



The Child Care Planning Council compiled these resources from a variety of electronic newsletters. We have now compiled them by subject. We hope it is helpful!

Physical Health, Health Care, Development, Fitness, Growth & Nutrition, Disabilities Reports and Resources

- **ABCD Reading Room for State Officials:** The ABCD Reading Room includes material of particular interest to state officials as they have worked to improve the quality of health and developmental services provided to young children. The reading room, produced by the National Academy for State Health Policy's Assuring Better Child Health and Development (ABCD) Program, is designed to provide state policymakers with easy access to research and resources related to early childhood health and development. Topics include (1) relevant findings from the science of early childhood development, (2) preventive health care guidelines and new directions, (3) promoting young children's mental health, (4) measurement and quality improvement in early childhood services, (5) comprehensive and systematic approaches to early childhood services, and (6) early childhood services costs and financing strategies. The reading room is available at:
www.nashp.org/_catdisp_page.cfm?LID=A6AA431B-7776-4A51-85D85A7E6CA5E24C.
- **Healthy Steps for Young Children: Great resources for parents and clinicians:** Healthy Steps for Young Children is a national initiative, developed by the faculty in the department of pediatrics at the Boston University School of Medicine, to improve the quality of preventive health care for infants and toddlers. Established with Commonwealth Fund support, the program emphasizes a close relationship between health care professionals and parents in addressing the physical, emotional, and intellectual development of children from birth to age 3. Among the benefits Healthy Steps provides are authoritative materials for parents and health professionals to promote child development and enhance well-child care. To make this material as widely available as possible, the Fund is now providing access to some of these resources, in English and Spanish, on our Web site. These include:
 - LINK Letters, which prepare parents for well-child visits and provide child-rearing advice.
 - Parent Prompt sheets, which provide guidance on critical developmental issues so parents are "prompted" to ask the right question at well-child visits.
 - Parent Handouts, which cover a wide range of medical, developmental, and practical issues, from baby-proofing the home to coping with toddlers' fears.
 - Quick Check Sheets, which provide guidance to clinicians on developmental and behavioral issues.
 - These materials, a small selection of the resources Healthy Steps offers, are being made

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available free of charge as a service to interested professionals and parents. Additional materials, including information for physician practices interested in becoming participating Healthy Steps sites, are available at www.healthysteps.org

- **HEALTHY EATING & LIVING FOR PRESCHOOL CHILDREN GUIDE:** Developed by the U.S. Department of Agriculture (USDA) Nibbles for Health is a guide to use in addressing parents' and other caregivers' concerns about healthy eating and active living of preschool-age children. Targeted to child care center staff and created as a series of easy-to-read, practical, and empowering messages, it contains 41 reproducible newsletters that can be provided to parents and also gives guidance on conducting discussions with parents in three "sharing sessions." The guide is available at <http://www.fns.usda.gov/tn/Resources/nibbles.html>.
- **2005 NATIONAL INDICATORS OF CHILD WELL-BEING:** The Federal Interagency Forum on Child and Family Statistics released America's Children: Key National Indicators of Well-Being, its annual report that details the status of children and families in the U.S. The report presents the latest available data on 25 indicators related to economic security, health, behavior and social environment, and education, as well as 9 background measures related to population and family characteristics. The report is available at <http://www.childstats.gov/>.
- **Guidelines Help Parents Decide What's Best To Feed Baby:** Guidelines to help parents determine what's best to feed their infants and toddlers are being developed by Agricultural Research Service (ARS) scientists and cooperators. The new guidelines, developed by the Children's Nutrition Research Center (CNRC) in Houston, Texas, the American Dietetic Association and Gerber Foods Products company, fill an information gap. That's because much of the available nutrition information has been intended mainly for children ages 2 years and up, or for infants under 6 months. The new guidelines are meant for toddlers between those ages. Called the "Start Healthy Feeding Guidelines," the recommendations complement and expand--not replace--early-feeding recommendations from the American Academy of Pediatrics, the Centers for Disease Control and Prevention, and other expert groups. The guidelines provide practical and useful recommendations based on scientifically sound evidence. The guideline's website, <http://www.gerber.com/starthealthy>, provides content from the expert panel, including a comprehensive brochure with tips and information on feeding young children. Guideline topics include coping with food allergies and sensitivities, how to feed infants and develop children's self-feeding skills, and the importance of physical activity. The CNRC is operated by Baylor in cooperation with Texas Children's Hospital and ARS, the U.S. Department of Agriculture's chief scientific research agency. (Article from Science Daily) <http://www.sciencedaily.com/releases/2005/06/050619193915.htm>.
- **STUDY: CHILDREN DON'T EXERCISE ENOUGH AT PRESCHOOL**
Children are supposed to play, run, jump and be active for at least two hours a day, but most aren't doing even half that much at preschool, says one of the first large studies to examine physical activity in children ages 3 to 5. This low activity level could be contributing to the increasing problem of excess weight in kids, says researcher Russ Pate, a professor of exercise science at the University of South Carolina-Columbia. About 10% of children ages 2 to 5 are overweight; another 12% are at risk of becoming so, the latest government statistics show. More than half of 3- to 5-year-olds go to preschool, reports Nanci Hellmich. Children need

