

1 **Title 15: Mississippi State Department of Health**

2 **Part 11: Bureau of Child Care Facilities**

3 **Subpart 55: Child Care Facilities Licensure**

4 **CHAPTER 1: REGULATIONS GOVERNING LICENSURE OF CHILD CARE**
5 **FACILITIES**

6 **Subchapter 1: GENERAL**

7 **Rule 1.1.2 Purpose**

- 8 3. The maximum capacity of a child care facility is determined by the indoor square
9 footage, kitchen square footage, outdoor playground area, and the number of toilets,
10 urinals, and hand washing lavatories, with the lowest capacity determination being
11 controlling. The maximum capacity of each room that is utilized by the children in
12 a child care facility is calculated individually and may not be exceeded except when
13 provided in these regulations.

14 *Source: Miss. Code Ann. §43-20-8.*

15 **Rule 1.1.4 Definitions**

- 16 7. **Director Designee** Any individual designated to act as the director, having all
17 responsibility and authority of a director, during the director's short-term absence.
18 A director designee shall, at a minimum, be at least 21 years of age, have a high
19 school diploma or GED, and 4-2 years paid experience in a licensed child care
20 facility. Director Designees shall not retain sole director authority in a facility for
21 more than 24 total hours per calendar week.

22 **EXCEPTION:** A facility may have a Director Designee serve for a maximum
23 of 14 consecutive calendar days during a licensure year. This exception may
24 be used once during the licensure year for allowing the director personal leave,
25 i.e., vacation, jury duty, etc.

- 26 19. **School Age Child** A child 5 years of age or older and eligible to be enrolled in
27 ~~an accredited school program~~ public school.

28 Note: A child that is five (5) years old age must have turned five (5) on or before
29 September 1 to be considered a school age child.

30 *Source: Miss. Code Ann. §43-20-8.*

31

32 **Subchapter 2: LICENSURE**

33 **Rule 1.2.2 Types of Licenses**

34 1. **Temporary License** The licensing agency may issue a temporary license to any
35 child care facility. This license will allow the child care facility to operate pending
36 the issuance of a regular license. The temporary license will reflect the date of
37 issuance of the license, the expiration date, and the number of children for which the
38 facility is licensed. The license issue date is the actual date documentation is
39 received and approval for initial temporary license is granted; the expiration date is
40 the last day of the sixth month following the issue date; examples: January 01
41 through June 30 or January 15 through June 30.

42 **NOTE:** Before a Temporary License is issued and the facility allowed to begin
43 operation the following items must be submitted to and/or verified by the licensing
44 authority, i.e., Mississippi State Department of Health:

45 c. ~~A qualified director~~ Documentation that the facility has a qualified director for
46 the child care program that meets the standards set forth in Rule 1.5.3.

47 g. Verification of passing an American National Standards Institute –
48 Conference for Food Protection (ANSI-CFP) Accredited food manager
49 training. Currently the following providers are authorized by the MSDH to
50 provide the required training: ,e.g.,

51 i. National Restaurant Association, Inc., i.e., ServSafe®,

52 ii. Environmental Health Testing, Inc., i.e., National Registry of Food Safety
53 Professionals,

54 iii. Prometric, Inc., or

55 iv. ~~or~~ Mississippi State University Extension Service, i.e., TummySafe©, ~~or~~
56 equivalent if applicable.

57 **NOTE:** For information on ServSafe® or TummySafe© contact the
58 Mississippi State University Extension Service at -
59 http://msucares.com/health/food_safety/servsafecal.htm. In addition, the
60 Mississippi Restaurant Association (MRA) also provides ServSafe® training,
61 ~~and~~ ~~†~~ The MRA can be contacted at - www.msra.org. For information on the
62 National Registry of Food Safety Professionals or Prometric, contact the
63 MSDH Office of Environmental Health at 601-576-7690.

64 dd. Verification that the owner/operator and director have completed mandatory
65 training on:

66 i. *Regulations Governing Licensure of Child Care Facilities.*

- 67 ii. ~~New Directors Orientation.~~
- 68 iii. ~~Playground Safety.~~

69 **NOTE:** Contact the Mississippi State Department of Health, Child Care Facilities
70 Licensure Division at 601-364-2827 for more information on the availability and
71 location of the above referenced training. Information on available training classes
72 and approved training providers is listed on the MSDH website at
73 <http://msdh.ms.gov/msdhsite/static/30,0,183.html>. Training classes provided by the
74 Child Care Licensing Division are listed under the heading “MSDH Child Care
75 Provider Training Calendar.” Other approved providers of training for child care
76 facility operators and staff are listed under the headings “MSDH Approved Staff
77 Development Trainers” and “Approved Child Care Staff Development Providers.”

78 *Source: Miss. Code Ann. §43-20-8.*

79 **Subchapter 4: FACILITY POLICY AND PROCEDURES**

80 **Rule 1.4.2 Smoking, Tobacco Products, and Prohibited Substances**

- 81 ~~1. Smoking, the use of tobacco products in any form, alcohol, or illegal drugs, is~~
82 ~~prohibited within the physical confines of a child care facility, and on all outdoor~~
83 ~~playground areas.~~
- 84 ~~2. If smoking or use of tobacco products is permitted outside the physical confines of a~~
85 ~~child care facility and away from the outdoor playground areas, it shall be limited to a~~
86 ~~designated area out of the presence of children. The designated area shall be a place~~
87 ~~where children, in the course of normal daily activities, may not observe staff and~~
88 ~~volunteers smoking or using tobacco products. Designated smoking areas shall be~~
89 ~~clearly identified and posted and shall be provided with receptacles for tobacco~~
90 ~~product waste.~~
- 91
- 92 1. Smoking or the use of tobacco products in any form is prohibited within the physical
93 confines or the campus of a child care facility.
- 94 2. The use of alcohol, illegal use of prescription drugs, or use of illegal drugs is
95 prohibited within the physical confines or the campus of a child care facility.
- 96 3. Smoking or the use of tobacco products in any form, use of alcohol, illegal use of
97 prescription drugs, or use of illegal drugs by a caregiver is prohibited anytime a child
98 is under the care of such caregiver regardless of location. A caregiver is defined as a
99 person who provides direct care, supervision, and guidance to children in a child care
100 facility, regardless of title or occupation. This definition includes volunteers and
101 parents.

102 *Source: Miss. Code Ann. §43-20-8.*

103 **Rule 1.4.6 Posting of Information** The following items shall be posted conspicuously in
104 the child care facility at all times:

- 105 1. Accessible to employees and parents:
- 106 a. Daily activity schedule posted in each classroom.
- 107 b. ~~Inspection form, if applicable, or~~ Menus and Food Service Permit, if
108 applicable.
- 109 2. In kitchens:
- 110 a. Menus.
- 111 b. Evacuation route.
- 112 c. ~~Food Service Permit/Inspection Form.~~

113 *Source: Miss. Code Ann. §43-20-8.*

114 **Subchapter 5: PERSONNEL REQUIREMENTS**

115 **Rule 1.5.3 Child Care Director Qualifications** A child care director shall be least 21
116 years of age and shall have at a minimum:

- 117 4. Two years paid experience as a caregiver in a licensed child care facility, and either
118 (1) a current Child Development Associate (CDA) credential from the Council for
119 Early Childhood Professional Recognition (CECPR), or (2) a current Mississippi
120 Department of Human Services (MDHS) Division of Early Childhood Care and
121 Development (DECCD) Child Care Director’s Credential or current MDHS OCY
122 Child Care Director’s Credential, or (3) 24 semester hours credit with a grade of
123 “C” or better from an accredited college or university in courses specific to early
124 childhood.

