

Michigan Child Care Matters

Summer Fun! Issue 103

From the Division Director

I would like to introduce myself. My name is Jay Calewarts and I am currently serving as the interim division director overseeing the Adult Foster Care/Homes for the Aged, Camp and Child Care Licensing programs. I have been serving in this capacity since late March when Jerry Hendrick decided to return to his position as area manager for the Adult Foster Care program in the Grand Rapids office.

Jerry mentioned in the Spring 2015 edition that Adult Foster Care/Homes for the Aged, Camp and Child Care functions of licensing would be moving from the Department of Human Services (DHS) to Licensing and Regulatory Affairs (LARA). That transfer was effective on April 10, 2015 and we were moved into the Bureau of Health Care Services within LARA.

The Bureau of Health Care Services is currently being reorganized and split in to two new bureaus. Sometime later this month, the two new bureaus should formally be announced. The new Bureau of Community and Health Systems will house child care licensing as well as other facility licensing such as hospitals, long term care facilities (such as nursing homes), freestanding outpatient surgical facilities, hospices, adult foster care facilities, home for the aged facilities, camps and a few other health facility/agency type licenses. The other new bureau will be called the Bureau of Professional Licensing and will house both commercial licensing as well as health professional licensing.

While things such as letterhead, forms and websites are in the process of being changed to correctly update the name of the new department and bureau, little has changed as far as our processes and licensing consultant assignments. This is not to say that changes will not happen down the road but any change will be carefully evaluated before implementation.

One change on the horizon is the change in licensing consultant assignments. This is due to the Child Care Development Act of 2014 which President Obama signed into law (<http://www.gpo.gov/fdsys/pkg/PLAW-113publ186/pdf/PLAW-113publ186.pdf>). Jerry mentioned this in the last issue. One of the requirements of the new federal law requires the ratio of licensing consultants to child care providers to be maintained at a level sufficient to enable the state to conduct timely inspections. Because of this requirement, our state budget for 2016 has allowed for additional licensing consultants to be hired to bring our ratio in line with the national average. Currently our

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Continued on page 11



Table of Contents

- 2 Bring Your Classroom Outside
- 4 Kids in Hot Cars - Heatstroke Safety Tips
- 6 Keep Summertime Fun! Be Aware of Outside Dangers
- 9 Keeping Cool in Hot Weather
- 10 Sun Safety
- 12 Petting Zoo Safety
- 14 Water Emergencies in Child Care Settings
- 16 Instinctive Drowning Response
- 17 Swimming Activity Ratio and Supervision Requirements
- 18 Field Trip Fun
- 20 CPSC Recalls

All articles within Michigan Child Care Matters include one of the symbols below to identify for which type of provider the content is appropriate.



Article is appropriate for **all** child care providers.



Article is appropriate for **center** child care providers.



Article is appropriate for **home** child care providers.

Bring Your Classroom Outside

Carrie Harris and Kathy Bender, Licensing Consultants
Kalamazoo County



Outdoor play has benefits for children of all ages. It offers young children many opportunities to develop physical, cognitive, communication, and social skills. The Michigan Early Childhood Standards of Quality for Prekindergarten (available at www.michigan.gov/greatstart) states that a quality program “capitalizes on the opportunities the outdoor environment presents for learning about and from the natural world...[it] teaches children to increase their awareness, build confidence, and learn to take manageable risks.” Outdoor activities are more open-ended than indoor experiences and allow children to use their whole bodies to learn more about the world around them. The outdoor classroom enables children to engage in messy and loud play that might not be appropriate indoors. Summer is the perfect opportunity to explore your backyard, playground or community.

Before heading outdoors, it is imperative to remember that safety comes first and you need to apply sunscreen, examine the outdoor space for any hazards, protect children from extreme heat or cold conditions, and take precautions against bug bites and bee stings. It is always a good idea to make sure the children are dressed for the weather and in clothes that are meant for play.

Every interest center you have inside your classroom can be wonderful outside as well. The addition of fresh air and a bigger space doubles the benefit of each activity. Here are some great ideas for taking the classroom outdoors:

Physical Activities and Gross Motor Development

- Bring out balls of all sizes for throwing, batting and kicking.
- Make tubs of bubble solution for blowing bubbles of all sizes. See who can blow the biggest bubble or the longest lasting bubbles.
- Use streamers, scarves, ribbons, and pinwheels to move to music or simply play with the wind.
- Use hula hoops.
- Put a sprinkler on a hose and let the children run through the spray.
- Dance or exercise to music.
- Plan a Summer Olympics day. Children can make medals and invite parents to the big event.

- Take the children on a nature hike through a nearby wooded area, in a field, or on a nature trail.
- Plan a parade day. Children can make their own costumes, instruments, banners, etc.

