

# Quality Matters

Winter 2007

## Child Care Weather Watch

Watching the weather is just part of the job for child care providers. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to attend to the health and safety of children in their care. What clothing, beverages, and sun screen are appropriate? Dress children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). Drinking beverages helps the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high sugar content beverages and soda pop. You can also use sunscreen to block harmful rays from the sun. Look for sunscreen with UVB and UVA ray protection. Sunscreen may be used year around. Use a sunscreen labeled as SPF-15 or higher. Apply sunscreen generously and frequently with parent permission. Read the label of the sunscreen product. and follow directions Have children play in shaded areas or create shade in the play area.

Condition **GREEN** - Most children may play outdoors and be comfortable. Child care providers should watch for the child that becomes uncomfortable while playing outdoors.

- **INFANTS AND TODDLERS** Infants/toddlers are unable to tell the child care provider if they are too hot or cold. The infant/toddler may become fussy when uncomfortable. Infants/toddlers tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by using sunscreen and playing in shaded areas. Give beverages while playing outdoors.



- **YOUNG CHILDREN** Use precautions regarding clothing, sunscreen, and beverages. Young children need to be reminded to stop play and drink a beverage and apply more sunscreen.
- **OLDER CHILDREN** Use precautions for clothing, beverages, and sunscreen. The older child needs a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). Apply sunscreen and give beverages while outdoors.

Condition **YELLOW** means the child care provider must use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.

- **INFANTS AND TODDLERS** Child care providers should use the precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.

- **YOUNG CHILDREN** Use the precautions regarding clothing, sunscreen, and beverages. Younger children may insist they are not too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child.
- **OLDER CHILDREN** Use precautions for clothing, sunscreen, and beverages. Use a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids remain important while playing outdoors.

During condition **RED** most children should not play outdoors due to the health risk.

- **INFANTS/TODDLERS** should play indoors and have ample space for large motor play.
- **YOUNG CHILDREN** may ask to play outside and do not understand the potential danger of weather conditions.
- **OLDER CHILDREN** may play outdoors for very short periods of time. Child care providers must be vigilant about proper clothing, beverages, and use of sunscreen.



## Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words used by your weather forecaster.

- **Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life-threatening wind chills. Seek shelter immediately.
- **Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.
- **Relative Humidity:** The percent of moisture in the air.
- **Temperature:** The temperature of the air in degrees Fahrenheit.
- **Wind:** The speed of the wind in miles per hour.
- **Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets and livestock.
- **Winter Weather Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.
- **Winter Storm Warning:** Severe winter conditions have begun in your area.
- **Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Child Care Weather Watch was produced by the Iowa Department of Public Health, Healthy Child Care Iowa. This guide was produced through federal grant (MCJ19T029 & MCJ19KCC7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service. Understand the Weather

## Understand the Weather

### Wind-Chill



- 30° is **chilly** and generally uncomfortable
- 15° to 30° is **cold**
- 0° to 15° is **very cold**
- 20° to 0° is **bitter cold** with significant risk of **frostbite**
- 20° to -60° is **extreme cold** and **frostbite** is likely
- 60° is **frigid** and exposed **skin will freeze** in 1 minute

### Heat Index



- 80° or below is considered **comfortable**
- 90° beginning to feel **uncomfortable**
- 100° **uncomfortable** and may be **hazardous**
- 110° considered **dangerous**

All temperatures are in degrees Fahrenheit

# Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)									
Wind Speed in mph									
	CALM	5	10	15	20	25	30	35	40
50	50	48	40	36	32	30	28	27	26
40	40	37	28	22	18	16	13	11	10
30	30	27	16	9	4	0	-2	-4	-6
20	20	16	4	-5	-10	-15	-18	-20	-21
10	10	6	-9	-18	-25	-29	-33	-35	-37
0	0	-5	-21	-36	-39	-44	-48	-49	-53
-10	-10	-15	-33	-45	-53	-59	-63	-67	-69
-20	-20	-26	-46	-58	-67	-74	-79	-82	-85
-30	-30	-36	-58	-72	-82	-87	-94	-98	-102

Comfortable for out door play
  Caution
  Danger

Heat Index Chart (in Fahrenheit)																
Relative Humidity (Percent)																
	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
110	108	112	117	123	130	137	143	150								
105	102	105	109	113	118	123	129	135	142	149						
100	97	99	101	104	107	110	115	120	126	132	138	144				
95	91	93	94	96	98	101	104	107	110	114	119	124	130	136		
90	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122
85	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102
80	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88
75	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79

## Making Afterschool Programs Fun for Older Kids

One of the biggest challenges school age providers face is meeting the diverse needs of the children in their program. Older students often feel that afterschool programs are for babies and they do not need them. However, research shows that students who spend time in quality school age programs, have fewer issues and greater levels of success than kids that are left on their own. There are many ways that school age providers can ensure that their program is beneficial to older children:

### Allow the students to have input into the program.

When children are involved in the planning of the activities, they are more likely to enjoy and participate in the activities that are available to them.

