

NORTH CAROLINA CHILD CARE HEALTH AND SAFETY BULLETIN

NORTH CAROLINA CHILD CARE HEALTH AND SAFETY RESOURCE CENTER

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The NC Child Care Health and Safety Resource Center promotes safe and healthy environments for children in child care settings. Project Director: Dr. Jonathan Kotch, MD, MPH, FAAP.

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SUN DANCE WATER DANCE

We play in the sun like a dance
dally in the brilliance of heat
radiating off our shining bodies
till the sweat pours from our pores
and we laugh at the heat like a sun burning inside us
till we can't take it anymore
and dash down the narrow path to the fast green river
to plunge the heat away...



So begins the poem by Jonathan London, illustrated by Greg Couch in the children's book *Sun Dance, Water Dance*. Stories about children enjoying a carefree summer day can bring back warm memories for adults. Children can start to make their own memories. Early educators set the stage for a summer of fun and exploration in a safe and healthy environment.

Summer brings plenty of opportunities for outside play and exploration. Outdoor play is beneficial to both children and early educators. Children are able to play freely with friends and expand their imagination. Being outdoors, they release energy. They explore their sense of touch, smell, taste and their sense of motion.

With a few safeguards, early educators can use the outdoor environment to promote development and learning. Safeguards include protection from too much exposure to direct sunlight, heat and poor air quality. Early educators can plan the time of day and the amount of time to be outdoors. They reduce sun exposure by playing in shaded areas.

Water play is a natural part of summer fun. Children can run through sprinklers and fill the water table with a hose. Squirt bottles become showers for dolls. Early educators should provide close supervision when children are engaged in water activities. Giving children the opportunity

to use materials with water encourages them to explore the natural environment.

Summertime in North Carolina brings out insects, snakes, and other critters. Children are naturally curious about what they find in nature. Early educators can use close encounters with animals and insects as learning opportunities. Through careful planning and maintenance of the environment, early childhood programs can minimize the risks of these close encounters.

Finally, summer is the season to celebrate nature's abundance. Juicy watermelons, succulent peaches, snappy green beans, flavorful fresh greens...delicious! Children can taste and explore fresh-picked foods grown locally. Fresh fruits and vegetables add color and new flavors to the menu. Early educators and families can plant a garden. Afterwards, they can enjoy the fruits of their labor at snack and mealtime. What about a farmer's market or produce stand in the dramatic play area?

Children learn and develop when they explore the outdoors. Early educators can ensure that children enjoy their exploration safely. This issue of the bulletin offers ideas for creating an inviting place to play outdoors. Let the makings of happy summertime memories begin!



Summer Fun in the Sun!

*Let us dance in the sun, wearing wild flowers
in our hair... - Susan Polis Schutz*

The sun is a star, just like the ones twinkling at night. It is so close to the earth that it looks much bigger and brighter than the other stars. The sun warms the earth and all that lives here. In the morning, have children put one shallow pan of water in the sun. Put another in the shade. In the afternoon, feel the temperature of the water with the children. Is one warmer? Why?

The rays of the sun are strong. Two kinds of ultraviolet rays reach the earth from the sun: UVB and UVA. UVB rays cause sunburn and damage the thin upper layers of skin. UVA rays damage the thicker inner layer of skin. Both can lead to skin cancer and early wrinkles.

Limit time in direct sunlight and avoid the strongest rays of the sun (10 AM to 4 PM). Be a role model! Teach children good "sun sense."

Use sunscreen daily!

- Sun protection factor (SPF) of 30 or higher, labeled broad-spectrum, *no matter what the child's skin color.*
- Ask families to apply sunscreen before bringing child to school.
- Apply thickly 30 minutes before going out; reapply at least every 2 hours.
- Not recommended for infants less than 6 months of age.

Cover up!

- Ask families to dress children in lightweight long-sleeved shirts and pants.
- Have children wear hats to shade their faces, necks, and ears.
- Wear 100% UVA and UVB protective sunglasses.



Seek shade!

- Trees, especially tall, leafy trees, provide natural shade. Underneath can be a welcome oasis.
- Locate popular toys and equipment in shaded areas.
- Use umbrellas or tents as places to rest and cool off.
- Keep infants less than 6 months of age in the shade.