Art

- Bring out your easels or you can use clothes pins to secure paper to a chain link fence. Provide brushes, paint, spray bottles, crayons, markers, glitter, fly swatters, sponges, and other texturizers for their creations. You can also provide paper or fabric to use at a picnic table or on the ground.
- Give each child a small bucket of water so they can paint the building, sidewalk, fence, etc.
- Use sidewalk chalk. Trace the children's outlines, or have them create an imaginary animal.
- Provide materials for a collage, such as paper and glue, or collect materials from the outside, such as grass, pebbles, leaves, and wood chips, for their collage.
- Weave yarn and ribbons through a fence.
- Paint the children's feet with washable paint and have them make patterns on paper or the sidewalk. Clean up with a hose.

Sand and Water Play

- Bring your water table outside. You can use the same materials you would inside, such as water, shaving cream, etc. Include funnels, brushes, measuring cups, strainers, things that float and sink, empty plastic tubs, empty squeeze bottles, sponges, water wheels, etc. Add bubbles to the water.
- To make a mud table, add some sand or dirt.
- Pour some water into your sand table or sand box. Talk about the difference between dry sand and wet sand.
- Have the children build castles, rivers and lakes in the sand and fill them in with water.

Dramatic Play

- You don't have to bring out everything from your play kitchen or your dress up area. If you provide a few props, the children can imagine the rest. Think about the activities that would be improved if you could do them outside – fishing, firefighters, camping, farming, fairies, picnic, circus, etc.
- Stage a play with puppets or dolls.
- Face paint and pretend to be that animal.

Science and Math

- Use your water table to see what sinks and what floats. Have children make predictions and record the results.
- Offer balls, ramps, tubes, funnels, sifters to use in sand and water.
- Study anything and everything that you find in your outdoor area – sticks, stones, worms, grass, leaves, etc.
- Count all the birds, clouds, sticks, flowers, etc. you find in ten minutes.
- Teach children how to be observers and talk about senses: sit quietly and experience the sights, sounds and smells of the outdoors.
- Plant a garden and check it daily.
- Set up a bird feeder and talk about what kind of animals visit the feeder.
- Build a bug collection.
- Find five leaves that are different colors or shapes.
- Identify different textures in nature.
- Provide binoculars, thermometers and magnifying glasses to study what they find.
- Observe the weather: wind direction and strength, cloud formations, rainfall, snow, temperature changes.
- Flip over a big rock and talk about what you see.
- Build with blocks, cardboard boxes, cereal boxes, etc.
- Weigh rocks.

Continued on page 5

Kids in Hot Cars - Heatstroke Safety Tips

National Highway Traffic Safety Administration
Where's Baby? Look Before you Lock Campaign



Kids in hot cars are a deadly combination. Whether intentional or accidental, these deaths are preventable. Here are some helpful tips to make sure it doesn't happen to you.

Remember: kids in hot cars are a deadly combination. Don't take the chance. Look before you lock.

- Never leave a child alone in a parked car, even with the windows rolled down, or air conditioning on. A child's body temperature can heat up 3 to 5 times faster than an adult's. A core temperature of 107 is lethal.
- Always look in both the front and back of the vehicle before locking the door and walking away.
- Heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes.
- Never let children play in an unattended vehicle. Teach them a vehicle is not a play area.
- Always lock your vehicle doors and trunk and keep the keys out of a child's reach. If a child is missing, quickly check all vehicles, including the trunk.

Is dropping a child off not part of your normal routine? Come up with some ways to remind yourself that the child is in the car.

- Place an item that you keep on you, like a briefcase or purse, in the back seat next to the car seat, so that you'll always check the back seat before you leave the car.
- Call your spouse after you drop the child off to make sure you didn't forget.
- Have your child care provider call you if your child doesn't show up.

- Write a note and place it on the dashboard of the car. Or set a reminder on your cell phone or calendar. You can also download the Baby Reminder App for iPhones.

If you see a child alone in a vehicle:

- Call 911 or your local emergency number immediately.
- If the child is in distress due to heat, get him out as quickly as possible. Cool the child rapidly, by spraying them with cool water or a garden hose. **Never** use an ice bath.

Heatstroke is the leading cause of non-crash-related fatalities for children 14 and younger.

- From 1998-2013, 606 children died due to heatstroke, representing 61 percent of total non-crash fatalities in this age group. Of the 606 deaths:
 - 52% were forgotten in the vehicle.
 - 29% gained access by themselves and became trapped.
 - 18% were left intentionally.
 - 1% were unknown.
- In 2013 alone, 44 children died of heatstroke in the U.S.
- Children are at a higher risk than adults of dying from heatstroke in a hot vehicle.

High body temperatures can cause permanent injury or even death.

- Heatstroke begins when the core body temperature reaches about 104 degrees and the thermoregulatory system is overwhelmed. A core temperature of about 107 degrees is lethal.

- In 10 minutes a car can heat up 20 degrees. Rolling down a window does little to keep it cool.
- Heatstroke fatalities have occurred even in vehicles parked in shaded areas.
- Heatstroke can occur in temperatures as low as 57 degrees.
- The warning signs vary, but may include:
 - Red, hot and moist or dry skin.
 - No sweating.
 - A strong rapid pulse or a slow weak pulse.
 - A throbbing headache.
 - Dizziness.
 - Nausea.
 - Confusion.
 - Being grouchy or acting strangely.