### Offer leadership opportunities for older children.

Give children the opportunity to assist teachers and lead activities. When appropriate, allow older children to be

tutors to younger children.

**Ensure that there is a wide range of choices and activities.** Children should be offered a mix of active games and sports, creative activities and the chance to just chill with their friends. Remember, this is their free time, not more school.

**Offer a good afternoon snack that is healthy and the kids will actually enjoy.**

**Make sure that equipment and supplies are maintained and adequate to support the various ages and interest of the children in the program.** If arts and crafts consist only of markers and newsprint, older children may be bored.

For more information and ideas for school age programs visit [www.SchoolAgeNotes.com](http://www.SchoolAgeNotes.com).

## Provider Spotlight: Stephanie Muhammad

Stephanie Muhammad, a family child care provider in Bibb County, has been caring for children in her home for 10 years. After assisting her own children in their public school programs, Mrs. Muhammad was inspired to care for children in her home. Since Mrs. Muhammad has been in business, she has been 100% compliant with Bright from the Start Rules and Regulations.

In 2004, Mrs. Muhammad began working with QCC through the Quality Improvement Project. QCC helped Mrs. Muhammad purchase toys, equipment and learning centers to integrate a variety of activities for the children to develop physically, socially, and emotionally. As a result of the many changes implemented into her program, in 2005 Mrs. Muhammad's family child care home received the Homes of Distinction recognition.

Mrs. Muhammad is proud of her accomplishments and is grateful to QCC for the support she received in reaching her short and long-term goals.

"I feel like I am making a difference by providing a caring and developmental appropriate child care environment. I am preparing children for future success", Mrs. Muhammad said.



## Maintaining an Environment That Promotes Wellness



At this time of year, cold and flu coming upon us, it is important that child care providers maintain an environment that promotes wellness and minimizes or reduces illness or disease. Germs can be left by sick people on toys, furniture, and can grow on perishable foods. Most childhood illnesses are contagious and spread from saliva, mucus, and stool (sneezes, coughs and forgetting to wash hands).

Disinfect toys and equipment by using  $\frac{1}{4}$  cup of bleach to a gallon of water or 1 tablespoon of bleach to 1 quart of water.

Children need many opportunities to develop self-help skills such as eating, hand washing, and toileting. Give children the chance to practice these skills everyday so they can use good health habits through out their lives.

Source: Caring for Young Children in Family Child Care, Volume I ; Derry G. Korale, Laura J. Colker & Diane Trister Dodge

## Child Care Ratios

In order to be in full compliance, child care providers must follow worker qualifications and provider to child ratios issued by the state. Teachers and lead caregivers must be at least 18 and have a high school diploma or GED or 1 year experience working with children. Provider/Child Ratios are different for Child Care Centers, Family Child Care Homes, and Large Family Child Care Homes (Group Homes). For Georgia large (“group”) family child care homes, mixed age ratios are determined by the age of youngest child under 3; ratios in groups with children over 3 years of age are determined by the age of the majority of children. Child Care Providers can find more information and resources at Bright From The Start’s Home Page (<http://www.decal.state.ga.us>).



### RATIO FOR FAMILY CHILD CARE

**Number of Children allowed:**

3 to 6 (up to 12 under 13 years, if 6 are related to provider, residents, or children for whom no compensation is received)

**Maximum Number of Children to One Provider:**

3 under 1 year old  
6 under 3 years  
8 under 5 years

**Provider’s Own Children Counted:** Yes

**Maximum Number of Infants/ Toddlers to One Provider:**

3 under 1 year old

**Large Family Child Care Homes**

**(Group Homes)Number of Children Allowed:**  
7 to 18

**Ratio of Children to One Provider:**

6:1 for under 1 year and under 18 months and not walking  
8:1 for 1 year olds who walk  
10:1 for 2 years  
15:1 for 3 years  
18:1 for 4 years +

