



**We're Blogging All About It**

The [ABC Quality blog](#) is the hot new spot for everyday early childhood facts and questions. The blogs have three types of articles: Parenting 101 tips, Myth Busting, and Research-based help you answer your early learning questions. Topics include the importance of quality care, nutrition, school readiness, outdoor play, and a host of other interesting topics. New articles are posted every Tuesday, so check them out!



**The Center for Child Care Career Development (CCCCD): Train the Trainer**

If you provide training to your staff, come join fellow trainers in South Carolina for informative sessions to gain additional adult learning strategies. These sessions are designed to give trainers like you a multitude of new ideas to enhance your training sessions.

**The next session is scheduled for July 18<sup>th</sup> in Spartanburg, SC.**  
[Click here to learn more and register online.](#)



**"Ag and Art Tour" Month in SC**

June is "Ag and Art Tour" Month in South Carolina. Since 2012, this free, self-guided tour of farms and artisans across several counties in South Carolina has been giving visitors the opportunity to see first-hand where their food comes from, watch artists in action, purchase food and art, dance to the melodies of bluegrass and folk songs, and learn more about rural life. This tour is the largest free "farm and art" tour in the nation.

[Click here for more information and to locate a participating farm near you.](#)



**Meal Pattern Revisions: Less Added Sugar**

On **October 1, 2017**, the following meal pattern revisions will take effect for child care facilities that participate in the Child & Adult Care Food Program (CACFP):

- Dairy and soy yogurt cannot contain more than 23 grams of sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

To easily identify whether yogurt or cereal is within the sugar limitation use the [USDA worksheets: yogurt or cereal.](#)

CACFP staff will conduct training on the new meal pattern in several locations in SC during June 2017. For more information about changes to the meal patterns, contact CACFP at (888) 834-8096 or [greta.avery@dss.sc.gov](mailto:greta.avery@dss.sc.gov).



**Reminder: New Legislation to Take Effect**

New Legislation for Family Child Care Homes (FCCH) takes effect July 1, 2017, and it will require 10 hours of training instead of 2 hours of training for licensed and registered family child care providers. [Click here](#) for more information.

**Product Recalls**

DSS Regulation 114-507C(2) states that furniture, toys and recreational equipment shall meet the standards of the US Consumer Products Safety Commission (CPSC), if applicable, and that recalled products shall not be accessible to children. For more information, call CPSC's hotline at **800-638-2772** or visit their website:

[www.cpsc.gov](http://www.cpsc.gov). To report a dangerous product or related injury, go to <http://saferproducts.gov>.

- ➡ **Graco My Ride 65 Convertible Child Restraints** due to failure to meet federal motor vehicle safety standards.
- ➡ **Nature's Truth Iron Supplement Bottles** due to failure to meet child-resistant closure requirement.
- ➡ **Combi USA Stroller and Car Seat Combos** due to fall hazard.
- ➡ **Osprey Child Backpack Carriers** due to fall hazard.
- ➡ **Douglas Plush Toys** due to choking hazard caused by detachable plastic eyes.
- ➡ **Zuntano Infant Booties** due to choking hazard caused by detachable non-slip rubber grips.
- ➡ **Dynacraft Ride-On Toys** due to fall and crash hazards.
- ➡ **Hobby Lobby Easter and July 4<sup>th</sup> Light-Up Spinner Toys** due to choking and ingestion hazards caused by detachable battery cover.
- ➡ **AM Conservation Group Night Lights** due to fire hazard.

**Water Safety Series Part 2: Temperature and Infection**

[KidsHealth CDC](#)



Splashing around in the water can be a very enjoyable experience for children. However, extreme water temperatures and waterborne illnesses can be unsafe and cause discomfort for children.

Children's body temperature drops more quickly when they are in the water versus when they are on land. Children begin to rapidly lose body heat when water temperatures drop below 82°F (below 85°F for infants), placing them at risk for hypothermia. Hot water is also dangerous, especially for children younger than age five. Just three seconds of contact with water that's 140°F can scorch a child, giving them third degree burns. Hot tubs are unsafe for children and can cause them to get overheated. Infants and children under the age of five have thinner skin than adults. Sometimes, temperatures that may feel comfortable to an adult can be hazardous to a child.

Waterborne illnesses are no fun in the sun. Diarrhea-related water illnesses can be spread by children. Leaky diapers or pull-ups may release the parasite Cryptosporidium into the water. Children or adults can get sick when they swallow or inhale the contaminated water. Children and pregnant women can be the most affected by these infections. Contaminated water can also cause swimmer's ear, an ear infection resulting from water trapped in the outer ear canal. This infection causes pain and discomfort and most commonly affects children.

To protect against water safety hazards, be proactive and take precautions before letting children in the water.

**Safe Temperatures**

- ▶ Keep water heater thermostat at 120°
- ▶ Always test water temperature with your wrist or elbow before placing a child in water
- ▶ Don't allow children in hot tubs or Jacuzzis
- ▶ Comfortable pool temperatures:  
Children – between 82°-86°  
Infants – between 85°-87°

**Waterborne Illness Symptoms**

- ▶ Severe diarrhea
- ▶ Nausea
- ▶ Vomiting
- ▶ Weight Loss
- ▶ Dehydration

**Waterborne Illness Prevention**

- ▶ Keep children out of pools until potty-trained
- ▶ Provide frequent bathroom breaks for children who aren't potty-trained

- ▶ Frequently change swim diapers
- ▶ Do not allow children with diarrhea or gastrointestinal illness in pool during illness and for two weeks afterwards
- ▶ Wash hands after using the restroom or changing diapers
- ▶ Shower before and after entering pool
- ▶ Avoid swallowing or getting water in mouth

**Swimmer's Ear Symptoms**

- ▶ Redness, swelling, and itching of ear
- ▶ Pus draining from infected ear
- ▶ Pain when tugged or pressure applied to ear

**Swimmer's Ear Prevention**

- ▶ Dry ears thoroughly with towel
- ▶ Tilt each ear and pull lobes in different directions to drain water out of ear canal
- ▶ Use ear plugs, a bathing cap, or custom-fitted swim molds