Additional Resources:

- National Highway Traffic Safety Administration - www.safercar.gov/heatstroke
- San Francisco State University, Department of Earth & Climate Studies
www.ggweather.com/heat/
- Safe Kids - www.safekids.org
- Children's Hospital of Philadelphia - www.chop.edu

OWNERSHIP: Information presented on National Highway Traffic Safety Administration website (www.nhtsa.gov) is considered public information and may be distributed or copied. ❖

Bring Your Classroom Outside, from page 3

Language and Literacy

- Play I-Spy using clues that describe nature.
- Take photographs outdoors and put together a picture book for each season.
- Set up an outdoor library with blankets, a book bag, stuffed animals, and pillows.
- Read books about the seasons, animals, insects, exploring, etc.
- Label collections of bugs, rocks, leaves, etc.
- Use a stick to write in the dirt.

Just for Fun

- Have an ice cream social.
- Have a picnic outside. ❖

Keep Summertime Fun! Be Aware of Outside Dangers

Jackie Sharkey, Area Manager
Oakland County



It's summertime, and children and caregivers are spending a lot of time outside. There are a limitless number of activities and ways to explore and enjoy the outdoor environment. There are also many safety concerns that caregivers need to think about and address when needed.

Playground Equipment and Play Area

Playground equipment – Caregivers must make sure all playground equipment is safe and in good repair. The equipment must also be placed at safe distances from the perimeter of other play structures or obstacles. In child care homes, the equipment must be organized for a clear and unobstructed view of the whole play area. This will help with appropriate supervision and prevent injuries.

The playground equipment must be inspected for safety on a daily basis before children use the play area. When inspecting equipment, check for the following:

- Visible cracks, bending, warping, rusting, or breakage of any equipment.
- Deformation of open hooks, shackles, rings, links, etc.
- Worn swing hangers and chains.
- Missing, damaged and loose swing seats.
- Broken supports and anchors.
- Cement support footings that are exposed, cracked or loose in the ground.
- Accessible sharp edges or points.
- Exposed ends of tubing that require covering with plugs or caps.
- Protruding bolt ends that have lost caps or covers.
- Loose bolts and nuts that require tightening.
- Splintered, cracked or otherwise deteriorating wood.
- Lack of lubrication on moving parts.
- Worn bearings or other mechanical parts or missing rails, steps, rungs, or seats.

- Worn or scattered surfacing material.
- Hard surfaces, especially under swings, slides, monkey bars, etc. where shock-absorbing material has been shifted away from any surface beneath or surrounding play equipment.
- Chipped or peeling paint.
- Shear or crush points, exposed mechanisms and junctures, and moving components.
- Poor drainage that leads to chronic accumulation of water and ice.

Check for hot surfaces on playground equipment before allowing children to play on it. The surface can become extremely hot and can cause burns on the skin.

Play surfaces – When a piece of equipment (climber, slide, swings or other similar play equipment) has a designated play surface above 30 inches, it must be placed over an approved play surface. Sand, pea gravel, wood chips, mulch, and shredded tires are examples of acceptable surfacing.

The areas under and around elevated playground equipment that must have a protective surface are the fall zones. The surfaces should have enough cushioning, or give, to protect children when they fall to the ground. Specific guidelines are in place for each type of playground equipment, but the fall zones should extend a minimum of six feet around the equipment. Falling less than 12 inches onto concrete or two feet onto hard-packed dirt and grass can produce enough of a shock to cause a concussion. Each type of equipment also has a guideline for the depth of the cushioning material. It must be restored to its required depth when it has moved or becomes otherwise compromised.

If children's wheeled vehicles and pull toys are used, then a suitable surface must be provided

for their use. Injuries can easily occur when proper surfacing is not used for the type of play in which children engage.

All playground guidelines, which include information for fall zones and depths of surfacing materials, can be found in the Consumer Product Safety Commission's Handbook for Public Playground Safety or the Outdoor Home Playground Safety Handbook. Add to CPSC link for outdoor play equipment handbooks.

Age appropriate equipment – Equipment and activities that are not age appropriate are dangerous for both younger and older children. When school-age children play on equipment designed for preschoolers and toddlers, they may misuse the equipment to create more age-appropriate challenges and risks. Young children may not have sufficiently developed skills to play safely on larger school-age equipment. Each piece of playground equipment has an age range guideline that must be followed for safety.

Blind spots, broken or unlatched gates – Children are naturally curious, and when they see something that is beyond the play area that they want to explore, they will find an opening in a gate or walk to an area where a caregiver is not able to see. Caregivers need to make sure children are not able to leave the play area without permission, and proper supervision of the children must occur at all times.

Play area generally – The play area and equipment must be inspected for safety daily. An area or piece of equipment considered unsafe must not be used until repairs have been made or the equipment is removed from the premises.