*What dreadful hot weather we have! It keeps me in
a continual state of inelegance. - Jane Austen*

UV Rays + Pollution = Ozone.
Hot sunny weather with stagnant wind conditions favors ozone formation. Ozone is a highly reactive form of oxygen. It can be both good and bad. High in the atmosphere, it protects the earth from harmful solar radiation. Near the ground, ozone is unhealthy to breathe. Ozone is North Carolina's most widespread air quality problem and the main component in urban smog.



The Air Quality Index (AQI) measures air pollutants. Check local listings of color-coded levels before outside play. Know when to restrict outdoor activity. ncair.org

If there is magic on this planet, it is contained in water.

- Loren Eiseley

Water is essential to every living thing. It is also a natural learning tool for young children. They see water flow from a hose, hear it when it splashes, and feel it running over their hands and bodies. They taste it when they take a cool drink, or smell it when visiting the ocean. As long as there is no thunder or lightning, children may enjoy playing in the rain.

Tips for safe water play

- Supervise children very closely. Young children can drown in as little as 2 inches of water, in as little as 2 minutes.
- Use free flowing water or shallow containers such as bins or pans.
- Wash hands thoroughly *before* water play. Wash hands again when play is over. Germs grow in wet, warm environments.
- Give children with colds, sores or cuts separate toys and bins of water.
- Wash, rinse, and sanitize toys, tables, bins and other equipment **before** and **after** water play.

Sip! Sip! Sip! Offer plenty of drinking water during hot summer days, especially when children are physically active. Stay hydrated!



NEVER leave a child in a vehicle. On a hot day temperatures inside a vehicle can rise to 120°F in under 10 minutes. Children can suffer from heat exhaustion, dehydration, heat stroke, and could even die from the rising temperature. Check the vehicle to be sure no one is left behind.

Keep Children Safe and Healthy

Fruits and vegetables are neat; they make you feel good from your head to your feet. ~ Mallerie



Summer brings an abundance of fresh produce. A diet rich in fruits and vegetables can lower blood pressure, reduce risk of heart disease and stroke. It prevents some types of cancer. Eating fruits and vegetables provides essential vitamins and minerals, fiber, and other substances that are important for good health. Encourage young children to eat **MORE** fruits and vegetables.

Eat with the seasons. Food that is fresh from a classroom garden or grown locally tastes better. Children are more likely to want more!

Have a tasting party!

 Serve raw fruit in bite-size pieces with low-fat yogurt dip. Flavor dip with fruit juice or fruit pieces. How about fresh: blackberries, cantaloupe, and peaches?

 Serve veggies in bite-size pieces with low-fat yogurt dip. Flavor dip with herbs. How about fresh: bell peppers, cucumbers, and zucchini?

Start a garden with the children! Connect them to nature, where food comes from and how it grows. If space is small, try container gardening.

Be a role model! Children learn from what they see adults do and follow their example. Enjoy eating more fresh fruits and vegetables. Children will join in!

The steady buzzzzzzz of the Katydid chorus, and the bass solo of the croaking frog — a summer night's serenade.

~ Michael P. Garofalo



Children are naturally curious about insects and snakes they see. This can be challenging for adults who are fearful of these critters. Avoid passing these fears along. Young children are just beginning to explore their world. They learn to care for the environment and the creatures that live in it when provided with numerous positive outdoor experiences.

Still afraid? Start by exploring butterflies, lady bugs, and frogs!

Learn to approach summer critters cautiously. For those creatures that might present a safety concern, keep the following tips in mind.



Reduce the number of mosquitoes, snakes and ticks.

- ✓ Empty water from outdoor flower pots, tires, and other containers. This removes mosquito-breeding areas.
- ✓ Develop a dry and trimmed border, free from brush, around the outdoor learning environment. Tall grass and weeds can attract prey for snakes.
- ✓ Keep area free of leaf litter. This removes natural habitats for ticks and makes it harder for them to crawl into the outdoor space.

Reduce exposure to biting insects and snakes.

- ✓ Snakes are generally shy animals. Encourage children to approach a snake cautiously or keep away. Snakes are most likely to bite when harassed. Learn to identify poisonous snakes.
- ✓ Wear long sleeves and pants, which protects against both ticks and mosquitoes.
- ✓ Avoid the outdoors in the very early morning and at dusk, when mosquitoes are most active.
- ✓ For children more than two months of age, small amounts of insect repellent can make tender flesh less appealing to biting bugs.