125 *Source: Miss. Code Ann. §43-20-8.*

126 **Rule 1.5.4 Caregivers** Caregivers shall be at least 18 years of age, and shall have at a
127 minimum:

- 128 2. A current CECPR Child Development Associate (CDA) credential, a current
129 MDHS DECCD Child Care Director’s Credential, or current MDHS OCY
130 Director’s Child Care Credential.

131 *Source: Miss. Code Ann. §43-20-8.*

132 **Rule 1.5.7 Use of Director Designee**

- 133 2. A director designee shall, at a minimum have a high school diploma or GED and
134 ~~four~~ two years paid experience in a licensed child care facility or

135 licensed/accredited kindergarten program. A director designee shall not retain sole
136 director authority in a facility for more than 24 total hours per calendar week.

137 **EXCEPTION:** Facility may have a Director Designee serve for a maximum of 14
138 consecutive days during a licensure year. This exception may be used once during
139 the licensure year for allowing the director personal leave, i.e., vacation, jury duty,
140 etc. In addition, if a Director has a medical condition (illness, recovery from
141 surgery, accident, etc.) that requires more than 14 consecutive day's recovery time,
142 the time a Director Designee may be utilized may be extended. The facility is
143 responsible to notify the Child Care Division of such circumstances and provide
144 documentation supporting the need to extend the time the Director Designee needs
145 to be utilized. Approval of this exception is at the discretion of the Child Care
146 Licensure Division.

147 *Source: Miss. Code Ann. §43-20-8.*

148 **Rule 1.5.8 Staff Development**

149 1. Owners, Directors, and Director Designees - Before a new license to operate is
150 issued, owners, directors and director designees of the child care facility shall
151 complete mandatory training on courses covering Child Care Regulations, ~~New~~
152 Director Orientation, and Playground Safety. If a new director or director designee
153 is appointed by the child care facility after the license issuance, the mandatory
154 training courses shall be completed by such individual(s) within the first six months
155 of appointment. In the sole discretion of the licensing agency, mandatory training
156 may be waived upon the submission of documentation of the individual's prior
157 completion of relevant training.

158 2. All child care staff, directors, director designees, and caregivers shall be required to
159 complete 15 contact hours of staff development, accrued during the licensure year,
160 annually. The National Association for the Education of Young Children
161 (NAEYC), a leading organization in child care and early childhood education
162 recommends annual training based on the needs of the program and the pre-service
163 qualifications of the staff. Training should address the following:

- 164 a. Health and safety.
- 165 b. Child growth and development.
- 166 c. Nutrition.
- 167 d. Planning learning activities.
- 168 e. Guidance and discipline techniques.
- 169 f. Linkages with community services.
- 170 g. Communications and relations with families.

- 171 h. Detection of child abuse.
- 172 i. Advocacy for early childhood programs.
- 173 j. Professional issues.
- 174 3. Contact hours for staff development shall be approved by the licensing agency.
- 175 4. No more than five contact hours of approved in-service training provided by the
176 child care facility may be counted toward the total number of hours required each
177 year. More than five hours of in-service training may be provided by the child care
178 facility but no more than five hours may be counted toward the required total of 15
179 hours.
- 180 5. All volunteers shall receive, at a minimum, one hour of orientation by the facility
181 director. Such orientation at a minimum shall include a review of the child abuse
182 law and reporting requirements, emergency exit procedures, and the facility
183 transportation policy.
- 184 ~~6. Before a temporary license may be upgraded to a regular, license the facility
185 owner/operator and director shall complete a minimum of three hours of staff
186 development training on the Regulations Governing Licensure of Child Care
187 Facilities, three hours of New Director Orientation, and three hours training in
188 playground safety as provided by the MSDH.~~

189 *Source: Miss. Code Ann. §43-20-8.*

190 **Subchapter 7: REPORTS**

191 **Rule 1.7.1 Serious Occurrences Involving Children** The child care facility shall
192 enter into the child's record and orally report immediately to the child's parent and the
193 licensing agency any serious occurrences involving children. If the child care facility is
194 unable to contact the parent and the licensing agency immediately, it shall document this
195 fact, in writing, in the child's record. Oral reports shall be confirmed in writing and mailed
196 within two days of the occurrence. Serious occurrences include accidents or injuries
197 requiring extensive medical care, e.g., child is taken to doctor or hospital or hospitalization;
198 death; arrest; alleged abuse or neglect; fire or other emergencies.

199 *Source: Miss. Code Ann. §43-20-8.*

200 **Subchapter 8: STAFFING**

201 **Rule 1.8.1 General**

202 4. During all hours of operation, including the arrival and departure of children, a
203 child care facility employee shall be present who holds a valid CPR certification, at
204 any location where the children are present. Said certificate shall be issued by an
205 agent recognized by the licensing authority.

206 5. During all hours of operation, including the arrival and departure of children, a
207 child care facility employee shall be present, at any location where the children are
208 present, who holds a valid first aid certificate. Said certificate shall be issued by an
209 agent recognized by the licensing authority.

210 Note: When initially acquiring or renewing the CPR and First Aid certifications
211 required in items 4. and 5. above, online (internet, etc.) training is not acceptable.
212 Training must be face-to-face and hands on.

213 *Source: Miss. Code Ann. §43-20-8.*

214 **Subchapter 9: PROGRAM OF ACTIVITIES**

215 **Rule 1.9.4 Rest Periods**

216 1. For preschool children ~~under six years of age~~, rest periods shall be scheduled for a
217 minimum period of one hour, and shall not exceed two and one-half (2½) hours.
218 Infant and toddler nap times shall be individualized to meet each child's needs as
219 sleeping patterns can vary greatly. Half-day programs must provide for rest periods
220 as is appropriate when the children/child indicates or is observed to require some
221 rest time.

222 5. A safe sleep environment for infants to lower the risk of **Sudden Infant Death**
223 Syndrome (SIDS) is required as follows:

224 a. An infant shall ~~not~~ be placed on his/her back ~~stomach~~ for sleeping unless
225 written physician orders to the contrary are in the child's record. Sleeping
226 infants shall be within the view of the staff and visually checked regularly
227 when sleeping. Nothing shall obstruct the view of the staff or prevent the staff
228 from clearly seeing infants or children.

229 b. Infants shall be dressed in clothing appropriate for sleeping that is designed to
230 keep the infant warm without the possible hazard of head covering or
231 entrapment. The room shall be kept at a draft-free seasonally appropriate
232 temperature of 65 degrees Fahrenheit to 78 degrees Fahrenheit. If a child is
233 already asleep and not dressed in clothing appropriate for sleeping, the
234 caregiver does not need to awaken the infant to change his or her clothes.

235 c. Facilities shall use a firm mattress covered by a fitted sheet in a safety-
236 approved crib meeting the Federal requirements of 16 CFR 1219 or 16 CFR
237 1220).

238 d. Items such as but not limited to pillows, blankets, sheepskins, bumpers, soft
239 objects, stuffed toys, loose bedding, etc., shall not be in the crib.

