2 (Sat.)

Little Books for Little Hands, (20 hrs.- free), Coastal Carolina Community College, Pat Howard, 910-938-6140

### September 21

Healthy Recipes for Little Chefs, Dallas, 704-867-0333

### September 21

Developing Partnerships with Families, Raleigh, 919-834-7175, ext. 3004

### September 23 – Oct. 14 (Tues. & Thurs.)

Little Books for Little Hands (20 hrs.- free), Coastal Carolina Community College, Pat Howard, 910-938-6140

### September 23 (series of 8)

Secrets of How to Get Parents Involved, Wilkes Community College  
336-838-0977

### September 25

Family Child Care Conference, Rocky Mount

### September 28

Are you a Child Care Professional? What makes you think so? (Family Child Care), High Point  
Jan Warren, 336-378-7700

### September 28

Interactive Cooking, Raleigh  
919-829-9024

### September 29

A is for Asthma and Allergies too! Onslow Co., Debbly King  
910-455-5873

## Health and Safety Alert

### Soft Bedding May Be Hazardous to Babies

Placing babies to sleep on their backs instead of their stomachs has been associated with a dramatic decrease in deaths from Sudden Infant Death Syndrome (SIDS). However, babies have been found dead with their heads covered by soft bedding even while sleeping on their backs. To prevent infant deaths due to soft bedding, the U. S. Consumer Product Safety Commission, the American Academy of Pediatrics, and the National Institute of Child Health and Human Development are revising their recommendations on safe bedding practices when putting infants down to sleep. Here are the revised recommendations to follow for infants under 12 months:

### Safe Bedding Practices for Infants

- Place baby on his/her back on a firm tightfitting mattress in a crib that meets current safety standards.
- Remove pillows, quilts, comforters, sheepskins, stuffed toys, and other soft products from the crib.
- Consider using a sleeper or other sleep clothing as an alternative to blankets, with no other covering.
- If using a blanket, put baby with feet at the foot of the crib. Tuck a thin blanket around the crib mattress, reaching only as far as the baby's chest.
- Make sure the baby's head remains uncovered during sleep.
- Do not place baby on a waterbed, sofa, soft mattress, pillow, or other soft surface to sleep.

# The ABC's of Safe and Healthy Child Care...

## Amazing Water Power

Children can practice hand-eye coordination with these activities. All of these activities are for outside play.

- Use a turkey baster to transfer water from one dishpan to another. Add a few drops of food coloring for excitement.
- Make a funnel from the top half of any plastic bottle. Try liquid dishwashing detergent bottles, soda bottles, or milk jugs. Experiment to see how the funnel helps you pour from one container to another.



Let the children squirt each other with ketchup and mustard dispenser bottles, spray bottles with pumps or triggers or turkey basters filled with water. Be sure the bottles are clean.

## Chill Out

Playing with ice will help everyone chill out on a hot August day. These activities can be used to teach science and math as well as developing hand-eye coordination.

- Fill your water table with ice. Give the children scoops and different containers to fill. Count the number of scoops it takes to fill the container.
- Let the children practice filling containers with ice using tongs instead of their hands.
- Fill cups with ice and put one in the sun and one in the shade. Ask the children to predict what will happen.
- Fill ice trays with apple juice or orange juice. Serve outside during snack time.
- Fill ice trays with lemon juice. (Children can help squeeze lemons for this.) Place a frozen lemon cube with 2 teaspoons of sugar in a small cup. Fill cup with water and stir for an instant lemonade that young children can make themselves.



## Bubble Fun

Children will develop observation skills with this activity.

- Give the children a dishpan of water and various items that can make bubbles under water such as a baster, a liquid detergent bottle, and rotary beater.
- Show how to use the items to create bubbles.
- Help children discover that putting air into the water is what creates the bubbles.

### Recipe for Giant Bubbles:

- 3 cups water
- 1 cup dishwashing soap
- 1/4 cup corn syrup

Combine all the ingredients in a medium bowl. Let the mixture sit for several hours before using. Pour the bubble solution into a frying pan and make a giant bubble wand from a wire coat hanger. For best results, do this activity on a day when the humidity is high. The bubbles will be a lot bigger and will last a lot longer.



## Lightning Strikes

North Carolina ranks second in the nation in the number of fatal lightning strikes. Victims more often are struck before and after storms, rather than during the period of heavy rain and deafening thunder. If you can hear thunder, you can be struck by lightning.

## Test Your Knowledge

A container of water that is shared by many children carries the risks of spreading germs through the water and the toys. Germs grow in warm and wet environments. Jan has decided to purchase a water table for her family child care home. She should:

1. Be sure the water table is cleaned and disinfected with her bleach solution and filled with fresh water daily.
2. Have the children wash their hands before and after playing at the table.
3. Wash and disinfect all water toys daily. (Wash with soap and water and spray with bleach solution, or put in the dishwasher.)
4. Consider using individual basins for each child within the water table.



Which of the statements is correct?

- A. 1 only
- B. 1 and 3 only
- C. None of the above
- D. All of the above

Call us at 1-800-CHOOSE-1 with your answer and receive a free gift if you are among the first 100 callers.

## References for August Articles

- Rainy Day Activity Book* by Jennifer Rader, 1995.  
*Kitchen Gadgets* by Barbara F. Backer, 1998.  
*Everyday Discoveries* by Sharon MacDonald, 1998.  
*Healthy Kids*, American Academy of Pediatrics, June/July, 1999.  
*Caring for our Children* published by the American Public Health Association and the American Academy of Pediatrics, 1992.  
*Healthy Young Children* published by NAEYC, 1995.  
*Natural Learning* by Robin C. Moore and Herb H. Wong, 1997.  
*Family Day Care Rating Scale* by Thelma Harms and Richard Clifford, 1989.  
*Accreditation Criteria and Procedures of the National Academy of Early Childhood Programs* by NAEYC, 1991.

4 • GOOD BEGINNINGS NEVER END • AUGUST 1999

NC Child Care Health & Safety Resource Center  
Post Office Box 12509  
Raleigh, NC 27605

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EDITOR

Linda Raker Rogers, RN  
MSN, FNP

This publication is produced monthly by the N.C. Child Care Health and Safety Resource Center and distributed to family child care providers by the Healthy Child Care North Carolina Campaign.

### FOR MORE INFORMATION

or if you would like to send suggestions or comments

### WRITE:

NC Child Care Health and Safety Resource Center  
Post Office Box 12509  
Raleigh, NC 27605

### OR CALL:

1-800-246-6731  
[www.nchealthychildcare.org](http://www.nchealthychildcare.org)

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