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more vigorous play during unstructured free time at preschool, Pate says, and they also need more organized physical activities, like dancing the hokey-pokey.

http://www.usatoday.com/news/health/2004-11-01-preschool-exercise_x.htm

- **Report Recommends More Explicit Guidelines For Assessing Safety of New Ingredients Added to Infant Formula:** The federal regulatory processes for evaluating the safety of food ingredients have worked well for conventional substances, they were not designed to address the unique needs and vulnerabilities of infants and are insufficient to ensure the safety of new types of ingredients proposed for infant formula, says a new report from the Institute of Medicine of the National Academies.
<http://www4.nationalacademies.org/news.nsf/isbn/0309091500?OpenDocument> (from Better Baby Care)
- **The 100% Campaign: Health Insurance For Every California Child,** released a new report about the potential linkages between child care and health care for children in California. The report is entitled, "Go Where They Are: Working with Child Care Programs to Reach California's Uninsured Children." It explores linkages between child care settings and health insurance enrollment for children in California by highlighting existing strategies and making recommendations for improved coordination. The report also serves as an excellent primer on two increasingly complex service delivery systems for children in California: child care and health insurance.
Click here to download a two-page summary about child care-health care linkages.
<http://www.100percentcampaign.org/resources/publications/fs-cc-030917.htm>
- **Children's Environmental Health**
The National Institute for Environmental Health Science released an online brochure, [Children's Environmental Health](#), about the effect of environmental hazards on children's health and development.
- **Effects of Electronic Media on Children Ages Zero to Six:** Recent studies indicate that even the youngest children in the United States are using a wide variety of screen media. "The Effects of Electronic Media on Children Ages Zero to Six: A History of Research" provides a comprehensive overview of the major research that has been conducted over the decades on various aspects of young children's media use, and also highlights the issues that have not been researched to date. The issue brief was prepared for the Kaiser Family Foundation by the Center on Media and Child Health, Children's Hospital Boston. The issue brief is available at: <http://www.kff.org/entmedia/7239.cfm>
- **Now Available in Spanish: Healthy Minds: Nurturing Children's Development From 0 to 36 Months:** "Healthy Minds: Nurturing Children's Development From 0 to 36 Months," a series of seven reproducible handouts, is now available in Spanish. These free parent handouts address brain and child development over the first 36 months of life. The handouts were developed jointly with the American Academy of Pediatrics and they are based on the National Academy of Sciences' report, "From Neurons to Neighborhoods: The Science of Early Childhood Development." Funding for the initiative was provided by the Gerber Foundation. ZERO TO THREE encourages you to duplicate and distribute these handouts to

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the families you serve--as long as it is done for nonprofit or educational purposes. Reproduction for other uses (including commercial or for-profit uses of the handouts) requires express permission of ZERO TO THREE. The Spanish and English versions can be downloaded for free at: www.zerotothree.org/healthyminds