### PROVIDER/CHILD RATIOS

Age Range	Ratio For Childcare Centers
6 weeks	(1:6) Maximum Group Size 12
9 months	(1:6) Maximum Group Size 12
18 months	(1:8) Maximum Group Size 16
27 months	(1:10) Maximum Group Size 20
3 years	(1:15) Maximum Group Size 30
4 years	(1:18) Maximum Group Size 36
5 years	(1:20) Maximum Group Size 40
6 years	(1:25) Maximum Group Size 50
7 years	(1:25) Maximum Group Size 50
8-9 years	(1:25) Maximum Group Size 50
10 years or older	(1:25) Maximum Group Size 50



# Training Calendar 2007-2008

Date	Event	Fee	Time
November 15, 2007	Let the Children Lead (DAP)	\$15.00	6:30 p.m.-8:30 p.m.
November 19, 2007	LOM (Licensure Orientation Meeting)	Free	9:30 a.m.-4:30 p.m.
November 29, 2007	ROM (Registration Orientation Meeting) FCC Providers	Free	9:00 a.m.-3:00 p.m.
November 29, 2007	Improving Staff Communication	\$15.00	6:30 p.m.-8:30 p.m.
December 6, 2007	A Band-Aid a Day: Health & Safety	\$15.00	6:30 p.m.-8:30 p.m.
December 11, 2007	How to Lose a Germ: Infectious Disease Control	\$15.00	6:30 p.m.-8:30 p.m.
December 12, 2007	Child Abuse: Detecting & Reporting	\$15.00	6:30 p.m.-8:30 p.m.
December 13, 2007	Behavior Battles	\$15.00	6:30 p.m.-8:30 p.m.
December 18, 2007	LOM (Licensure Orientation Meeting)	Free	9:30 a.m.-4:30 p.m.
January 8, 2008	Building Bridges to positive Communication	\$15.00	6:30p.m-8:30 p.m.
January 10, 2008	Scheduling a Quality School Age Program	\$15.00	6:30 p.m.-8:30 p.m.
January 15, 2008	How to Start Family Child Care	Free	6:30 p.m.-8:30 p.m.
January 17, 2008	Creating a Rich Literacy Environment	\$15.00	6:30 p.m.-8:30 p.m.
January 22, 2008	Homes of Quality Orientation	Free	5:30 p.m.-8:30 p.m.
January 24, 2008	Look Before You Leap	\$15.00	9:00 a.m.-noon
January 26, 2008	Super Saturday: Basic Health & Safety (6 hrs) Inclusion Track (6 hrs)	\$45.00 per track	9:00 a.m.-3:30 p.m.

Date	Event	Fee	Time
January 29-Feb 1, 2008	Substitute Teacher Training	Free	8:30 a.m.-3:00 p.m.
February 5, 2008	Parenting in the Real World	Free	6:30 p.m.-8:30 p.m.
February 7, 2008	Ready, Set, Create!	\$15.00	6:30 p.m.-8:30 p.m.
February 11, 2008	Red Flags	\$15.00	6:30 p.m.-8:30 p.m.
February 12, 2008	Let the Children Lead	\$15.00	6:30 p.m.-8:30 p.m.
February 19, 2008	Conscious Discipline	\$15.00	6:30 p.m.-8:30 p.m.
February 21, 2008	Detecting & Preventing Child Abuse	\$15.00	6:30 p.m.-8:30 p.m.
March 3, 2008	A Band Aid A Day	\$15.00	6:30 p.m.-8:30 p.m.
March 4, 2008	How to Lose a Germ	\$15.00	6:30 p.m.-8:30 p.m.
March 6, 2008	Detecting & Reporting Child Abuse	\$15.00	6:30 p.m.-8:30 p.m.
March 10-15, 2008	40-Hour Director's Training	\$50.00 deposit, \$400.00 balance due 3-10-08	8:30 a.m.-3:30 p.m.

**Interested in taking some of these classes?**

Please call 478-752-7800 for a registration form.

For updated information on classes available through Quality Care for Children - Macon, please visit our website at [www.qualitycareforchildren.org](http://www.qualitycareforchildren.org)

For information on other trainings available in your area, please visit the Georgia Early Care and Education Professional Development System website at [www.training.decal.state.ga.us](http://www.training.decal.state.ga.us)



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## **Hazardous Toy Recalls**

In light of the recent scare of children's toys that have been recalled, it is important as providers that we check the toy recall list weekly.

The US Consumer Product Safety Commission's has a web site that is updated regularly that web site address is <http://www.cpsc.gov/cpscpub/prereel/category/toy.html>.

As we keep children's safety our number one priority it is essential that we not only go through the list and check the toys at our child care center but we want to ensure that every parent hears about these issues quickly so they can remove and return the toys as soon as possible. With other toys, always read the packaging for age grading and always monitor your child's play. If you have any doubts at all, please check with a pediatrician or other qualified medical professional.