Why are snakes hard to fool?
(You can't pull their leg!)



What is the biggest ant in the world?
(An eleph-ant!)



Resources for Early Educators

The **North Carolina Cooperative Extension Service** has offices in all 100 NC counties. They provide community based education about agriculture, the environment, and human health. Learn about local foods, community gardens, insects, snakes and pest management. Find a local extension center. www.ces.ncsu.edu/local-county-center.

NC Farm Fresh lists resources for fresh locally grown produce. www.ncfarmfresh.com

The **SunWise Program** is a health and environmental education program for children, educators, and families. Learn how to decrease overexposure to the sun. Play sun safety games and obtain free resources. www2.epa.gov/sunwise

NC Child Care Health and Safety Resource Center has more information on summer safety in the August 2007, June 2008, and June 2009 issues of the Health and Safety Bulletin. www.healthychildcarenc.org

References for pages 2–3:

Healthy Children. *Insect Repellents*. Retrieved June 1, 2015 from www.healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents.aspx

KidsHealth. *Water Safety*. Retrieved May 31, 2015 from http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html

September is Baby Safety Month



A ROOM WITH A SAFE VIEW

SAFEGUARD AGAINST HIDDEN HAZARDS



Each year the Juvenile Products Manufacturers Association (JPMA) sponsors *Baby Safety Month*. This year, JPMA is helping educate families and caregivers to safeguard against hidden hazards. To learn about their campaign, visit: <http://babysafetyzone.org>.

TOP TEN HIDDEN HAZARDS:

- **Magnets** that are small can easily be swallowed. Keep out of reach.
- **Recalled products**, including second-hand products have hazards. Check for recalls at www.recalls.gov.
- **Loose change** might be swallowed. Keep out of reach.
- **Tipovers** are a leading cause of injury. Secure furniture and TVs to a wall.
- **Pot handles** within reach can be pulled down.  Spilled contents can burn. Turn handles to the back of the stove when cooking.
- **Loose rugs or carpet** can be a tripping hazard. Tape down corners and smooth out bumps.
- **Detergent pods** can look like candy to young eyes. Pods can damage eyes and are poisonous if ingested. 
- **Hot liquids** can burn if grabbed by little hands. Do not leave hot drinks unattended or near the edge of a table. 
- **Cords** could cause strangulation. Keep cords tied up out of an infant's reach.
- **Button batteries** are flat, round batteries found in items such as mini remote controls and singing greeting cards. They pose a serious risk if ingested. 

Infants explore their world through their senses. They touch and mouth anything within reach. Create a safe place for them to freely explore. Think about the space from a child's perspective. Get down! Crawl! Identify hazards that might not be obvious from an adult's point of view when standing.



June is

Men's Health Month

National Great Outdoors Month



24: Celebration of the Senses

July is

UV Safety Month

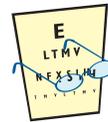


National Blueberries Month

10: Teddy Bears' Picnic Day

August is

Children's Eye Health and Safety Month



National Immunization Awareness Month

2: Friendship Day

3: Watermelon Day



September is

Fruit & Veggies: More Matters Month



National Childhood Obesity Awareness Month

National Preparedness Month

20-26: National Clean Hands Week

30: National Women's Health & Fitness Day



Bulletin Board

New Rules! Emergency Preparedness and Response (EPR) in Child Care

The NC Child Care Commission approved new rules that go into effect on **July 1, 2015**.

The rules require that all licensed facilities:

- Complete the *Emergency Preparedness and Response in Child Care* Training. An administrator or designated individual of a current program must obtain training by July 1, 2017. New programs must assign someone to complete the training within a year of opening.
- Develop an EPR Plan that includes:
 - ✓ written procedures for accounting for all children and adults
 - ✓ relocation and reunification plan
 - ✓ communication plan
 - ✓ how the program will meet the nutritional and health needs of children
 - ✓ how the program will meet the needs of children with special needs
 - ✓ *Ready to Go File*
- Conduct shelter-in-place or lockdown drills quarterly; fire drills monthly.
- Review the EPR Plan with staff annually and during orientation.

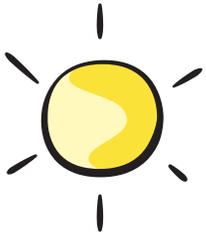


For more information check out *What's New* on the Division of Child Development and Early Education's website at: www.ncchildcare.nc.gov.

