



Wee Care

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Child-Care Facility Type

Listed Family Home

A caregiver provides care in her own home for three or fewer children unrelated to the caregiver, birth through 13 years old, for at least four hours a day, three or more days a week, and more than nine consecutive weeks.

Registered Child-Care Home

A caregiver provides regular care in her own home for not more than six children from birth through 13 years old, and may provide care after school hours for not more than six additional elementary school children. The total number of chil-

dren in care at any given time, including the children related to the caregiver, must not exceed 12.

The City of Grand Prairie requires that Listed Family Homes and Registered Family Homes be subject to the Minimum Standards for Registered Child-Care Homes Chapter 747 from the Texas Department of Family and Protective Services (DFPS).



Licensed Child-Care Center

An operation providing care for seven or more

children under 14 years old for less than 24 hours per day at a non-residential location. All Licensed Child-Care Centers are subject to the Minimum Standards for Licensed Child Care Centers Chapter 746 from the DFPS.

The School-Age and Before or After-School programs are ruled by DFPS Chapter 744.

Childhood Immunizations



There has been a lot of controversy regarding childhood immuniza-

tions and their connection to certain developmental problems, such as autism. While it is true that all vaccinations carry some risks, the benefits greatly outweigh them. Childhood im-

munizations have significantly improved public health in the United States. Recent scientific studies have found no link between vaccinations and neurological diseases.

The Texas Department of State Health Services (DSHS) requires that all children meet minimum immunizations requirements. There are many vaccines a child must have during his

or her first few years and as a caregiver, it is important that all children in your care receive their age-appropriate vaccinations. Each child enrolled in your child-care facility must meet immunizations requirements specified by the Texas DSHS in 25 TAC 97, Subchapter B. For additional information visit www.dshs.state.tx.us/ immunize.

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Handwashing

To prevent the spread of infectious diseases, it is important for children and adults to learn how to properly wash their hands. Washing hands properly is not only important for a child's health, but it sets the foundation for proper hygiene into adulthood. To make sure your hands are properly clean, wash them in warm water with a temperature that does not exceed 120° Fahrenheit, with soap,



Check the water temperature to prevent scalding.

rubbing them vigorously together for at least 20 seconds. Dry your hands with a paper towel and use the towel to turn off the faucet and open the door. If you touch the faucet handles and/or the door after you washed your hands they will get contaminated again.

Here are some tips for making hand washing fun and easy for kids:

- Provide children with a safe step-stool to make sure they can reach the sink.
- Teach them to sing a song while washing their hands to make sure they scrub for 20 seconds. (Example: Singing through "Happy Birthday" twice.)
- Create a kid-friendly environment with decorations and brightly colored soaps or nail scrubbers.

Teach by example.

Changing a Diaper

Changing diapers must be done appropriately to stop and prevent the spread of diseases. To ensure a pleasant and clean diaper changing experience do as follows:

- Gather all the necessary items before hand. Have all your supplies ready to go before you pick up the child.
- The diaper changing station surface



should have been cleaned and disinfected after the last diaper change.

- Talk to the child. Make the experience pleasant by talking the child through it.
- Put on single use gloves.
- Remove the clothes and begin the diaper change. Remember, each wipe should only be used for one "swipe". Once the area is clean, dispose of the diaper, gloves, and

wipes. Wipe your hands and the child's hands using clean wipes. Put on a clean diaper.

"The diaper changing station surface should have been cleaned and disinfected after the last diaper change."

- After putting the child's clothes back on, wash your hands AND the child's hands using warm water and soap.
- Clean and disinfect the diaper changing station. Allow disinfectant to air dry.

Record Keeping

All children enrolled in a child-care facility must have a personal file accessible and available for inspection at all times. You must maintain the following records for each child enrolled in your facility:

1. Enrollment agreement
2. Four digit security code
3. Photographs of the parents and

other persons authorized to pick up the child

4. Current immunization records.
5. Notarized authorization to obtain emergency medical care
6. Name, address, and phone number of the child's physician or an



- emergency-care facility
7. Permission for transportation, if provided
8. Permission to participate in water activities, if provided
9. Custody decree, if one has been issue by a family court.

Playground Safety



Play is an important part of children's physical, social, intellectual,

and emotional development. On the other hand, each year more than 200,000 children visit hospital ERs due to playground injuries. Falls are the leading cause of non-fatal injuries for children ages 0 to 19.

