

Chatham Child Care News

Monthly Newsletter

December 2001

How Much Fruit Juice Is Good for Children?

Most children love fruit juices, and by one year of age, almost 90% of infants in the U.S. are drinking them. Because of recent concerns about whether fruit juice is good for children, the American Academy of Pediatrics reviewed this issue.

These experts noted that fruit juices offer no nutritional benefit for infants under six months of age, and for children of all ages they are no more beneficial than whole fruit. While those made of 100% fruit juice can have some nutritional value (as part of a balanced diet), fruit *drinks* (beverages that contain less than 100% fruit juice) don't provide the same nutrition as 100% fruit *juices*.

The experts also point out that juice isn't good treatment of diarrhea or dehydration, and that too much juice can be associated with diarrhea, gas, a bloated stomach, and tooth decay. Unpasteurized juices can present a health hazard because they may contain bacteria that can cause serious illness. Despite all these possible problems, the pediatric group notes that reasonable amounts of fruit juices are unlikely to cause problems.

In practical terms, the Committee makes a number of recommendations as to how fruit juices can fit into a healthy diet:

- Fruit juices shouldn't be introduced into the diet before 6 months of age;
- They shouldn't be given in ways (e.g., bottles, covered cups) that encourage drinking throughout the day or at bedtime;
- Amounts should be limited to 4-6 ounces daily for children who are 1 to 6 years old, and to 8-12 ounces (or 2 servings) daily for older children;
- Children should be encouraged to eat whole fruit;
- Parents should learn to tell the differences between fruit juices and fruit drinks. (*Committee on Nutrition, AAP: Pediatrics, May, 2001, pp. 1210-1213*)

of nutrition for infants and children, so this message from pediatric experts is helpful.

It's important to recognize that no one is suggesting that parents stop giving fruit juices to children and older infants. Rather, the issue has to do with how much should be given. Most problems come from giving too much fruit juice—either because the juices themselves cause a problem (like diarrhea or stomach pain) or because large amounts of juices provide little nutrition but take the place of other foods that would provide good nutrition.

We think this report is quite useful because it offers a balanced view—recommending that fruit juices may have a role in the diet of infants and children, but that for nutritional reasons and to avoid problems, they ought to be given in moderate amounts.

Reprinted from *CHILD HEALTH ALERT*, P.O. Box 610228, Newton Highlands, MA 02461.

NOTICE:

CCN has learned that some child care providers have decided not to apply for 2-5 star licenses because they have heard that if they got more stars they would not be eligible for any type of Smart Start funds, including WAGE\$, T.E.A.C.H., and so forth. **THIS IS NOT TRUE! Only quality improvement grants have restrictions of this type, and only 4 and 5 star programs are ineligible for grants. There are other requirements for quality improvement grants, however, including serving subsidy children and increasing your star rating when you get grants. You should have already received a mailing which will help you determine if you are eligible for CCN's Quality Improvement and Health and Safety grant programs this year; if you haven't, call Marilyn Grubbs or Brenda Foxx.**

COMMENT: Because fruit juices are often described as "all natural", parents might think they're a good source

So Why are Baby Teeth Important, Anyway?

By Kelly Haupt, RDH, MHA

Baby, or primary teeth, have several different jobs. Along with helping babies chew their food, they assist in speech development as well as jaw and facial formation. Primary teeth guide the permanent teeth into place so if the primary teeth are lost early because of cavities, the permanent teeth may not come in to the mouth as they are supposed to.

Did you know that North Carolina has a special program to help prevent tooth decay in children younger than three years old? At well-child check ups primary care medical providers check the teeth, give parents useful dental information, and apply a fluoride varnish to the children's teeth. The fluoride makes the teeth stronger and more resistant to cavities. This can be especially helpful for these young children because many develop cavities from improper bottle use before they ever visit a dentist. The varnish can be applied several times during the first three years and is reimbursed by Medicaid.

If you know children or families that may benefit from this program, please tell the parents to ask their child's medical doctor or nurse for more information about fluoride varnish. They can also call Kelly Haupt at 919-833-2466.

Subsidy News: Subsidy Waiting List

When there is not enough subsidy money available to assist all eligible clients, Child Care Networks, Inc. (CCN) maintains a waiting list. Anyone needing

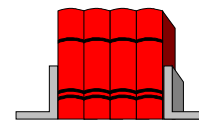
assistance with the cost of child care should call CCN. We can do a telephone interview to determine eligibility, and either set an appointment or place the family on the waiting list if they are eligible. Because we have just recently learned about our funding allocations for the current fiscal year, we are in the process of taking about 30 children off the waiting list. Names are removed in priority order with employment being the highest priority. In other words, families who need child care because of their job are removed from the waiting list on a first come first serve basis. When names come up on the waiting list, families are contacted by mail. They have a specified amount of time to contact their assigned caseworker. If they do not contact CCN in time, they are removed from the waiting list. If they call later to request care, they are placed back at the bottom of the waiting list.