August is National Breastfeeding Month

Mother's milk provides the most health benefits for infants. Early childhood programs can encourage breastfeeding while infants are in child care. For information about the *Carolina Breastfeeding-Friendly Child Care Initiative* go to: <http://breastfeeding.sph.unc.edu/what-we-do/programs-and-initiatives/child-care/>.





Lazy Long Summer Days!

Summer time is here! Extra hours of daylight allow time for families to play in the evening and explore the outside world. Lazy, long summer days are perfect for gardening, swimming and chasing butterflies.

Children can taste locally grown fruits and vegetables in summer. Offer a new food several times to help children learn what they like. Families can visit farms, farmer's markets or stands during the summer. Visit www.ncfarmfresh.com to find one near you. Children can begin to learn how food is grown. Pick out a big, juicy watermelon. Make a cool, slushy drink together.

Watermelon Slush

Ingredients:

- 5 cups diced seedless watermelon
- 1 cup ice
- 1 tablespoon honey
- Juice of 1 lime, optional



Directions: Wash hands. Measure out ingredients and put them in a blender. Blend until smooth. Serve immediately. Yum! Yum!

Summer Safety Checklist

While enjoying summertime, keep summer safety in mind.

HOT Cars — Not So Cool!

Never leave a child in a vehicle. Check that everyone is out before closing the door.

<http://babysafetyzone.org/hot-topics/look-you-lock>



Here Comes the Sun! Protect all children's skin from the damaging rays of the sun.

- ☀ Use sunscreen for children 6 months of age and older. Choose one that has a sun protection factor (SPF) of 30 or higher and protects against UVA and UVB rays. Apply sunscreen generously 30 minutes before going outside. Reapply every 2 hours or after swimming or sweating.
- ☀ Limit exposure to sun between 10:00 AM and 4:00 PM. Keep infants in the shade. Their delicate skin burns easily.
- ☀ Have children wear protective clothing: long-sleeved shirts, pants, hats and sunglasses with 100% UVA and UVB protection.



- ☀ Hot temperatures cause the body to sweat and can lead to dehydration. To maintain health, have children drink plenty of water throughout the day.

Splash! Splash! Water activities require close supervision. Children can drown in 2 inches of water within 2 minutes.

- 💧 Whether children are swimming in a lake or pool, or splashing in a basin or tub, adults must provide constant supervision. Stay within an arm's length for touch supervision and always keep an eye on the child. Floatation aids that help children float are not life jackets. Children using them require supervision.
- 💧 Wet surfaces are slippery. Maintain the "walk — no running!" rule.



Shoo Fly, Don't Bother Me!

-  Have children wear long sleeved shirts and pants.
-  Apply insect repellent for children 2 months of age and older. Follow the instructions on the label carefully. Do not apply near eyes, nose or mouth. Wash hands after applying repellent.
-  Wash skin with soap and water after returning indoors.

Here Comes the Heat! Air pollution is often worse when it is hot. Before going out, check the *Air Quality Forecast* on the NC Air Awareness Program's website: <http://daq.state.nc.us/airaware>.

Support early care and education programs in keeping children healthy and safe during the summer.

- Share a child's reactions to new foods with the child's early educator. If the program is offering new foods during the day, families can try them at home.
- Bring in sunscreen and insect repellent for the child.
- Sign written permission slips for sunscreen and insect repellent.
- Apply sunscreen before drop-off.
- Leave light-weight long sleeved shirts and pants, hats, and sunglasses for the child to wear when outside.



Reference:

KidsHealth. *Sun Safety*. Retrieved May 15, 2015 from http://kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html

Never Too Early! Protecting Children from Skin Cancer



Young children play under the sun. The bright sky and the shimmering light draw them in. Sun...light...heat...energy...warmth. Without sun people could not survive. Yet too much exposure to the sun's rays can cause serious damage to the skin. Protecting children from sun exposure when they are young can protect them from developing skin cancer as adults.

North Carolina has the fourth highest incidence rate for melanoma in the nation. Melanoma is the deadliest form of skin cancer.