240 *Source: Miss. Code Ann. §43-20-8.*

241

242 **Rule 1.9.6 Infant, and Toddler, and Preschool Activities**

- 243 1. Infants, and toddlers, and preschoolers shall be free to creep, crawl, toddle, and
244 walk as they are physically able.
- 245 a. Cribs, car seats, and high chairs are to be used only for their primary purpose,
246 i.e., cribs for sleeping, car seats for vehicle travel, and high chairs for eating.
- 247 b. Providers should limit the use of equipment such as strollers, swings, and
248 bouncer seats/chairs for holding infants while they are awake.
- 249 c. Providers should implement activities for toddlers and preschoolers that limit
250 sitting or standing to no more than 30 minutes at a time.
- 251 d. Providers should use strollers for toddlers and preschoolers only when
252 necessary.
- 253 4. Television viewing, including video tapes and/or other electronic media, is not
254 allowed for infants/toddlers, or for staff in an infant/toddler area. The playing of
255 soothing background music in the infant and toddler areas is acceptable.
- 256 5. In full-day programs, screen time, i.e., T television viewing, including video tapes
257 and/or other electronic media, cell phone, or other digital media, e.g., computer,
258 iPad®, iTouch®, etc., for toddlers preschoolers (aged two-five) is limited to one
259 hour per day, must be of educational content and a scheduled part of the approved
260 daily plan of activities posted in the facility. The use of CD players to play music is
261 acceptable.
- 262 6. In half-day programs, screen time, i.e., television viewing, including video tapes
263 and/or other electronic media, cell phone, or other digital media e.g., computer,
264 iPad®, iTouch®, etc., for preschoolers (aged two-five) is limited to 30 minutes per
265 day, must be of educational content and a scheduled part of the approved daily plan
266 of activities posted in the facility. The use of CD players to play music is
267 acceptable.
- 268 Television viewing by staff is not permitted in areas occupied by children except for
269 the purposes as described in item 5 and 6, above.

270 **Rule 1.9.7 Indoor or Outdoor Physical Activity** Child care providers are to provide
271 infants, toddlers, and preschool children with opportunities to be physically active
272 throughout the day.

- 273 1. Toddlers and preschool children will be provided the opportunity for light physical
274 activity for at least 15 minutes per hour when children are not involved in their
275 scheduled rest period.
- 276 2. Toddlers should accumulate a minimum of 30 minutes of structured moderate to
277 vigorous physical activity per day.

- 278 3. Preschoolers should accumulate a minimum of 60 minutes of structured moderate to
279 vigorous physical activity per day.
- 280 4. Caregivers should join in and lead the structured moderate to vigorous physical
281 activities in which the children participate.
- 282 5. Structured physical activity should involve the performance of large muscle
283 activities.
- 284 6. Half-day programs are only required to provide for physical activity for one-half
285 (1/2) the time as stated above.

286 **NOTE:** Examples of moderate physical activity are aerobic dancing, light calisthenics,
287 getting up and down from the floor, dancing, playing on school ground equipment,
288 singing while actively moving about, etc. Examples of vigorous physical activity are
289 running, jumping rope, performing jumping jacks, playing soccer, skipping, etc.
290 Regardless of the activity, it should be age appropriate and within the physical ability
291 limits of the child. Please, understand the above requirements do not mean 30 minutes or
292 60 minutes vigorous activity at one time. These 30/60 minutes of vigorous physical
293 activity can and should be spread out in short time intervals, (e.g., 5-15 minute intervals)
294 throughout the day.

295 Source: Miss. Code Ann. §43-20-8.

296 **Subchapter 10: EQUIPMENT, TOYS, AND MATERIALS**

297 **Rule 1.10.1 General**

- 298 7. Television viewing by preschool children shall be limited to ~~two hours~~ one hour per
299 day and shall be educational programming only. Television viewing by staff is not
300 permitted in areas occupied by children except for the purposes as described herein.

301 Source: Miss. Code Ann. §43-20-8.

302 **Rule 1.10.7 Cribs** ~~Cribs shall be made of wood, metal, or approved plastic and have~~
303 ~~secure latching devices. They shall have slats spaced no more than two and three-~~
304 ~~eighths (2 3/8) inches apart, with a mattress fitted so that no more than two fingers can~~
305 ~~fit between the mattress and the crib side. Drop-side latches shall securely hold sides in~~
306 ~~the raised position and shall not be reachable by the child in the crib. Cribs shall not be~~
307 ~~used with the drop-down side down. There shall be no corner post extensions (over 1/16~~
308 ~~inch), or cut outs in headboards in the crib. The use of stackable cribs is prohibited.~~

- 309 1. All infants shall have a crib. The use of “Pack and Plays” for infant sleeping is not
310 allowed.
- 311 2. All full size cribs in child care facilities must meet the construction standards as
312 established in Federal Regulation 16 CFR 1219 or its successor regulation.

- 313 3. All non-full size cribs in child care facilities must meet the construction standards
314 as established in Federal Regulation 16 CFR 1220 or its successor regulation.
- 315 4. The child care facility shall have documentation that all cribs used in the facility
316 meet the above federal construction standards.
- 317 5. All cribs used in child care facilities manufactured before June 28, 2011, must have
318 a “Certificate of Compliance.” Such Certificate must:
- 319 a. Describe the product
- 320 b. Give name, full mailing address and telephone number for importer or
321 domestic manufacturer
- 322 c. Identify the rule for which it complies (16 CFR 1212 or 16 CFR 1220)
- 323 d. Give name, full mailing address, email address and telephone number for the
324 records keeper and location of testing lab
- 325 e. Give date and location of manufacture and testing
- 326 f. The crib must also have a label attached with date of manufacture.
- 327 6. The retrofitting of non-approved cribs to make them non-drop side is not permitted.
- 328 7. The use of stackable cribs is prohibited.

329 Source: Miss. Code Ann. §43-20-8.

330 **Rule 1.10.9 Rest Period Equipment**

- 331 1. Individual beds, cots, mattresses, pads, or other acceptable equipment shall be used
332 for rest periods, and children shall not be placed directly on the floor for rest
333 periods. Bed linens, such as blankets or sheets, cannot be used in place of a bed,
334 cot, mattress, or pad. These shall be kept in a sanitary condition. Once a sheet or
335 blanket has been used by a child, it shall not be used by another child until it has
336 been laundered.
- 337 6. All infants shall have a crib. The use of “Pack and Plays” for infant sleeping is not
338 allowed. Cribs, cots, and mats are to be a minimum of 24” to 36” apart or separated
339 by a solid barrier. A minimum of 36 inches is recommended.
- 340 7. Children are not allowed to sleep in shared places, such as infant seats, strollers,
341 swings, cozy areas, or on tables. If a child falls asleep in such shared place, he or
342 she should me moved immediately to a sanitary individual sleeping place.

343 Source: Miss. Code Ann. §43-20-8.

344

345 **Subchapter 11 BUILDINGS AND GROUNDS**

346 **Rule 1.11.1 Building**

347 7. The ceiling, floor, and/or floor covering shall be properly installed, kept clean and
348 in good condition, and maintained in good repair. Carpeting is prohibited in kitchen
349 areas.

350 8. All parts of the child care facility used by children shall be lead-safe, well lighted,
351 ventilated, and free of hazardous or potentially hazardous conditions, such as but
352 not limited to, open stairs and unprotected low windows.

353 a. All buildings intended for use as a child care facility constructed before
354 1965 shall be tested for lead. It is the responsibility of the facility
355 applicant/operator to have a lead hazard screen or lead-based paint risk
356 assessment of the facility done by an individual or company certified as a
357 risk assessor by the Mississippi Commission on Environmental Quality. If
358 the facility is found not to be lead-safe, it will not be allowed to operate as a
359 child care facility until all required corrective measures have been taken and
360 the facility is determined to be lead-safe by a certified risk assessor.