- **The Role of State Public Health Agencies in Child Care:** This fact sheet highlights the need for state participation in early childhood development and opportunities for state public health agencies to partner with child care professionals to improve the health and safety of young children in child care settings. The fact sheet, produced by the Association of State and Territorial Health Officials, presents information on the role of child care for families, national and federal health and safety in child care initiatives, and examples of ways state public health agencies can pursue early childhood development initiatives. The report is intended for use by state and territorial health officials in broadening involvement in early childhood development and strengthening partnerships with child care professionals. The fact sheet is available at: http://www.astho.org/pubs/ChildCareFINAL_11-22_.pdf
- **Child Care Health Linkages Project (CHHP) Products:** The Child Care Health Linkages Project, funded by First 5 California from 2001- 2006, completed several health and safety products for ECE programs that you, your staff and community partners may find useful. The products or resources are: Curriculum and Resources for Child Care Health Advocates, Asthma Information Packet, Oral Health Curriculum, and Health and Safety Technical Assistance provided by the Child Care Healthline. The curriculum is comprised of 18 modules and each module includes many resources you can share with providers and families on specific health and safety topics. All of these materials are available on-line to download at no cost at <http://ucsfchildcarehealth.org/html/pandr/trainingcurrmain.htm#cchc>
- **Issue Brief: Implementation of Home Visitation Programs: Stories from the States:** Home visiting programs that support pregnant women and families with young children have proliferated in recent decades. Several program models have established national offices that support the expansion of their program in new states. As the number of establishments has grown, they have also instituted state-based systems which deal with collective concerns such as funding, advocacy and quality assurance within their particular state's circumstances. This study looks at the experience of developing state-based home-visiting systems. We conducted interviews with state and national representatives from four of the large national home visiting models: Healthy Families America, the Nurse-Family Partnership, Parents as Teachers, and the Home Instruction Program for Preschool Youngsters. The characteristics of state-based home visiting systems vary from one state to another and from one home-visiting program to another, depending on the way they were implemented, the state's particular administrative structure and political climate, and the home-visiting program's traits, among others. Despite differences in their initial implementation and context, state-based home visiting systems confront similar challenges with respect to sustainability: they have to secure funding that supports services and system functions without compromising quality or the model's design; they have to be able to demonstrate the efficacy of their model and its implementation; and they need to ensure that new programs are able to reproduce the model with quality, embracing those characteristics that have made programs successful in the past.



http://www.chapinhall.org/article_abstract.aspx?ar=1433&L2=61&L3=129.

- **Home Visitation in 2005: Outcomes for Children and Parents:** This new Working Paper from the Invest in Kids Working Group looks at the economic returns of home visiting programs for young children. While the evidence available to date indicates that quality home visiting programs produce modest benefits, the evidence on combining home visiting with other early childhood education programs suggests they produce longer-lasting outcomes. Programs also appear to be more effective when the services provided are aligned with the most pressing needs of the population served. The lack of consistent measurements in the research, however, calls for a more standardized approach to truly measure a program's effectiveness. The Working Paper (92 pages) is available at: http://www.ced.org/docs/report/report_ivk_gomby_2005.pdf
- **New American Academy of Pediatrics Report Underscores Importance of Play:** The American Academy of Pediatrics has released a new report highlighting the importance of free and unstructured play in the healthy development of children's social, emotional and cognitive abilities. "The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds" notes that a loss of free time and a hurried lifestyle can cause stress, anxiety and depression in children. <http://www.aap.org/pressroom/playFINAL.pdf>
- **Pesticide Residues Routinely Found in Child Care Centers:** In September 2006, the U.S. Department of Housing and Urban Development (HUD) released the findings of a study that found pesticide residues in 100 percent of a sample of child care centers across the country. According to the lead scientist, at least one pesticide was found in every one of the 168 child care centers studied. Over two-thirds of the studied centers reported routinely using pesticides. As many as 10 different pesticides were used in some of the centers. These findings are particularly disturbing because significant residue was found on floors where young children spend much of their time sitting, playing and crawling. The National Academy of Sciences (NAS) estimates that 50 percent of lifetime pesticide exposure occurs during the first five years of life. Early pesticide exposures may increase risk of illnesses such as cancer later in life. States are moving toward regulating the use of pesticides in schools and child care centers. The state of Massachusetts now mandates that schools and child care centers file IPM plans that outline infestation problems and identify steps for correcting the problems. (To access the entire report, you have to be a subscriber, but this contains the abstract. <http://pubs.acs.org/cgi-bin/abstract.cgi/esthag/2006/40/i20/abs/es061021h.html>.)
- **Right Start for America's Newborns Releases New Birth Outcome Data:** Data from the 2007 Right Start for America's Newborns report is now available online. The report now includes data on the eight indicators of healthy birth outcomes, going back to 1990, and is available for states and cities. The Right Start report is a joint project of the Annie E. Casey Foundation and Child Trends. <http://www.kidscount.org/sld/rightstart.jsp>.
- **New Diversity Data Website:** The DiversityData project is a project of the Harvard School of Public Health. The website identifies metropolitan area indicators of diversity, opportunity, quality of life and health for various racial and ethnic population groups. This