To inspect the play area for safety, it must be determined that the playground is free from any of, but not limited to, the following:

- Debris.
- Animal waste.
- Dilapidated structures.
- Broken or worn play equipment.
- Building supplies and equipment.
- Cesspools.
- Exposed concrete footings.
- Beehives and wasp nests.
- Unprotected ditches.
- Grease traps.
- Sharp rocks.
- Toxic plants.
- Unprotected utility equipment.
- Tripping hazards.
- Glass.
- Cisterns.
- Anthills.
- Wells.
- Holes.

Water Hazards

Water hazards – A water hazard is defined as any area where water accumulates to a level in which a child can drown, which is as little as two or three inches of water, in less time than it takes to answer a phone call. Caregivers must make sure there is no standing water in the play area. This includes rain water in sand pails, on playground equipment, in open garbage cans, etc. This type of water hazard needs to be removed before the children go outside.

Water hazards also include pools, lakes, ditches, hot tubs and spas. These require barriers so children do not have access. Caregivers need to make sure any required barriers are in good repair.

Poisonous and Nonpoisonous Plants, Trees, Gardens

Plants and trees – Some outdoor flowering plants are safe and some are not. Safe plants include: Aster, dahlia, Easter lily, hibiscus, impatiens, rose, snapdragon and tiger lily.

Very common flowering plants that are poisonous include: Azalea, bleeding heart, crocus, daffodils, elephant ear, holly berry, hyacinth, hydrangea, iris, jasmine, lantana, morning glory, narcissus, Oleander, rhododendron, and wisteria.

All trees and/or fruits in the prune family such as cherry, plum, peach, apricot and apple trees have small levels of cyanide in the seeds or pits that is released when these seeds or pits are chewed or digested. Other trees that can be poisonous include oak and black locust.

Gardens – All parts of black nightshade plants, which are normally weeds in vegetable gardens, are poisonous. Potatoes and tomatoes are in the nightshade family and the sprouts and leaves of potatoes and the leafy parts of the vines of the tomato can be poisonous. The leaves of rhubarb plants are also poisonous.

Treat all known and unknown plants with respect and teach the children to do the same.

Other Outdoor Concerns

Bee Stings – In Michigan, people are most likely to be stung by yellow jackets or wasps. They are especially attracted to foods we consume, so be very careful when eating outside. They are also attracted to cosmetics and perfumes.

Bug Spray and Sunscreen – Children need protection from bugs, such as mosquitos, and sun in the outdoor play area. Have parents provide bug spray and sunscreen with written permission to apply.

Excessive Heat – Provide plenty of fluids to drink and enforce frequent breaks in the shade to cool off.

Hay Fever and Allergies – If you have children or staff who suffer from hay fever and allergies, you can reduce the effects of airborne pollens by keeping your windows closed during the day and using your air conditioner. Plan outdoor activities when pollen levels are lowest; this is in late afternoon and evening.

Being aware of the dangers that are in the outside play area will help caregivers take preventative measures to lessen the chances of accidents and injuries to children and themselves. Being outside as an extension of learning and play is an excellent opportunity with many different options when it is safe. So, be safe and enjoy!❖

Want to Receive Credit for Reading Michigan Child Care Matters?

Licensing has developed tests based on the content of this newsletter. You can receive up to one clock hour of annual training for reading three newsletters and passing the associated tests each calendar year. Each article will include a symbol (see page 2) in the title of the article to identify the content as appropriate for center child care providers, home child care providers or all child care providers. For more information on how to access these tests, go to www.michigan.gov/mccmatters.

Keeping Cool in Hot Weather

Katrice Sweet, Child Care Licensing Consultant
Ingham County

Michigan summers can get pretty hot. We have seen heat index temperatures near and over 100 degrees. Not all licensed facilities have the luxury of air conditioning to keep children cool in these hot temperatures. Contrary to popular belief, air conditioning is not a licensing requirement; however, providers need to take action to cool children when the temperature exceeds 82 degrees.

Here are some ways to keep cool:

- Encourage parents to dress children in loose-fitting clothing, preferably a light color. Cotton clothing will be cooler than most synthetics.
- Use misting spray bottles to lightly mist yourself and the children.
- Use fans to help circulate air.
- Store lotion in the refrigerator. Give each other foot rubs with the cool lotions.
- Drink plenty of water and drinks with sources of electrolytes.
- When taking the children outside, go out in the early morning and late afternoon. Avoid the middle of the morning and early afternoon high sun hours.
- Serve light meals and snacks such as fresh fruits and vegetables. Try to avoid using the oven or hot stove. Create cold treats with frozen fruits and popsicles.
- Put a wet cloth or ice pack on the back of your neck. This can cool the entire body.
- Keep your blinds or curtains closed to help block out the sun's heat.❖





The vast majority of skin cancer is caused by overexposure to the sun's ultraviolet (UV) radiation, particularly during childhood. If children learn how and why to protect themselves from the sun, they will enjoy a much lower risk of developing skin cancer.



An effective sun safety policy should include information about covering up. Clothing that covers children's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with dark colors and a tight weave are best, they aren't always practical.