361 b. All buildings intended for use as a child care facility, constructed prior to
362 1978, shall utilize MDEQ Lead Safe Certified individuals or companies for
363 all renovation, repair and maintenance activities which disturb painted
364 surfaces unless the paint to be disturbed has been documented to be lead-
365 free by an individual or company that is MDEQ Lead Safe Certified as a
366 risk assessor or inspector.

367 NOTE: It is recommended that child care facility operators contact the Mississippi
368 Department of Environmental Quality at 601-961-5630 regarding any questions
369 they may have about compliance with the laws and regulations related to lead and
370 lead based paint.
371

372
373 17. All child care facilities are to be kept clean and in good repair.

374 *Source: Miss. Code Ann. §43-20-8.*

375 **Rule 1.11.2 Indoor Square Footage**

376 2. Rooms in which infants both play and sleep shall have a minimum of 40 square feet
377 of usable space per child. There shall be at least ~~two feet~~ 24" to 36" between each
378 crib. A minimum of 36" is recommended. Cribs with solid ends may be placed
379 end-to-end.

380 5. Rooms in which toddlers both play and sleep shall have a minimum of 45 square
381 feet of usable space per child. There shall be at least ~~two feet~~ 24" to 36" between
382 each crib. A minimum of 36" is recommended. Cribs with solid ends may be

383 placed end-to-end. However, if stackable cots, mats, or other storable sleeping
384 equipment is utilized for sleeping the room shall be measured using the standard of
385 35 square feet per child. Should it be determined that the sleeping equipment is not
386 properly stored when not in use the capacity of the room will be determined using
387 45 square feet per child.

388 7. Rooms where toddlers sleep but do not play shall have a minimum of 25 square feet
389 of usable space per child. There shall be at least ~~two feet 24"~~ 24" to 36" between each
390 crib. A minimum of 36" is recommended. Cribs with solid ends may be placed
391 end-to-end.

392 *Source: Miss. Code Ann. §43-20-8.*

393 **Rule 1.11.4 Kitchens**

394 7. All kitchens and/or food/snack preparation areas in a child care facility shall be
395 inspected as part of the child care inspection process.

396 *Source: Miss. Code Ann. §43-20-8.*

397 **Rule 1.11.5 Toilets and Hand Washing Lavatories**

398 5. Toilets, urinals, hand washing lavatories, and sinks shall be clean and operational.
399 Bathrooms, hand washing lavatories, and sinks shall be supplied with soap, and
400 individual towels for drying hands. Each toilet shall be supplied with toilet paper.

401 *Source: Miss. Code Ann. §43-20-8.*

402 **Rule 1.11.9 Outdoor Playground Area** All licensed child care facilities are required
403 to have an adequate outdoor playground area. All playgrounds and playground
404 equipment intended for use by children 2-12 years of age shall meet the standards set
405 forth in the *Handbook for Public Playground Safety*, Publication No. 325, published by
406 the U.S. Consumer Product Safety Commission or its successor as shown in Appendix
407 "D."

408 5. The outdoor playground area shall be free of hazards and not less than 30 feet
409 (measured horizontally parallel to the ground) from electrical transformers, high-
410 voltage power lines, electrical substations, railroad tracks, or sources of toxic fumes
411 or gases. Hazards, including but not limited to air conditioner units and utility
412 mains, meters, tanks, and/or cabling shall be inaccessible to children. Fencing at
413 least four feet high shall be provided around the outdoor playground area. Fencing
414 higher than four feet but not to exceed eight feet may be required if the licensing
415 authority determines that a hazard exists. Fencing twist wires and bolts shall face
416 away from the playground. As an alternative, exposed bolt ends may be cut to no
417 more than two exposed threads. Then the bolt ends shall be ground/sanded smooth
418 or capped.

419 *Source: Miss. Code Ann. §43-20-8.*

420 **Rule 1.11.14 Pest Control**

421 All child care facilities are to use a contractor licensed by the State of Mississippi to
422 control pests, e.g., rats, mice, insects, etc. ~~Any pest control contractor used by a child~~
423 ~~care facility shall be licensed by the State of Mississippi.~~ Before a pest control contractor
424 is used, it is the responsibility of the operator to ensure that the pest control contractor is
425 **properly licensed. Use of agricultural chemicals for pest control is strictly**
426 **prohibited.**

427 *Source: Miss. Code Ann. §43-20-8.*

428 **Subchapter 13 NUTRITION, AND MEALS, FOOD SAFETY**

429 **Rule 1.13.3 Refreshments**

- 430 1. Refreshments may be provided by parents only on a child's birthday or other special
431 celebration such as Valentine's Day, Easter, Christmas, Graduation, etc. Food
432 provided to children, including vending machines at the facility, must meet
433 nutritional guidelines as set forth in Appendix "C."
- 434 2. It is recommended that foods for the event that are brought to the facility by parents
435 should be "store bought" and not "home cooked."
- 436 3. Food items for the event may include cake, ice cream, fresh fruit, cheese and
437 crackers, etc. Other items, i.e., party favors such as stickers, books, toothbrushes,
438 and crayons, etc., are encouraged.

439 *Source: Miss. Code Ann. §43-20-8.*

440 **Rule 1.13.6 Food Safety and Food Manager**

- 441 1. All kitchens and/or food/snack preparation areas in a child care facility must be
442 inspected as part of the child care inspection process.
- 443 2. Each child care facility must have a Certified Food Manager meeting the standards
444 set forth in Rule 1.2.2.1.g. The only exception would be if two facilities had
445 COMPLETELY different operating hours. If this situation exists then could one
446 Certified Food Manager could serve more than one facility. Should such occur
447 documentation to that affect must be in the each facility's file.
- 448 3. A Certified Manager does NOT have to be present at all times. However, a person
449 in charge of food preparation does have to be present at all times.

450 *Source: Miss. Code Ann. §43-20-8.*

451

452 **Subchapter 14: DISCIPLINE AND GUIDANCE**

453 **Rule 1.14.3 Prohibited Behavior** The following behaviors are prohibited by anyone
454 (i.e., parent, caregiver, or child) in all child care settings:

- 455 3. Abusive or profane language to include but not limited to yelling at, and/or using
456 harsh tones toward the children or in close proximity (hearing distance) to children.

457 *Source: Miss. Code Ann. §43-20-8.*

458 **Subchapter 15: TRANSPORTATION**

459 **Rule 1.15.2 Requirements** It is required that:

- 460 7. Effective January 1, 2014 a child care facility may not buy, acquire, rent, or obtain
461 the use of 15-passenger vans to transport children. Facilities that currently own a
462 15-passenger van may continue to use the current van or vans. However, facilities
463 may not borrow or rent a 15-passenger van to transport children after January 1,
464 2014.

465 *Source: Miss. Code Ann. §43-20-8.*

466 **Rule 1.15.3 Occupant Restraints**

- 467 1. All children will be properly restrained whenever they are being transported in a
468 motor vehicle.
- 469 a. Every person transporting a child under the age of four (4) years in a
470 passenger motor vehicle, and operated on a public roadway, street or highway,
471 shall provide for the protection of the child by properly using a child
472 passenger restraint device or system meeting applicable federal motor vehicle
473 safety standards, e.g., child safety seat.
- 474 b. Every person transporting a child in a passenger motor vehicle operated on a
475 public roadway, street or highway, shall provide for the protection of the child
476 by properly using a belt positioning booster seat system meeting applicable
477 federal motor vehicle safety standards if the child is at least four (4) years of
478 age, but less than seven (7) years of age and measures less than four (4) feet
479 nine (9) inches in height or weighs less than sixty-five (65) pounds.
- 480 c. Any vehicle equipped with seatbelts is subject to the requirements in items a.
481 and b. above.
- 482 6. An individual seat restraint must be used for each child. The use of an individual
483 seat restraint for two or more children is not allowed.