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Website is now available to a wide variety of potential users interested in describing, profiling and ranking U.S. metros in terms of quality of life. The indicators provide a scorecard on diversity and opportunity, and allow researchers, policymakers and community advocates to compare metro areas and to help them advocate for policy action and social change. The choice of indicators was grounded in recent work on urban inequality and health inequality, which points to the significance of racial/ethnic disparities in health, educational, employment and housing opportunities across metro areas. <http://diversitydata.sph.harvard.edu/>. For example, here is a profile on the Oakland area:

<http://diversitydata.sph.harvard.edu/profiles.jsp?ma=5775>.

- **Children NOW Releases its 2006 Report Card:** The State of the State's Children identifies critical issues affecting children's well-being and threatening to compromise public health and the economy. This nonpartisan report assigns letter grades to individual issues, such as a "C-" in early care and education, a "C-" in K-12 education, and a "B-" in health insurance. Recommendations are provided for how policymakers can better address children's basic needs for growing into productive adults. The report presents the most current data available on the status of California's children, who represent 27% of all Californians and 13% of the nation's kids:

http://publications.childrenow.org/publications/invest/reportcard_2007.cfm

- 760,000 California children, ages 0-18, don't have health insurance.
 - One in three of California's 6- to 17-year-olds is obese or overweight.
 - About 58% of California's 3- and 4-year-olds do not attend preschool.
 - About 60% of California's 2nd- to 11th-graders did not meet state goals for math and reading proficiency in 2006.
 - As many as 30% of the state's children live in an economically-struggling family, able to pay for only the most basic needs.
- **Great Resource on Health Data for California Counties:** Health Snapshots is a new feature on the UCLA Center for Health Policy Research website designed to give our many audiences easy access to health profiles created for local areas within California. www.healthsnapshots.org.
 - **Healthy Choices Afterschool: Investigation of the Alignment of Physical Activity and Nutrition Programs/Curricula and the National Afterschool Association Program Standards:** This report looks at physical activity and nutrition curriculum choices for afterschool programs, linking with the National Afterschool Association Program Standards. <http://www.niost.org/publications/healthy%20choices%20afterschool.pdf>