Though parents have a prime responsibility to teach sun-safe behavior to their children, child care centers and homes are automatically involved in this issue because children and staff are outdoors in the sun. Children can, and sometimes do, get sunburned. Child care providers can teach children the principles of sun safety and also adopt policies aimed at protecting children and staff from the sun's harm while they are at the center or home.

Sunlight contains three types of ultraviolet rays: UVA, UVB, and UVC.

1. **UVA** rays cause skin aging and wrinkling and contribute to skin cancer. Because UVA rays pass effortlessly through the ozone layer, they make up the majority of our sun exposure.
2. **UVB** rays are also dangerous, causing sunburns, cataracts (clouding of the eye lens), and effects on the immune system. They also contribute to skin cancer. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
3. **UVC** rays are the most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth.

A T-shirt and long shorts are good choices, too. And don't forget the accessories: sunglasses with 100% UV protection to protect the eyes and hats to prevent sunburned scalps and faces.

Another sun safety policy is for the use of sunscreen, which should be used every time a child goes outside. Sunscreen must be applied by an adult, and only with prior written permission from the parent, which can be given annually. It must be in its original container, stored according to instructions, and clearly labeled for a named child. The sunscreen must also be applied according to the instructions on the container unless authorized by a written order of the child's physician. For sunscreen to do its job, it must be applied correctly. This is typically about 15 to 30 minutes before going outside so that a good layer of protection can form. Don't forget about lips, hands, ears, feet, shoulders, and behind the neck. Also, don't try to stretch out a bottle of sunscreen; apply it generously.

The American Academy of Dermatology recommends that all children, regardless of their skin tone, wear sunscreen with a Sun Protection Factor (SPF) of 30 or higher that protects from UVB and UVA rays. Lips can also burn, so apply a lip balm with SPF protection. Reapply sunscreen every 2 to 3 hours, or after sweating, swimming or water play.

Because infants have thinner skin, their skin burns more easily than that of older children. But sunscreen should not be applied to babies under 6 months of age, so they absolutely must be kept in the shade and out of the sun whenever possible. If an infant must be in the sun, clothing that covers the body, including hats with wide brims to shadow the face are necessary. Using an umbrella to create shade may also be used. Child care centers are required to have a shaded area to protect all children from excessive sun exposure, when necessary.

Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if a child's skin looks a little pink today, it may be burned tomorrow morning. To prevent further burning, get the child out of the sun.

Also, not all sunlight is equal in UV concentration. The intensity of the sun's rays and the strength of UV radiation depend upon the time of year, as well as your location. UV rays are strongest during summer. While sun safety should be a year-round concern, it makes sense to heighten the focus on sun safety, or to enforce sun safety policy between April 1 and September 30. This is the time span during which the UV index routinely reaches or exceeds moderate levels.

UV rays are strongest and most harmful during midday (usually 10 a.m. until 4 p.m.), so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.

Even on cloudy, cool or overcast days, UV rays travel through the clouds and reflect off sand, water and even concrete. Clouds and pollution don't filter out UV rays, and they can give a false sense of protection. Often, children are unaware that they're developing a sunburn on cooler or windy days because the temperature or breeze keeps skin feeling cool on the surface. Shady spots can be just as tricky because of reflected light. If the children are playing outdoors during these hours, make sure to apply sufficient sunscreen.

Some medications increase the skin's sensitivity to UV rays. As a result, even children with skin that tends not to burn easily can develop a severe sunburn in just minutes when taking certain medications. Sunscreen can't always protect skin from sun sensitivity caused by medications.

With the right precautions, children can safely play in the sun. Don't forget to be a good role model by consistently wearing sunscreen with SPF 30 or greater, wearing sunglasses and limiting your time in the sun. These preventive behaviors not only reduce your risk of sun damage, but teach children good sun sense.❖

From the Division Director, from page 1

average caseloads are significantly higher than the national average. I anticipate that we will be able to hire the additional licensing consultants shortly after our 2016 fiscal year begins in October. As a result, some child care facilities may be assigned a new licensing consultant.

As we work through these changes, LARA and myself are appreciative of any comments, questions or ideas on how we can do things better. I encourage you to contact your licensing consultant, area manager or myself to provide your input and feedback. I want to thank you in advance for your patience and assistance as we work through transitioning to a new department as well as make changes to comply with new federal law.❖

Jay Calewarts
Child Care Licensing
Interim Director

Petting Zoo Safety

Thanh Biehl, Child Care Licensing Consultant
Washtenaw County



Petting zoos are fun and highly educational for children. The animals are effective and valuable teaching aids. However, petting zoos where contact with animals is permitted can be the source of serious and sometimes life-ending illness for children. Animals may carry a range of germs without showing any signs of disease. Diseases can be spread through direct contact with animals and then placing contaminated fingers or other items in the mouth. The lack of understanding of disease transmission and animal behavior can increase the likelihood of infectious diseases, rabies exposures, injuries, and other health problems among visitors, especially children, in these settings. Before taking the children out to the petting zoo, caregivers should be aware of the risks.