484 *Source: Miss. Code Ann. §43-20-8.*

485

486 **Rule 1.15.4 Staff-to-Child Ratio**

487 2. On vehicles with at GVWR of 10,000 lbs. or more, the staff-to-child ratio shall be
488 one caregiver to each 25 children or fraction thereof. The driver of the vehicle shall
489 not be counted as a caregiver while transporting the children. In facilities that are
490 dually licensed, i.e., licensed to provide care for both preschool and school age
491 children, if the vehicle is only transporting school age children (no preschool
492 children, infants, or toddlers are being transported), the driver may be counted as a
493 caregiver while transporting the school age children.

494 *Source: Miss. Code Ann. §43-20-8.*

495 **Subchapter 16: DIAPERING AND TOILETING**

496 **Rule 1.16.1 Diaper Changing Area** Each room in which diaper-wearing children play
497 shall contain a diapering area. A diapering area shall contain a hand washing lavatory
498 with hot and cold running water, a smooth and easily cleanable surface, a plastic-lined,
499 covered garbage receptacle, and sanitizing solution. The hand washing lavatories located
500 in a diapering area shall not be included in the ratio of hand washing lavatories to
501 children for determining a child care facility's capacity nor shall they be used for any
502 other purpose. Example: The diaper-changing sink may not be used for washing/rinsing
503 cups, baby bottles, food, dishes, utensils, pacifiers, etc. In addition, the diaper changing
504 area is not to be used as a storage area for anything other than those items used when
505 changing diapers, such as but not limited to, gloves, towels, soap, etc. For proper diaper
506 changing procedure, see Appendix G - PROCEDURE FOR DIAPERING A CHILD.

507 *Source: Miss. Code Ann. §43-20-8.*

508 **Subchapter 18: FEEDING OF INFANTS AND TODDLERS**

509 **Rule 1.18.3 Formula Storage** Formula shall be labeled with the child's name, dated, and
510 placed in the refrigerator upon arrival.

511 *Source: Miss. Code Ann. §43-20-8.*

512 **Subchapter 22: SCHOOL AGE CARE**

513 **Rule 1.22.7** In after school programs, screen time, i.e., television viewing, including video
514 tapes and/or other electronic media, cell phone, or digital media, e.g., iPod®, iPad®,
515 iTouch®, etc., is limited to one hour per day. Computer use to complete school
516 homework assignments is acceptable.

517 *Source: Miss. Code Ann. §43-20-8.*

518

519 **Subchapter 24: HOURLY CHILD CARE**

520 **Rule 1.24.3 Buildings and Grounds**

521 8. Facilities must meet the requirements of Rule 1.2.2.1.k and Rule 1.11.1.8 of these
522 regulations.

523 *Source: Miss. Code Ann. §43-20-8.*

524 **Subchapter 25: HEARINGS, EMERGENCY SUSPENSIONS, LEGAL ACTIONS AND**
525 **PENALTIES**

526 **Rule 1.25.9 Violations and Penalties**

527 1. Any Class I violation of these regulations, in the discretion of the licensing agency, is
528 punishable by a monetary penalty of five hundred dollars (\$500.00) for a first
529 occurrence and a monetary penalty of one thousand dollars (\$1000.00) for each
530 subsequent occurrence of the same violation. Each violation is considered a separate
531 offense.

532 The following are Class I violations:

533 b. Allowing a child to be unattended at a licensed child care facility before or after
534 operating hours. This also includes a child being left alone during operating
535 hours when no staff is present at the facility. Further, a child left unattended
536 outside of a child care facility is also considered to be an Class I violation.

537 2. Any Class II violation of these regulations, in the discretion of the licensing agency,
538 is punishable by a monetary penalty of fifty dollars (\$50.00) for a first occurrence
539 and a monetary penalty of one hundred dollars (\$100.00) for each subsequent
540 occurrence upon further inspections within the same licensure term. Each violation
541 is considered a separate offense. Example: If a facility is five children over
542 maximum capacity it constitutes five separate Class II violations and would be
543 subject to a two hundred fifty dollar (\$250.00) or five hundred dollar (\$500.00)
544 monetary penalty, whichever is applicable.

545 The following are Class II violations:

546 b. Exceeding licensed maximum capacity (Rule 1.1.2 (3) or Rule 1.11.2, i.e.,
547 facility or room capacity.

548 c. Failure to have a proper criminal record check in a personnel record (~~Rule~~
549 ~~1.16.3 (1f)~~ (Rule 1.5.2 or Rule 1.6.4 (1f))).

550 d. Failure to have a proper child abuse central registry check in a personnel record
551 (~~Rule 1.16.3 (1f)~~ (Rule 1.5.2 or Rule 1.6.4 (1f))).

- 552 k. Unauthorized individual assigned administrative and supervisory responsibility
553 for the facility when the director is absent or violation of Rule 1.5.6 Use of
554 Director Designee or Rule 1.8.1(3).
- 555 p. Failure to have adequate staff on site holding a valid CPR certificate. (Rule
556 1.8.1(4))
- 557 q. Failure to have adequate staff on site holding a valid First Aid certificate. (Rule
558 1.8.1(5))
- 559 r. The presence of any individual who has failed to satisfy the personnel
560 requirements of Subchapter ~~405~~ 5.
- 561 u. Altering of documents supporting suitability for employment in a child care
562 facility, i.e., Letter of Suitability for Employment or Child Abuse Central
563 Registry Check. Refer to Subchapter ~~405~~ 5, Personnel Requirements.

564 *Source: Miss. Code Ann. §43-20-8.*
565

566 **APPENDIX C**

567 **Nutritional Standards**

568

569 **Introduction**

570 Meals shall meet the nutritional standards as prescribed in this section. A child care facility shall
571 provide adequate and nutritious meals prepared in a safe and sanitary manner.

572

573 Healthy diets help children grow, develop, and perform well in learning environments. Healthy
574 diets contain the amounts of essential nutrients and calories needed to prevent nutritional
575 deficiencies while preventing an excess amount of discretionary calories. Planned meals and
576 snacks provide the right balance of carbohydrate, fat, and protein to reduce risks of chronic
577 diseases, and are part of a full and productive lifestyle. Such diets are obtained from a variety of
578 foods.

579

580 Nutrition and feeding practices for children strongly affect the development and long-term health
581 of the child. Proper nutritional care during the early years is essential for intellectual, social,
582 emotional, and physical growth. It is also necessary that an environment be provided which
583 encourages the development of good food habits.

584

585 Meals and vending services shall meet the standards from the Offices of Healthy Schools and
586 Child Nutrition for the Mississippi State Department of Education as well as USDA Food and
587 Nutrition Service guidelines.