- **Healthy Child Care America E-News for Health Professionals:** Healthy Child Care America's electronic newsletter offers tips for health and safety in child care settings for parents and caregivers. To learn more, please go to:
<http://www.healthychildcare.org/Enews.cfm>.
- **HHS Releases National Statistics on Child Abuse and Neglect for 2005:** According to the latest figures released by the U.S. Department of Health and Human Services, 899,000 children were abused or neglected in fiscal year (FY) 2005. This represents a victimization rate of 12.1 per 1,000 children. A slight increase in these numbers compared to FY 2004 is attributed to the inclusion of data from Alaska and Puerto Rico. During the prior 5 years, there had been a general decline in the rate of victimization and the numbers of victims. The national statistics are part of Child Maltreatment 2005, a compendium of data collected through the National Child Abuse and Neglect Data System. Child Maltreatment provides national and State statistics on reporting, victims, perpetrators, fatalities, and services provided to children and families in 2005. An estimated 3.3 million child maltreatment allegations regarding 6 million children were made in 2005; an estimated 3.6 million children were actually investigated by child protective services agencies. Approximately 25 percent of these reports involved substantiated claims of abuse. The rate of investigation increased from 47.8 per 1,000 children in 2004 to 48.3 in 2005. Of the children who were abused and neglected in 2005: 54.5 percent were 7 years old or younger, with children ages 0-3 years having the highest rate of victimization, 62.8 percent experienced neglect, 16.6 percent were physically abused, and 9.3 percent were sexually abused, 1,460 children died from abuse or neglect in 2005, slightly lower than the estimated 1,490 deaths reported in 2004. As in previous years, the vast majority of perpetrators (79.4 percent) were parents of the victim. Another 6.8 percent were relatives of the victim. To read the full report on national and State statistics, see Child Maltreatment 2005 on the Children's Bureau website:
www.acf.hhs.gov/programs/cb/pubs/cm05/index.htm
- **Promoting Physical Activity and Healthy Nutrition in Afterschool Settings: Strategies for Program Leaders and Policymakers:** This strategy brief outlines the important role that afterschool programs can play in efforts to prevent childhood obesity and includes ideas for incorporating nutrition and fitness into afterschool programming, strategies for financing these efforts, and examples of policies that can support and encourage the afterschool community's endeavors to steer children toward healthy choices. The full report is now available online at: http://nccic.acf.hhs.gov/afterschool/fitness_nutrition.pdf
- **Children Left Behind: How Metropolitan Areas Are Failing America's Children:** This newly released report from the Harvard School of Public Health scores the living conditions experienced by children in the 100 largest U.S. metropolitan areas. The report, "Children Left Behind: How Metropolitan Areas Are Failing America's Children," is attached. If you are interested in viewing the website go to: <http://diversitydata.sph.harvard.edu/>. For the report: http://diversitydata.sph.harvard.edu/children_left_behind_final_report.pdf.
- **Getting Smarter, Becoming Fairer: Renewing Our Schools, Securing Our Future:** It is not a coincidence that early identification and intervention are highlighted in this report by the Center for American Progress, a cutting-edge think tank in DC. Specifically, Getting

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Smarter, Becoming Fairer urges improvements in four areas. The major recommendation for Connecting Schools with Families and Communities is: “Establish community schools to address out-of-school needs, offering early screening to identify developmental and physical challenges, promoting home visits and support for struggling families, and encouraging greater parental involvement in children’s education.” (p.viii) The full recommendation elaborates on the importance of good screening and intervention: “...States should guarantee that every child receives early screening for developmental and physical challenges and developmental solutions to address any challenges identified. Children and families who face higher risks should receive professional home visits to provide additional assistance and, as needed effective interventions. Teachers must receive greater training on how to better engage parents as partners in the learning process.” (p. 61) Getting Smarter, Becoming Fairer outlines the challenge for connecting schools with families and communities: “...an important factor in school readiness is early screenings for disabilities or developmental challenges. This should ideally occur before children reach pre-school age. Approximately 16% of all children have disabilities that affect their schooling, including speech-language impairments, mental retardation, learning disabilities and emotional or behavioral disturbances. Yet only about half of these disabilities are identified before a child enters school. The cost of not identifying these disabilities early on is high, as problems tend to compound and become more difficult to treat if not addressed right away.” (p. 59) You can find the full Getting Smarter, Becoming Fairer report on the website of the Center for American Progress:

http://www.americanprogress.org/projects/education/files/full_report.pdf.