We are also in the process of purging our waiting list. This is a process required by the State Division of Child Development. Purging is a way of weeding out names on the waiting list who may have moved away, or for some reason are no longer eligible. On November 9 we sent out over 100 purge letters. It includes a form which must be completed and returned to CCN by November 30, 2001 in order to remain on the waiting list. Anyone on the waiting list who did not return their form by November 30 has been removed from the waiting list.

If you are serving families, or waiting to serve families, who have told you they are on our waiting list, this would be a good time to check with them about their waiting list status. If a family has not recently responded to a letter from us, they have probably been removed from the waiting list. They will need to call again to get back on the bottom of the list. Please help us by stressing to the parents that we need to have up to date addresses in order for us to reach them when their name comes up on the waiting list. If you have questions related to the waiting list you are welcome to contact anyone on the Family Services Team (Subsidy) at CCN.

-Connie McAdams

CHILD CARE NETWORKS RESOURCE LIBRARY FEATURE OF THE MONTH



This month's feature:
DANCING WITH THE EARTH Video
Banana Slug String Band

This is a new addition to our Resource Library! The "Banana Slugs" are a group of four wacky musicians who dress up like penguins and giant raindrops and sing songs such as "Tidepool Boogie" and "Dirt Made My Lunch". But there's a serious message in the middle of all this, about the importance of the earth and other living things for our health and well-being, and the connection of everything on earth. The video includes children singing and dancing along with the songs, and scenes in the forest and at the seashore where the "Slugs" teach the children about the things that live there.

Our Resource Library is available to Chatham County child care providers. To check out items, call Brenda Foxx at 542-6644, extension 16 or Marilyn Grubbs at extension 21. We may be able to deliver items if you have trouble coming to pick them up.

Items in the Resource Library were purchased with funding from the Chatham County Partnership for Children.



In addition to the training listed here, we have information about workshops in nearby counties sponsored by other agencies. Call Marilyn Grubbs at 542-6644, extension 21 for this information.

CPR AND FIRST AID

Monitoring Child Care Homes

The State Agency will soon be doing child care home reviews for the 2001-2002 contract year. If you have any questions about the home reviews, please call your case



CPR or First Aid classes are taught by Sue Morrow, RN, monthly at Child Care Networks. Here is the upcoming schedule:

- December 3 CPR \$22*

**Classes are \$3 each for programs currently on contract to upgrade their quality.*

All classes begin at 6:00 p.m. at our office, 117 E. Salisbury Street in Pittsboro. **Call Brenda Foxx to register for classes. Register early, since classes fill up quickly.**

CONGRATULATIONS

to the following people who have received two to five star licenses:

5 stars:

Jackie May	Zylphia Marsh
Early Intervention	Loving Child Care

4 stars:

Vicki Evans	Nora Palmer
Mary Page	Mary Neal Center
Wellington School	Kids Day Out
CCCC Preschool	

3 stars:

Donna Haskell	Thelma Alston
Susan Tullis	Shirley Holder
Penny Pavon	Jane Cosby
Community Independent School	

2 stars:

Kids Under Construction	Robyn's Nest
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manager. Here is a list of the State Agency employees who may conduct the day care home review:

Paige Bridgers	Martha Myers
Margaret Paulson	Miranda Nixon
Paula Hissett	Becky Pope

Arnette Cowen
Pam Bowers
Dalnice Bowman
Amy Evans

Susan Pouria
Brenda Sutton
Waunea Woods

providers in Chatham, Lee, and Orange Counties enclosed in the checks mailed out after the 10th of November. If you have any questions, please feel free to call me.

-Pat Alston

Holidays

Hanukkah

Hanukkah is an eight-day festival of lights celebrated by people of the Jewish faith. The menorah consists of nine candles. The center one, called Shammash, is used to light the other eight, one on each day of the celebration.

Christmas

Christmas is a Christian holiday celebrating the birth of Jesus.

Kwanzaa

Kwanzaa is a holiday celebrated by black American families from December 26 to January 1. "Kwanzaa" means "the first fruits of the harvest" and a candle is lighted each of the seven days, honoring a principle such as Unity, Creativity, and Faith.

Merry Christmas and Happy New Year

Child Care Food Program Staff

Pat Marianne Rhonda

Family Child Care Home Licensed Capacity

The Nutrition Services Branch, Special Nutrition Programs Unit has been working collaboratively with the Division of Child Development to clarify the issues surrounding licensed capacity of child care homes. We sent a memo on this subject to all Food Program

The Child and Adult Care Food Program is operated in accordance with the U.S. Department of Agriculture policy. The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW, Washington, DC 2050-9410 or call (202) 720-5964.

CHATHAM CHILD CARE NEWS is a resource publication for caregivers, parents, and other persons interested in child care. It is published monthly by Child Care Networks. Suggestions, information, and articles are welcomed and printed as space permits. Mail information to:

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P.O. Box 1531
Pittsboro, NC 27312

or call (919) 542-6644, extension 21.

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