Children with a tendency to develop moles, and especially those who are fair-skinned, are the most at risk for long-term effects of sun exposure. William Kaufmann, PhD, leads a research project at UNC-Chapel Hill that seeks to understand what influences the growth of melanoma. The goal is to learn how to prevent the development of melanoma in tomorrow's adults. The UNC researchers are exploring the connection between:

- a gene called BRAF,
- mutations in human melanoma cells caused by sunlight exposure, and
- the development of moles in children.

Mutation of the BRAF gene causes a pigment cell to develop into a mole. Sunburns damage chromosomes in developing moles. This can increase the likelihood that the mole will progress into melanoma. Researchers are using DNA sequencing to measure sunlight-induced mutations in the BRAF gene. Findings show that cells with the mutated BRAF gene are susceptible to DNA damage from sun exposure. This highlights the need to take extra precautions to protect children who are developing moles from sunburns.



Start early! Promote a healthy attitude about sun safety. Protect young children from exposure to the harmful rays of the sun. Follow these easy steps for planning sun-safe activities.

- ✓ **Check the UV index** at www.epa.gov/sunwise/uvindex.html each day. It predicts the next day's UV radiation levels on a 1–11+ scale.



- ✓ **Seek shade** during peak sun hours (10 AM to 4 PM). Locate popular play equipment and loose parts in the shade to encourage children to play out of the sun. Keep infants less than six months of age in the shade.
- ✓ **Cover children's skin** when outdoors with long-sleeve shirts and pants. Add a wide-brimmed hat to shade the ears, face, neck and eyes. Clothing manufactured with a UPF (ultraviolet protection factor) of at least 15 adds more protection.
- ✓ **Apply a sunscreen** with a sun protection factor (SPF) of 30 or higher. Reapply at least every 2 hours and after swimming and sweating.
- ✓ **Use sunglasses.** Wraparound sunglasses that block out 100% UVA and UVB rays will help prevent the onset of eye diseases such as cataracts and macular degeneration.



Dr. Kaufmann recently partnered with UNC pediatric dermatologist Diana McShane and UNC, Community Outreach and Engagement Core (COEC). They share research findings and helpful practices

for sun safety. The group developed *Childhood Sun Damage and Melanoma Risk: Understanding the Environmental Health Research and Clinical Application*. This one hour webinar is available at: <http://sph.unc.edu/cehs>. According to McShane, "Our family has made sun safety second nature, so that my own children understand the simple ways to protect themselves as a lifelong practice. We strive for this same practice among our patients and their families."

The COEC has information on melanoma risk as well as activities early educators and families can do with children. To request materials contact Neasha Graves.

UNC, Center for Environmental Health and Susceptibility

Neasha Graves
Manager of COEC
neasha_graves@unc.edu
(919) 966-3746

William Kaufmann, PhD
Interdisciplinary Research Director

"Oncogenic BRAF Puts Developing Nevi at Risk" project funded by the National Institute of Environmental Health Sciences.

Play a Tune ~ Sing a Song!

If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music... I get most joy in life out of music. ~ Albert Einstein



Listen to the music. It inspires movement. It calms the body and soothes the mind. It can be loud, soft, flowing, or clashing — matching moods. Young children benefit from exposure to music. It fosters their listening skills. Through music, children learn about rhythms and patterns. Through singing, they learn rhymes and new vocabulary. Children build social and emotional skills while making music together.

Infants and Music

Music during transitions helps infants learn to calm and regulate themselves. A soft lullaby soothes during nap. A song during drop-off helps infants transition from home to early care. Play slow, quiet music. Hold babies close and sway gently to the music. Switch to a faster tempo. Lay infants on the floor. Move their arms or legs to the rhythms. Songs with fingerplays, such as *The Wheels on the Bus* and *The Itsy, Bity Spider* quickly become familiar favorites. Provide shakers, maracas, bells, chimes, pots and pans. Infants will make their own music!

For more ideas, check out *Beyond Twinkle, Twinkle* at: www.naeyc.org/files/yc/file/201003/ParlakianWeb0310.pdf



Music in the Daily Schedule

Begin and end each day with a friendship circle and a song. Transition songs help young children learn about time, order, and routines. Use music to signal when to move on to something else. Change the lyrics of familiar tunes. For example, try singing to transition from snack to outdoor play. Turn *Mary Had A Little Lamb* into “Let us put our snacks away, snacks away, snacks away. Let us all put our snacks away, so we can play outside.” Have a different tune for each daily transition. Children thrive on repetition. They feel in control when they know what comes next. Share transition songs with families. They can practice this positive guidance at home.