- **Providing Web-Based Support for Families with Young Children with Disabilities:** This article, which appears in the most recent issue of Infants and Young Children, discusses using the Internet to provide advice for parents who have a serious and ongoing need to know how best to help their children. In the course of exploring issues like quality of information, accuracy, trustworthiness and information overload, the authors provide useful guidance for any professional organization planning to make better use of the Internet to communicate. http://depts.washington.edu/isei/iyc/20.1_zait.pdf.
- **SIGNS OF CHILD ABUSE -- WHAT A TEACHER SHOULD KNOW:** The abused child comes in many sizes and shapes. They come from families in all socioeconomic strata. They are the sad children teachers see every day. Do you know how to tell the difference between a child just going through normal sadness and an abused child? <http://www.bellaonline.com/articles/art38349.asp/zzz>.
- **Report on Child Friendly Transportation:** This Canadian report arises from work conducted during 2003 in the Halton and Peel regions, just west of Toronto. That project, supported by the Ontario Trillium Foundation and entitled Kids on the Move in Halton and Peel, examined children’s travel in those two suburban regions through examination of available data and through consultations with almost 300 educators, health professionals, municipal staff and politicians, parents, children, safety officials, and many others. The impetus for the work done during 2003 was concern that modern transport practices, particularly automobile dependence, are compromising children’s development, through air and noise pollution, physical inactivity, and loss of the intimate contact with surroundings that comes



from travel by automobile rather than by foot or by bicycle. For the 22 page report, go here: http://cst.uwinnipeg.ca/documents/Child_friendly.pdf.

- **Brain Zone Project Brings Early Childhood Awareness to New Parents and Caregivers**
Communities in West Virginia, Ohio and Kentucky are preparing new parents and caregivers for the early years by providing them with information through the innovative "Brain Under Construction ZoneSM" project. Using the [12 Messages for Raising a Healthy Child](#) created by the United Way of the River Cities' Success by Six initiative (West Virginia), the Brain Zone project brings knowledge about healthy early childhood development to families, beginning prenatally. The Brain Zone project is currently being implemented in Cabell, Wayne, and Mason Counties in West Virginia, Lawrence County in Ohio, and Boyd County in Kentucky. [Read More](#)
- **Analysis Finds One in Eight U.S. Households with Infants is "Food Insecure":** One in eight U.S. households with infants (12.5 percent) reports being "food insecure," according to a Child Trends. "Food insecure" is defined by the U.S. Department of Agriculture to be "limited or uncertain availability of nutritionally adequate and safe foods." Additionally: Among households with low-birthweight infants-children born weighing less than 5.5 pounds-about one in seven (14.4 percent) is food insecure. Among poor households with infants, nearly three in 10 (28.9 percent) report food insecurity. Child Trends' findings are presented in a new research brief, [Food Insecurity and Overweight among Infants and Toddlers: New Insights into a Troubling Linkage](#). The brief also links food insecurity with maternal depression, poor parenting, and-paradoxically-overweight toddlers.
- **New Report Offers Insight Into the Well Being of the Nation's Children:** The Forum on Child and Family Statistics recently released its annual report *America's Children: Key National Indicators of Well-Being 2007*. The report offers detailed and condensed statistics describing the status of children and families in the United States. It examines multiple factors connected to demographic background, family and social environment, economic circumstances, health care, physical environment and safety, behavior, education, and health of our nation's children. To view this report click [here](#). Highlights are here: <http://www.childstats.gov/americaschildren/highlights.asp>
- **National Early Intervention Longitudinal Study Releases 10-Year Results:** Earlier this year, the National Early Intervention Longitudinal Study (NEELS) released the final report from a 10-year study that looked at policy issues related to infants and toddlers with disabilities and their families. The first national study of its kind, the [NEELS report](#) presents the findings on a national sample of children and their families, as well as discusses the implications for policy and practice. http://www.sri.com/neils/pdfs/NEELS_Report_02_07_Final2.pdf
- **State-at-a-Glance Chartbook on Coverage and Financing for Children With Special Health Care Needs:** This resource includes carefully selected indicators on key aspects of health coverage and health care financing in each state. It also provides descriptions and samples of the most interesting state practices, with a focus on implementation and



innovation. Basic info: http://www.hdwg.org/catalyst/Chartbook_states.php CA summary: <http://www.hdwg.org/catalyst/pdf/Chartbook%20pdfs/States/California.pdf>.

- **Developmental Problems and Early Intervention for Maltreated Children:** ZERO TO THREE and the Institute for Social and Economic Development (ISED) have collaborated to release [Literature Review: Developmental Problems for Maltreated Children and Early Intervention Options for Maltreated Children](#). This Literature Review addresses the vulnerability of children under 3 and the maltreatment that all too often occurs. The first part of the review underscores common developmental concerns that result, and the second part