Petting zoos provide opportunities for children to learn about and experience animals, but also may expose humans to zoonotic diseases which are infectious diseases that can be transmitted between animals and people, such as *E. coli*, salmonella, *Cryptosporidium* and *Campylobacter*. Anyone can become infected with these organisms. The severity of illness, however, will vary depending on which organism the person is infected with and that individual's ability to fight off infections. Typically, individuals who do not have a fully developed immune system (children under five years of age) and individuals whose immune systems are weakened or less functional because of advanced age, pregnancy, medication, or HIV infections, are more likely to develop serious disease.

E. coli is one of the most common bacteria around. *E. coli* bacteria cannot penetrate the skin, so simply touching an animal or area contaminated with it doesn't pose a threat. However, touching the eyes, nose, mouth, or other mucus membranes after touching a contaminated surface is a major route of infection. These microorganisms primarily infect the gastrointestinal

tract and can cause a wide range of symptoms, ranging from infection without any outward signs of illness to widespread infection throughout the entire body, resulting in kidney failure and even death. Individuals who are unknowingly infected may pass the infection on to others.

Farm animals including cows, sheep, pigs, chickens and goats, can pass diseases to people. As you know, farm animals are not like house pets and do not have places to rest or eat that are away from where they pass manure. Different types of farm animals can carry different diseases – see the chart on the next page for more detailed information. Many of these germs are in farm animal manure.

Know that animals carry germs that can make people sick

Never eat, drink, or put things into your mouth in animal areas

Older adults, pregnant women, and young children should be extra careful around animals

Wash your hands with soap and water right after visiting the animal area

How to be Safe Around Animals!

*Handout available at <http://www.nasphv.org/documents/compendia/animals.html>. Additional resources on animals in public settings or zoonotic diseases are available at <http://www.cdc.gov/healthypets>.

Farm Animals-Related Diseases

Bovine spongiform encephalopathy (BSE, mad cow disease): An infectious disease associated with cattle.

Brucella Infection (brucellosis): A bacterial disease associated with farm animals.

Campylobacter Infection (campylobacteriosis): A bacterial disease associated with cats, dogs and farm animals.

Cryptosporidium Infection (cryptosporidiosis): A parasitic disease associated with cats, dogs and farm animals.

Escherichia coli O157:H7: A bacterial disease associated with cattle. This germ can cause bloody diarrhea in people. In addition, children can develop kidney failure due to E. coli O157:H7 infection.

Q Fever (Coxiella burnetii): A bacterial disease occasionally associated with cattle.

Rabies: A viral disease associated with various animals, including farm animals.

Ringworm: A fungal disease associated with various animals, including farm animals.

Salmonella Infection (Salmonellosis): A bacterial disease associated with various animals, including chickens and other farm animals.

Yersinia enterocolitica (yersiniosis): A bacterial disease associated with pigs.

There are safeguards to reduce the risk for infection and injury such as thoroughly washing hands with running water and soap. Hand washing is one of the most important practices in preventing the spread of disease. Caregivers and children should wash their hands after contact with animals or after touching things such as fences, buckets and straw bedding that have been in contact with farm animals. Use of hand sanitizer is not a substitute for properly washing hands. Caregivers should carefully watch children and make sure that children never put things in their mouths while they are touching or playing with animals.

Petting zoos are fun places where caregivers and children can get up close and personal with farm animals. With proper precaution and an increased awareness of germs and diseases, a trip to the petting zoo can be a safe learning environment!❖

Keep Children Safe Around Animals

- Children younger than 5 years old always need adult supervision in animal areas.
- Never allow children to put their thumbs, fingers or objects (such as pacifiers) in their mouth while interacting with animals.
- Hand washing should be supervised.
- Do not take or use strollers, bottles, pacifiers, spill-proof cups, or toys in animal areas.
- Children younger than 5 years old, elderly persons, and persons with weakened immune systems should use special precautions when around animal exhibits. You can find out more about these precautions by visiting CDC's Healthy Pets Healthy People site at www.cdc.gov/healthypets.

Water Emergencies in Child Care Settings

Jacyln Caroffin, Former Licensing Consultant

Reprint from Issue 98



Water activities bring both happy times and danger to children in the child care setting. To maximize child safety, it is crucial that the child care provider directly supervise these activities at all times.

According to the Consumer Product Safety Commission, an average of 390 children, most less than 5 years of age, die by drowning each year in the United States. These deaths can be prevented. Child care providers in both homes and centers can be proactive to assure that children in their care do not become a statistic.

Water hazards can be located both on and off the child care property. Swimming pools, lakes, rivers, canals, streams, hot tubs, wading pools, and bathtubs are just a few of the hazards that are tempting for children to explore. More than half of drownings among children under age 1 occur in bathtubs. Other hazards are toilets, sinks and buckets. It is estimated that 30 children drown in buckets containing water or other liquids every year.

Children do not make noise or splash around when they are drowning; they slip quietly into the water and can drown within 30 seconds. Two minutes after submersion, the child loses consciousness and brain damage occurs in four to six minutes. See the box on the instinctive drowning response on page 16.