588

589 **THE GOALS OF A CHILD CARE FACILITY IN RELATION TO NUTRITION SHALL**
590 **BE:**

- 591
- 592 1. Menus shall be nutritionally adequate and consistent with the Dietary Guidelines for
593 Americans.
 - 594 2. Foods shall be provided in quantities and meal patterns that balance energy and nutrients
595 with children’s ages, appetites, activity levels, special needs, and cultural and ethnic
596 differences in food habits.
 - 597 3. Parents shall be involved in the nutrition component of their child-care facility.
 - 598 4. A variety of fruits, vegetables, and whole-grain products shall be offered to children for
599 meals and snacks. Mealtime should be used as an opportunity to teach nutrition and/or
600 food concepts.
 - 601 5. The addition of fat, sugar, and sources of sodium shall be minimal in food preparation and
602 service.
 - 603 6. Food preparation and service shall be consistent with best practices for food safety and
604 sanitation.
 - 605 7. Furniture and eating utensils shall be age-appropriate and developmentally suitable to
606 encourage children to accept and enjoy mealtime.
 - 607 8. Child-care personnel shall encourage positive experiences with food and eating.
 - 608 9. Caregivers shall receive appropriate training in nutrition, food preparation, and food
609
610
611

- 612 service.
- 613 10. Child-care facilities shall obtain assistance as needed from the Child Care Licensure
- 614 Division and the supportive staff.
- 615 11. Nutrition education for children and for their parents shall be encouraged as a component
- 616 of the child-care program.
- 617 12. Child-care programs must comply with local and state regulations related to
- 618 wholesomeness of food, food preparation facilities, food safety, and sanitation.
- 619 13. Family style dining is encouraged.

620

621 *Based upon the American Dietetic Association Benchmarks for Nutrition Programs in Child-Care Settings*

622

623

624 **FEEDING SCHEDULE FOR INFANTS AND CHILDREN ONE YEAR AND OLDER**

625

- 626 1. Children's food needs are based on the amount of time spent in the child care facility.
- 627
- 628 2. Any child in a child care facility at the time of service of a meal or snack will be served that
- 629 meal or snack
- 630
- 631 3. Child care facilities that are open 24 hours are required to serve three meals and three snacks.
- 632

633 **If you are open: _____ You must serve:**

634

- 635 3. — Nine hours or less (a) Two snacks and one meal
- 636 **OR**
- 637 (b) One snack and two meals
- 638
- 639 4. — Over nine hours (a) Two snacks and two meals
- 640 **OR**
- 641 (b) Three snacks and one meal
- 642

<u>IF YOU ARE OPEN</u>	<u>YOU MUST SERVE</u>		
<u>Nine hours or less</u>	<u>Two snacks and one meal</u>	<u>OR</u>	<u>One snack and two meals</u>
<u>Over nine hours</u>	<u>Two snacks and two meals</u>	<u>OR</u>	<u>Three snacks and one meal</u>
<u>24 hours or during all meals</u>	<u>Three meal and three snacks: one snack should be a late night snack only served to children who are awake.</u>		

643 I. **Meal Time**

644

645 Meals and snacks shall be served at regularly scheduled times each day.

646

647 The same meal or snack shall not be served more than one time in any 24-hour (one-day)

648 period.

649

650 No more than four and no less than a two and one-half hour period must elapse between

651 the beginning of a meal and a snack.

652

653 If breakfast is not served, then a mid-morning snack shall be provided.

654

655 Since not all children arrive at the facility at the same time, certain parental options
656 regarding breakfast will be allowed as follows:

657

658 1. Parent can feed the child prior to arrival at the child care facility.

659

660 2. The parent may have the meal provided by the child care facility.

661

662 Note: Either option above must be documented and included in the child's record.

663

664 Outside foods shall not be brought into the facility, with the exception of special dietary
665 needs. Exempt facilities are facilities that operate less than ~~four~~ six hours and as noted in
666 the regulations, otherwise noted in other sections of the standards. Any outside foods
667 shall meet the Office of Healthy School and MSDH Nutrition Standard guidelines.

668

669 II. Meal Time Environment

670

671 Age appropriate utensils, plates, bowls, cups, and dining area shall be provided.

672

673 Children shall not wait longer than fifteen minutes at the table for food to be served.

674

675 Sufficient time shall be allowed for children to wash their hands and prepare for the meal.

676

677 Mealtime shall be used for socialization, and shall be a relaxed, happy time for the
678 children. No media, e.g., televisions, videos, or DVD's may be viewed during meal and
679 snack times. Family style dining is encouraged with serving platters, bowls, and pitchers
680 on the table so that all present can serve him/her self. Children are encouraged to assist
681 with table setting and bowling up fruits for dessert. All foods served must meet the
682 serving guidelines, and be age appropriate. "Seconds" of foods can be served as
683 indicated at the request of the child or by hunger cues.

684

685

686 A caregiver shall sit and join the children while they are eating. When caregivers are
687 allowed to eat with the children, which is encouraged, staff will eat items that meet
688 nutrition standards. It is suggested that the staff eat the same food items that are served to
689 the children. The staff will encourage social interaction, conversation, and use the
690 mealtime for education purposes. Extra assistance and time shall be provided for slow
691 eaters.

692

693 Caregivers shall not eat foods outside of the foods served in the facility in front of the
694 children.

695

696 Food shall not be used as a reward or punishment. Children will not be encouraged to
697 "clean your plate," but encouraging children to try two bites of each food served is
698 acceptable.

699

700 ~~Children shall be encouraged to eat but not forced to eat.~~

701
702 Additional servings shall be provided for the child who requests more food at a meal or snack. It
703 is at the discretion of the facility and knowledge of the child's eating pattern to allow seconds on
704 food items. This time to teach children on portion control, monitoring extra intake, and better
705 food selections is higher in nutritional value.

706
707 Meals and snacks provided by a parent must not be shared with other children, unless a parent is
708 providing baked goods for a celebration or party being held at the operation. Foods for a party or
709 celebration shall meet the Office of Healthy School guidelines.

710
711 Children will be permitted in meal preparation areas when under the direct supervision of a staff
712 person, when there is no danger of injury from equipment, and for instruction/teaching purposes
713 only.

714 715 **III. Menus**

716
717 A complete two-week cycle of menu plans shall be submitted annually to Child Care
718 Licensure as part of the renewal process. Although a minimum complete, two-week
719 cycle menu is required to be submitted annually, child care facilities at their discretion
720 may submit a 4 to 8 week cycle of menu plans.

721
722 Daily menus for all meals and snacks prepared and/or served in the child care facility
723 shall be plainly posted. Any substitution shall be of comparable food value and shall be
724 recorded on the menu and dated.

725
726 Menus shall be written at least one week in advance. Menus can be completed on a
727 rotating cycle for 4-12 weeks.

728
729 Menus shall be posted in the food preparation area and in a conspicuous place in the child
730 care facility at all times.

731
732 Menus shall be planned to include food with variety in texture, color, and shape.
733 Record of dated menus served, and any substitutions made, shall be kept on file for a
734 minimum of one year.

735
736 New food shall be introduced to help develop good food habits. Introduce only one new
737 food per meal or snack. Foods used for activities/teaching can be included on the written
738 record of foods served for the day.

739
740 It is the facility's responsibility to discuss recurring eating problems with the child's
741 parent.

742 743 **IV. Child Requiring a Special Diet**

744

745 A child requiring a special diet due to medical reasons, allergic reactions, or religious
746 beliefs, shall be provided meals and snacks in accordance with the child's needs. If
747 medical reasons exist for the special diet, a medical prescription from the child's
748 physician stating that the special diet is medically necessary is required. Information
749 required for dietary modifications include:

- 750 • Child's full name and date of instructions, updated annually;
- 751 • Any dietary restrictions based on the special needs;
- 752 • Any special feeding or eating utensils;
- 753 • Any foods to be omitted from the diet and any foods to be substituted;
- 754 • Limitations of life activities;
- 755 • Any other pertinent special needs information;
- 756 • What, if anything, needs to be done if the child is exposed to restricted foods.