We want to keep children safe at all

times, and knowing how to prevent injuries, like falls, is a step toward this goal.

Prevention Tips

- Carefully supervise young children using playground equipment.
- Use safety-tested mats or loose fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches.
- Put home playground equipment together correctly. It should sit on

a level surface and be anchored firmly to the ground.

- Cap all screws and bolts. Check periodically for loose nuts and bolts and broken, rusty, or sharp parts in all equipment
- Install playground equipment at least 6 feet from fences or walls.
- Look for exposed concrete footings, tree roots or rocks that could trip children.
- Make sure the child plays on age-appropriate equipment.

Childcare/Caregiver Ratios

If you are a child-care provider you must know that there are specific legal requirements in the state of Texas for ratios of adults to children that you must meet. Child-caregiver ratio is based on the specific age of the children in the caregiver's group or the age of the youngest child in the group, depending on the activity and the number of children at the child-

“Good child/caregiver ratios are essential in quality child-care.”

care center.

The number of children per adult care provider and the total group size are two important factors that indicate the quality and safety of a child-care setting. Good child-caregiver ratios are essential in quality child-care. Adults must be more actively involved in the supervision of chil-

dren under 24 months due to their limited muscle control and physical skills in comparison with older children.

To determine the specific child/caregiver ratios specific to your child-care operation consult the state minimum requirements at www.dfps.state.tx.us/Child_Care/Child_Care_Standards_and_Regulations.

Food Safety



All licensed day care facilities personnel that prepare, distribute, or simply handle any food items in the City

of Grand Prairie must have at least one of the following:

1. A City of Grand Prairie Food Manager Certificate, if the establishment prepares, cooks and serves

food items

2. A City of Grand Prairie Food Handler Card, if the establishment only heats up and serves pre-packaged food items or pre-cooked items brought from home by the parents

Home-based child-care providers are exempt from this rules. In addition, licensed child-care centers must post the daily menu and main-

tain copies from the previous 3 months for review. Home-based child-care providers, however, don't have to post the daily menus, but they must maintain copies from the previous 3 months for review.

For additional information contact the City of Grand Prairie Environmental Quality Division at 972-237-8055.

City of Grand Prairie

Environmental Services Department
Environmental Quality Division
206 W. Church Street, 2nd Floor
Grand Prairie, TX 75050
Phone: 972.237.8055
Fax: 972.237.8228

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Environmental Services Department,
Environmental Quality Division
Submit your comments /suggestions to:
Editor: Werner Rodriguez
Phone: 972.237.8056
Fax: 972.237.8228
Email: wrodriguez@gptx.org

Child Nutrition

A healthy diet helps children grow and learn. It also helps prevent obesity and weight-related diseases such as diabetes. The following guidelines will help you give children a nutritious diet:



- Offer at least one serving of fruits and vegetables a day, depending in how long you care for the child
- Choose healthy sources of protein such as lean meat, legumes, and eggs
- Serve whole-grain breads and cereals because they are high in fiber
- Broil, grill, or steam foods instead of frying them
- Limit fast food and junk food
- Offer water and milk instead of sugary fruit drinks and sodas
- Learn about children nutritional requirements such as the requirements for iron and calcium
- Don't forget about allergies caused by food items and their signs and symptoms

Guidelines for Toy Safety



Toys should be a source of fun and learning for children. Too often, toys

with poor design, old, used incorrectly, or toys in bad repair can lead to serious injuries. A major area of consideration for all toys is the durability and safety of the toys. Toys should be constructed to withstand the uses and abuses of children in the age range for which the toy is made.

Safe toys for young children should be:

- Well made (no sharp points)
- Painted with non-toxic, lead free paint.
- Shatter proof
- Easy cleanable
- Durable
- Not porous

- Devoid of button eyes or small parts that come off
- Non flammable

For children under the age of 3, a small part should be at least 1 1/4 inches in diameter and 2 1/4 inches long. Any part smaller than this is a potential health hazard.

Check your toys periodically for breakage and potential hazards. Damaged or dangerous toys should be repaired or discarded immediately. Store toys safely. Teach children to put toys away so they are not tripping hazards, and check shelves for safety. Toy boxes are not recommended due to suffocation hazards and falling lids.

For more information on toys hazards information visit the US Consumer Product Safety Commission at www.cpsc.gov/.

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