Bring in the Band

Contact the band teacher at a local school and invite band members to visit. Ask them to introduce their instruments and perform. Have toddlers create a “marching band,” stomping from indoors to outdoors. Preschoolers can dance, stomp or march for active indoor play. Extend this activity: Introduce different genres of music, including jazz, gospel, classical, salsa, dance, and folk. Enlist the talents of family members to come and serenade the children.



Ms. Jackie's Place, Vanceboro, NC

Music Outdoors

Create an outdoor sound garden. Make xylophones from PVC pipes. Attach aluminum garbage can lids to a fence. Turn large, plastic containers or pans into drums. Wooden spoons become drum sticks. Add an area with log drums, rain sticks, chimes, and other instruments. Children can explore natural sounds, make loud sounds, compose music, and move expressively.

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National Association for the Education of Young Children, *How Music Sets the Tone for Learning*, Retrieved April 27, 2015 from www.naeyc.org/tyc/article/how-music-sets-the-tone-for-learning

National Association for the Education of Young Children, *Quality Outdoor Play Spaces for Young Children*, Retrieved April 28, 2015 from www.naeyc.org/yc/files/yc/file/201411/YC1114_Quality_Outdoor_Play_Spaces_Wright.pdf

Learn to Make a Rain Stick



A rain stick is a percussion instrument traditionally found in Chile, South America. It creates the sounds of rain or, when shaken, a sound similar to maracas. It is a long, hollow tube filled with small pellets. Go to www.youtube.com/watch?v=giI9RfsA0uM for simple instructions on making a rain stick. Assist children in making their own.



Share music with children and families!
www.naeyc.org/content/music

Children's Books on Music

Ah, Music!
by Aiki 2005



Charlie Parker Played BeBop
by Christopher Raschka 1997



Never Play Music Right Next to the Zoo
by John Lithgow 2013



Sing
by Tom Lichtenheld 2013



Zin! Zin! Zin! A Violin
by Lloyd Moss 2000



Infant/Toddler



Preschool-School-age



Healthy
Child Care
North Carolina

POSTMASTER: Please deliver as soon as possible – time dated material enclosed

Ask the Resource Center

Q. *I am concerned with the recent news about children getting measles and whooping cough. I own a child care center. Can I refuse to enroll children who have not had their shots? Should I include this in my enrollment policy?*



A. I wish there was a simple answer to your question. Your concern is understandable. Recently there have been outbreaks of measles in California and an increasing number of cases of whooping cough (Pertussis) in North Carolina. Vaccines protect us from diseases such as measles and whooping cough. These diseases do still exist. If we stop vaccinating, the diseases would return. Children who are vaccinated rarely get these diseases, or they get milder cases.

NC Immunization Law requires children in child care be immunized. Families must present their child's vaccine record upon enrollment or within thirty days. If families have medical or religious reasons for not immunizing their child, they are legally protected. General Statutes 130A-156 and 157 allow for medical and religious exemptions.

The Americans with Disabilities Act (ADA) protects children with medical exemptions. There are also laws that protect people from discrimination. People can be protected based on race, sex, religion, disability, or national origin. Non-discrimination laws may protect children with exemptions for religious beliefs.



There is not a clear answer to your question. Enrolling only children who are current on their "shots" may seem like a good solution. However, excluding children based on their vaccine status could be discriminatory. It may create legal problems for you. I suggest that you seek legal counsel to help you figure out what you can legally include in your enrollment policy.

In the meantime you can provide families with information.

- Visit **whyimmunize.org**. You can download resources and find information.
- Offer families immunization resources.
- Help them understand that the benefits of "shots" go beyond the individual. The greater the number of people who have had their vaccines, the greater the protection the community has against vaccine-preventable diseases.

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American Academy of Pediatrics. *Parental Refusal to Vaccinate*. Retrieved June 5, 2015 from www.2.aap.org/immunization/pediatricians/refusaltovaccinate.html

North Carolina Immunization Branch. *Schools and Childcare Facilities*. Retrieved June 10, 2015 from www.immunize.nc.gov/schools/index.htm

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EDITOR:

Jeannie Reardon

CONTRIBUTORS:

Mary Cleary, Jennifer Kozaczek,
Rhonda Rambeaut, Angela Swanson

SPECIAL THANKS TO:

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