757
758 Religious or ethnic requests should include the above information as needed, plus a
759 certified statement of request based upon the religious or ethnic beliefs of the family.

760
761 The facility shall not serve nutrient concentrates and supplements such as protein
762 powders, liquid protein, vitamins, minerals, and other nonfood substances without written
763 instructions from the child's physician.

764
765 The child's parent shall meet with the facility staff and/or director to review the written
766 instructions. Such instructions shall list any dietary restrictions/requirements and shall be
767 signed and dated by the child's physician requesting the special diet.

768
769 Parents of children with severe restrictions and dietary needs will be given a copy of the
770 facility's menu to pre-select foods to be served. The parents will be responsible for
771 ensuring the accuracy of foods served based upon the preplanned menu.

772
773 The child care facility may request the parent to supplement food served by the child care
774 facility. When food is supplied by the parent, the child care facility shall be responsible
775 for assuring that it is properly stored and served to the child in accordance with the diet
776 instructions on file at the child care facility. Any food item that must be cooked, shall be
777 prepared by the facility, such as a soy patty. Meals and snacks provided by a parent
778 must not be shared with other children, unless a parent is providing baked goods for a
779 celebration or party being held at the operation.

780
781 Records of food intake shall be maintained when indicated by the child's physician.

782 Vegetarian/Vegan Dietary Requests

784 Request for a vegetarian/vegan diet shall be accommodated with the same information
785 completed as for dietary modifications. Specialty items may be supplied by the parent to
786 meet nutritional needs. Contact with the nutritionist with MSDH is recommended.

787
788 To the extent authorized by Federal laws, the facility may determine that the special
789 nutritional needs of a child cannot be met at the facility and the child may be excluded
790 from admission into the facility.

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V. Food Preparation

Recipes shall be used and a file of recipes used to prepare the food shall be maintained.

Foods shall be prepared in a form that is easy for children to handle. Bite size pieces and finger foods are suitable. Bones shall be removed from any food served to any child in the child care setting.

Foods shall be prepared as close to serving time as possible to preserve nutrients, flavor, and color.

Food should not be highly seasoned. No extra salt or fats should be added to the foods in cooking. The use of salt free, low fat products is allowed. Children need to learn the flavors of food.

Raw vegetables and foods that may cause choking in young children shall not be served to children less than two years of age.

VI. Choking Prevention

A caregiver shall join the children while they are eating. This is an opportunity to teach socialization skills, nutrition education, and is a safety measure to help prevent choking.

Children should be encouraged to eat slowly, take small bites, and chew well before swallowing.

FOODS THAT MAY CAUSE CHOKING

Sausage shaped meats (hot dogs)*	Pop Corn
Hard Candy*	Chips*
Nuts	<u>Thick Pretzels Rods* Thin pretzel sticks and rounds would be allowed</u>
Grapes	Chunks of peanut butter
Gum*	Marshmallows
Raisins	Dried Fruits

*Not allowed to be served

To Reduce Choking Hazards

Cook food until soft and cut ~~hot dogs~~ into short strips, not round slices. Serve other foods in thin slices or small pieces. Remove bones from meat, chicken, and fish, and remove seeds and pits from fruit. With toddlers, cutting foods into “pea” size is recommended.

VII. Feeding of Infants

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When a pregnant mother is visiting the facility to consider enrollment, breastfeeding should be encouraged.

Breast milk is the recommended feeding for infants and should be encouraged and supported by child care facility staff. The mother may choose to come to the child care facility to nurse her infant, or may choose to supply bottles of expressed breast milk for the child care facility staff to feed the infant. To help a mother be successful with breastfeeding the faculty may:

1. Encourage the mother to come to the facility to breastfeed and provide a
 - Quiet, comfortable and private place to feed;
 - Place to wash the hands;
 - Pillow to support her infant if desired;
 - A comfortable chair, stool for feet while nursing;
 - The mother may opt to nurse while in the infants room;
2. Encourage the mother to provide a back-up supply of frozen breast milk that is labeled with the infant's name and date of expression. The mother's expressed milk shall be used for her infant only. Note: Excessive shaking of human milk may damage some components that are valuable to the infant.

The Centers for Disease Control's (CDC) guidelines for storage of frozen expressed breast milk are as follows:

- Freezer compartment of a refrigerator at a temperature of 5° F or -15° C the expressed breast milk can be safely stored for 2 weeks
- Freezer compartment of refrigerator with separate doors 0° F or -18° C the expressed breast milk can be safely stored for 3-6 months
- Freezer compartment of refrigerator with separate doors -4° F or -20° C the expressed breast milk can be safely stored for 6-12 months

Note: Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality. You can go to the CDC website at http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm for more information.

3. Note: for the breast fed infant, it is acceptable to introduce iron-fortified cereal earlier, at four months if desired, but preferably at 6 months.

A written schedule for feeding the infant shall be provided by the parent and posted for reference by the child care facility staff.

Feeding should be by hunger cues whenever possible. Hunger cues may include:

- 883 • Sucking on his tongue, lips, hands, or fingers while asleep
- 884 • Moving his arms and hands toward his mouth
- 885 • Restless movements while asleep
- 886 • Rapid eye movements under his eyelids
- 887 • Opening his mouth when his lips are touched
- 888 • “Rooting” or searching for your nipple
- 889 • Making small sounds

890 **Late hunger cues include:**

- 891 • Crying
- 892 • Fussiness

893

894 **Signals when an infant is full and feeding should stop:**

- 895 • “Falls off” your breast, releasing the nipple;
- 896 • Falls asleep; or
- 897 • Relaxes his body and opens his fists.

898

899 ~~Formula or breast milk~~ Breast milk or formula shall be brought to the child care facility
 900 daily, ready to be warmed and fed. Each bottle shall be labeled with the infant's name
 901 and the date. No cereal, juice or other foods may be added to the infant’s breast
 902 milk/formula without a physician’s written request, as done for a child with special
 903 needs.

904

905 Bottles should be warmed for five minutes in a pan of hot, not boiling water; **never**
 906 microwave. Before feeding, test the temperature by squirting a couple of drops on the
 907 back of your hand.

908

909 At the end of each feeding, discard any milk left in the bottle. Staff will send all used
 910 bottles home with the parent for proper cleaning and sanitizing.

911

912 Age-appropriate solid foods (complimentary foods) may be introduced no sooner than when the
 913 child has reached 4 months of age, but ideally at six months. The first food introduced usually is
 914 cereal mixed with breast milk or formula (not in a bottle). Adding juice to dry cereal is not
 915 allowed.

916

917 Commercially prepared B baby foods shall be brought in unopened jars and labeled with
 918 the infant's name. Home prepared/blended and home canned infant foods shall not be
 919 served. A facility may chose to mash and puree the foods served to older children for the
 920 infants 7 months to one year - no additional juice, sauces, or fats may be added to the
 921 pureed foods.

922

923 Iron-fortified dry infant cereal shall be brought in sealed container premeasured for each
 924 feeding and labeled with the infant’s name.