Although drowning is the most severe water emergency, there are other water emergencies that occur. Injuries can occur from diving board and/or slide accidents, playing around anchored boats, swimming during lightning storms, and electrical appliances near bodies of water, just to name a few. Children can contract illnesses from having contact with contaminated water. It is important to make sure that the body of water that children are swimming or playing in is clean.

As home child care providers, complying with

the water hazards and water activities rules will aid in the prevention of water emergencies. This rule includes:

- Specific caregiver-to-child ratios. See the box on page 17.
- Barriers with a minimum height of four feet must exist to prevent children from gaining access to any water hazard located on or adjacent to the property.
- Spa pools and hot tubs must not be used while children are in care and require a locked hard cover.
- Wading pools need to be emptied and cleaned after each play period or when they become dirty or contaminated and must remain empty at all times they are not in use.
- Public swimming areas may be used only if there is a lifeguard present.
- Rescue equipment must be readily accessible at all times.
- A working telephone must be immediately accessible in the water activity area.
- There should be an established emergency plan for water emergencies.
- Water must be clean, safe and sanitary.

Child care centers must comply with the following rules to prevent water emergencies: Caregiver-to-child ratios, supervision during swimming activities, instructional swimming, and swimming activity area safety measures. These rules include, but are not limited to:

- A lifeguard must be on duty at all swimming activities and must not be included in the caregiver-to-child ratio.
- All caregiving staff counted in the caregiver-to-child ratio must be actively engaged in providing direct care and supervision and must be physically able to assist children quickly.
- Specific caregiver-to-child ratios. See the box on page 17.

- Wearing a life jacket does not make a child a swimmer.
- Instructional swim must be conducted under the supervision of a qualified water safety instructor in an organization where instructional swim is part of the organized program.
- Swimming areas must be maintained in a clean and safe condition.
- A public or private pool used for swimming must be inspected and issued a permit for operation by the local health department.
- A working telephone and safety equipment must be readily accessible on the premises.
- The use of private wading pools and hot tubs is prohibited.

Remember that for child care homes and centers, written parental permission is required before participating in water activities. Make sure that your CPR and first aid certification is current so that you are able to effectively assist in an emergency.

Other helpful tips for prevention of water emergencies include:

- Never leave children in charge of other children.
- Empty all buckets and other containers of water, such as water tables, immediately after use and store out of children's reach.
- Keep the toilet seat down and consider a toilet clip or safety lock to prevent children from accessing the standing water in the toilet.
- Never leave standing water in the bathtub or sink.
- Remove toys from in and around the pool area, especially riding toys.
- Install pool alarms and door locks.
- Install barriers and fencing whenever possible.
- Do not swim during lightning storms.
- Keep electrical appliances away from the pool and other water hazards.
- Do not swim in areas where boats are anchored or active.
- Check the water first if a child is missing.

Consider water activities such as hoses and sprinklers. Be creative with these two options, as they can be great fun for children. Children enjoy playing with water just as much as being in the water. The best prevention for water emergencies is constant supervision. ❖



Instinctive Drowning Response

Drowning is not the violent, splashing call for help that most people expect. Drowning is almost always a deceptively quiet event. The Instinctive Drowning Response (IDR), named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. Dr. Pia, in an article in the Coast Guard's On Scene magazine, described the IDR like this:

1. "Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs."

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble—he/ she may be experiencing aquatic distress. If present, aquatic distress doesn't last long before the IDR begins. Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level.
- Head tilted back with mouth open.
- Eyes glassy and empty, unable to focus.
- Eyes closed.
- Hair over forehead or eyes.
- Not using legs—vertical.
- Hyperventilating or gasping.
- Trying to swim in a particular direction but not making headway.
- Trying to roll over on the back.
- Appear to be climbing an invisible ladder.

Sometimes the most common indication that someone is drowning is that he doesn't look like he is drowning. The person may just look like she is treading water and looking up at the pool or water edge. One way to be sure? Ask the individual, "Are you all right?" If he can answer at all—he probably is. If the individual returns a blank stare, you may have less than 30 seconds to get to her. Children playing in the water make noise. When they get quiet, you need to get to them and find out why.❖

Swimming Activity Ratio and Supervision Requirements

Child Care Homes

Two caregivers are required if some of the children are not in the pool. A caregiver is required in the pool with the children and a caregiver is required outside of the pool providing care and supervision for those children that are not in the pool. A one caregiver to one child ratio is required for all children under 3 years of age who are in the water.

Note: This rule does not apply to wading pools. If a wading pool is used, caregivers must ensure that they can properly supervise all children in their care.

Child Care Centers

For children under 3 years of age, there must be an in-the-water ratio of 1 caregiver to 1 child.

For all non-swimmers 3 years of age and older, there must be an in-the-water ratio of 1 caregiver to 4 children when the water level is at the child's chest height or lower. When the water level is above the child's chest height, there must be an in-the-water ratio of 1 caregiver to 1 child.

For swimmers 3 years of age and older, there must be an in-the-water ratio of caregivers to children as follows:

- Three year olds – 1 to 10.
- Four year olds – 1 to 12.
- School-age (5 to 12) – 1 to 18.

