

Head Start Health Services Newsletter

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New Resources

[Outdoor Play in Winter](#)

Winter is here, but it is still possible to include outdoor play while meeting the [Let's Move! Child Care](#) (LMCC) goal that suggests young children get one to two hours of physical activity each day. Research shows that there are added benefits to outdoor play, including better motor skill development and fewer coronary heart disease risk factors. In addition, going outside for as little as 10 minutes each day increases sunlight exposure and promotes the body's production of vitamin D, which works with calcium to help children build strong bones. The [eXtension Alliance for Better Child Care](#) offers a searchable database with great ideas for outdoor play activities for all seasons. From snow hikes to winter animal tag, you'll find activities for toddlers and preschoolers to enjoy during the winter months and throughout the year.

[Let's Move! Child Care State Challenge](#)

To reach more child care providers and encourage state participation in the LMCC Initiative, NACCRRA, the Centers for Disease Control and Prevention, and the Administration for Children and Families, Office of Child Care have launched a nationwide competition, Let's Move! Child Care State Challenge. States have the opportunity to be recognized in two categories: 1) The state with the highest percentage of licensed or legally operating child care programs that sign up as LMCC participants; and 2) The state with the highest percentage of programs that complete the Checklist Quiz. This is a great opportunity for Head Start programs to work with local child care partners to ensure theirs is the winning state, and to receive national recognition at the 2012 Weight of the Nation™ Conference and beyond. [Sign up now and take the Checklist Quiz](#). The LMCC State Challenge will end April 1st.

[Up and Away and Out of Sight](#)

Every year, more than 60,000 young children are sent to the emergency room for unintentional and accidental medicine overdoses. A new program from the Centers for Disease Control and Prevention's (CDC) PROTECT Initiative, Up and Away and Out of Sight, educates parents and caregivers by reminding them about safe medicine storage; providing them with information and tools to keep children safe; and encouraging them to take preventative action. Up and Away and Out of Sight also offers [resources and tools in Spanish](#).

The phone number for the Poison Control Center is 1-800-222-1222. Remember to program the number into your cell phones for quick access during an emergency.

[Updated Safety Recommendation: Safe Sleep Practices and SIDS/Suffocation Risk Reduction](#)

The [National Resource Center for Health and Safety in Child Care and Early Education \(NRC\)](#) recently announced a major standard change around safe sleep practices for infants. The American Academy of Pediatrics (AAP) "recommendations state that blankets may be hazardous, and use of blankets is not advisable." The change to Standard 3.1.4.1 may be found in the Comments section under "Use of Blankets." It is based on AAP's new policy statement, [SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment](#), which is available in full on their website.

National Health Observances

January

- [Birth Defects Prevention Month](#)
- [Blood Donor Month](#)
- [Cervical Cancer Awareness Month](#)
- [Thyroid Awareness Month](#)

February

- [American Heart Month](#)
- [Children's Dental Health Month](#)
- [Wear Red Day®](#), February 3rd
- [Donor Day](#), February 14th

March

- [Red Cross Month](#)
- [National Nutrition Month®](#)
- [Save Your Vision Month](#)
- [Poison Prevention Week](#), March 18-24
- [American Diabetes Association Alert Day®](#), March 27th

Did you miss anything?

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We Want to Hear from You

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