For a child to be considered a **swimmer**, the child must be able to do both of the following without the use of a flotation device:

- Keep afloat for five minutes by any means possible.
- Swim the length of the pool using any stroke (minimum of 25 yards).

Note: The above caregiver to child ratios must be maintained at all times, even if the children are wearing life jackets.❖



Field Trip Fun

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Whether you are at a child care home, a center or on a field trip, safety comes first. Taking field trips is no small task. For this reason, safety considerations and frequently asked questions related to travel and trips will first be addressed before we dive into the fun part of field trips.

At homes and centers, everyone knows their way around and is easily able to locate eating and restroom areas. It is not always the case during field trips. Children may behave differently in new settings. They are likely to come into contact with other children and adults who they do not know. Because of these new and unpredictable factors, it is best to take field trips after you have had the opportunity to get to know the children in your care, rather than at the beginning of the school year or during the first days of summer camp.

Before taking a field trip, take time to prepare. Some of the first questions to ask are whether you have the means to provide safe transportation and sufficient staff and volunteers to provide good supervision. It is important to have a clear understanding of the rules before providing transportation.

Two resources to help better understand the transportation rules are the online Technical Assistance and Consultation Manual (TA) at www.michigan.gov/michildcare-ta and your licensing consultant. There are separate TA manuals for centers and homes, numerically ordered by rule number. Because they are frequently updated to reflect current trends and needs, reading the manual online is recommended, rather than printing it. It is important to have a clear understanding of the rules before providing transportation.

Transportation may be provided by a bus owned by the school or center or chartered through a public or private agency. Passenger vans with a rated seating capacity of 11 to 15 are prohibited. Staff and volunteers may also use their own vehicles to transport children provided the licensing rules are followed.

Although licensing rules do not address it, it is useful to know that many auto insurance companies require additional policies when the registrant/licensee or staff member of a child care facility use personal vehicles to transport children as part of the business. Contact your insurance company for further information.

Because of the many rules and responsibilities, many homes and centers who transport

It is important to have a clear understanding of the rules before providing transportation.

children find it easiest to hire a reputable transportation service or have parents make their own arrangements for transporting their own children to and from the field

trip destination. This option may significantly reduce the home's/center's responsibility. Still, it may be helpful to seek legal input to have a clear understanding of any potential legal liability.

Licensing consultants are frequently asked about ratios and the use of volunteers during field trips. The same ratio rules apply when at the field trip site, unless children are swimming. In addition, centers have specific ratio rules when transporting children.

The more volunteers, the better, but the only time volunteers may be left alone with children is when there is documentation on file indicating that the volunteer is not on central registry and doesn't have certain criminal convictions.

Now for the fun stuff. Hands-on activities enhance the classroom curriculum and spark children's interest in the outdoors. Ideas for summer field trips include outings to nature centers, parks, libraries, outdoor concerts, zoos, water parks and visits to police and fire departments.

While the focus here is on outdoor activities, many parks and nature centers also provide options for speakers and naturalists to visit the home or center.

If you are looking for water fun and you find trips to swimming pools and beaches overwhelming, consider water playgrounds or splash pads.

There are a number of great museums in Michigan. It is important to locate resources in your own area. Center rules limit transit for children to no more than one continuous hour each way. Many local libraries and official city websites provide an online calendar to find events.

There are a variety of public and private nature centers and sanctuaries that may offer preschool programs. Nature parks and centers include Heritage Park in Oakland County, Seven Ponds Nature Center in Lapeer County, Burgess-Shadbush Nature Center in Macomb County, Blanford Nature Center in Kent County, Bay City Recreation Center in Bay County, Fenner Nature Center in Ingham County and Boardman River Nature Center in Grand Traverse County. A list of state parks can be found at www.michigan.org/nature-parks-listings/.

Some parks and activities require a particular group size. Others require reservations for groups. Vehicle entrance or parking fees may apply. Always call ahead. Remember, a good trip begins with good planning.

Field trips promote children's appreciation for the natural world, encourage respect for the environment and expose children to new experiences. From trail walks that explore how plants and animals live, to pond exploration or just splashing in the water on a warm day, field trips provide a variety of options for summer fun. ❖

Michigan Child Care Matters

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Consumer Product Safety Commission (CPSC) Infant/Child Product Recalls (not including toys)

These recalls have been added since Issue 102 (Spring 2015):

- OXO recalls nest booster seats due to fall hazard.
- IKEA recalls pressure-mounted safety gates due to fall hazard.
- Baby's Dream recalls cribs and furniture due to violation of lead paint standard.
- IKEA expands recall of crib mattresses due to risk of entrapment.
- Stokke recalls Trailz strollers due to fall hazard.
- Levels of Discovery recalls airplane rocker due to choking hazard.
- Dream on Me recalls 2-in-1 bassinet to cradle due to fall and suffocation hazards.

Details on these product recalls may be obtained on the CPSC's website (www.cpsc.gov). Post this page in your facility to be in compliance with the Children's Product Safety Act (2000 PA 219).

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