925

926 **Juice is discouraged for shall not be served to infants (children less than 12 months**
 927 **of age).**

929 A small amount of water is encouraged at 8-12 months.
 930
 931 Infants shall be held cradled in the arms during feeding. At no time shall an infant be fed
 932 by propping a bottle.
 933
 934 Introduction of solid foods to an infant should be done in consultation with the parent
 935 and/or according to the schedule of the Mississippi State Department of Health Infant
 936 Feeding Guide.
 937
 938 Solid foods must be spoon-fed. No solid foods shall be fed by bottle or infant feeder
 939 without written direction from a physician.
 940
 941 **Infants are fed when hungry by noting hunger cues, such as crying, being restless.**
 942 **Feeding is stopped when it is determined that the infant is satisfied. Signs of satiety**
 943 **include, refusing the nurse, turning away from the nipple, falling asleep.**
 944
 945 Infants are encouraged to start using a cup at six to nine months, based upon motor skills.
 946 When the cup is used, the breast milk or formula may be brought into the center in a
 947 clean closed container that is clearly labeled. By the age of one; all children should be
 948 off a bottle.
 949
 950 Older infants are encouraged to hold and drink from cups, to use child appropriate eating
 951 and serving utensils. Self-feeding should be encouraged. All food should be served in a
 952 manner to prevent choking, such as mashing, cutting in small “pea” size portions.
 953
 954 Breast or formula is served to at least 12 months. Cow's milk is not served until age one,
 955 unless provided with a written exception from the infant’s physician. Children ages one
 956 to two, shall be served whole cow’s milk, after age two, toddlers should be served fat
 957 free/skim milk. When there are children older than two in the classroom with younger
 958 children, all children shall be served the whole milk.

959 **Guidelines for Milk Storage and Use for All Infants**

Storage Method and Temperature	Maximum Amount of Time For Storage
<i>Room (25 C or 77 F)</i>	4 hours
<i>Refrigerator (4 C or 39 F)</i>	48 hours
<i>Previously thawed –</i>	
<i>Refrigerated milk</i>	24 hours
<i>Freezer (-20 C or 0 F)</i>	3 months

960 *From the ACOG/AAP publication: Breastfeeding Handbook for Physicians*

961
 962
 963 When centers are reimbursed for meals and must supply formula for their infants, only
 964 ready to use formula may be purchased for use. The center may require the parents to
 965 supply clean bottles daily. If the center supplies the bottles, there must be provisions in
 966 place for the proper cleaning, sanitizing, and drying of all bottles and supplies outside of
 967 the infant room.
 968
 969

FEEDING SCHEDULE FOR INFANTS THROUGH ONE YEAR

INFANT’S FOOD NEEDS ARE BASED ON THE AMOUNT OF TIME SPENT IN THE CHILD CARE FACILITY.

ANY INFANT IN A CHILD CARE FACILITY AT THE TIME OF SERVICE OF A MEAL OR SNACK SHALL BE SERVED FOODS APPROPRIATE TO THE AGE.

MEAL/SNACK	BIRTH THROUGH 3 5 MONTHS	4 THROUGH 7 MONTHS	6 8 THROUGH 11 12 MONTHS
Breakfast	4-6 fl. oz. breast milk or formula	4-8 fl. oz. breast milk of formula 1-3 Tbsp. prepared infant cereal (optional)	6-8 fl. oz. breast milk or formula 2-4 Tbsp. prepared infant cereal (optional) 1-4 Tbsp. fruit and/or vegetable (infant or mashed)
Lunch or Supper	4-6 fl. oz. breast milk or formula	4-8 fl. oz. breast milk of formula 1-3 Tbsp. prepared infant cereal (optional) 1-4 Tbsp. fruit and/or vegetable (infant or mashed) (optional)	6-8 fl. oz. breast milk or formula 2-4 Tbsp. prepared infant cereal (optional) 1-4 Tbsp. fruit and/or vegetable (infant or mashed) 1-4 Tbsp. infant meat
Supplement/Snack	4-6 fl. oz. breast milk or formula	4-8 fl. oz. breast milk of formula	2-4 fl. oz. breast milk or formula 0-1/2 dry bread or 0-2 crackers (optional)

Infant cereal and formulas shall be iron fortified. Infant feeding is individualized after consultation with the parent and by hunger cues from the infant.

MENU PLANNING

Dietary Guidelines for Americans provide assistance in planning meals for ages two and older, which will promote health and prevent disease.

The guidelines, applied to child care feeding are:

1. Offer a variety of foods.
2. Serve meals and snacks that help maintain a healthy weight.

- 992 3. Serve fresh, ~~or~~ frozen, canned, or dried vegetables, fruits whenever possible, and whole grain
993 products.
994
- 995 4. Avoid excessive fat, saturated fat, and cholesterol. No fried foods or foods with trans fats
996 shall be served.
997
- 998 5. Use and serve sugar only in meal preparation and then in moderation. No concentrated
999 sweets, such as candy, syrup, sweetened drinks sodas, or flavored milks may be served.
1000
- 1001 6. ~~Limit Use and serve high sodium products only in moderation; and limit~~ and the use of salt.
1002
- 1003 7. Promote an alcohol, tobacco and drug free lifestyle for children, parents, and caregivers. ;
1004 ~~and~~
1005
- 1006 8. Promote and encourage daily physical activity.
1007

PARTIES AND SPECIAL OCCASIONS

1010 **Parties and special party type events should not be held more that once a month. Food for**
1011 **parties should be prepared at the facility when possible. It is recommended that if foods**
1012 **for the event are brought to the facility by parents it should be “store bought” and not**
1013 **“home cooked.”**
1014

1015 **It is suggested that a plain “store bought” cake be served. Other items may include ice**
1016 **cream, fresh fruit, cheese and crackers, and party favors such as stickers, books,**
1017 **toothbrushes, crayons, etc., are encouraged.**
1018

1019 **MEAL PATTERNS FOR CHILDREN IN CHILD CARE FACILITIES**

1020
 1021 One, all, or any combination of breakfast, lunch, supper, and supplements between meals
 1022 (snacks) may be served at child care facilities depending upon the age child and the hours of
 1023 operation. A pattern for each meal is given that will show how total nutrients needs for the day
 1024 can be met.

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 1026

BREAKFAST	Ages 1yr-2yr	Ages 3yr-5yr	Ages 6yr-12yr
Milk <i>Must be fluid</i>	½ c.	¾ c. <i>Can change to low fat or skim</i>	1 c. <i>Can use low fat or skim</i>
Fruit or 100% Juice	¼ c.	½ c.	½ c.
Grains/Breads –Enriched bread –Enriched dry cereal –Enriched hot cereal –Enriched pasta, noodle	1 serving ½ slice ¼ c. OR ⅓ oz. ¼ c. ¼ c.	1 serving ½ slice ⅓ c. OR ½ oz. ⅓ c. ¼ c.	1 serving 1 slice ¾ c. OR 1 oz. ½ c. ½ c.

1027

SNACK (supplement) Select 2 out of the 4 components.	Ages 1yr-2yr	Ages 3yr-5yr	Ages 6yr-12yr
Milk <i>Must be fluid</i>	½ c.	½ c. <i>Can change to low fat or skim</i>	1 c. <i>Can use low fat or skim</i>
Vegetable or Fruit or 100% Juice	½ c.	½ c.	¾ c.
Meat/Meat Alternate –Cooked Meat, no bone –Cheese –Egg –Cooked Dry Beans/Peas –Peanut butter –Yogurt, plain or sweetened	½ oz. ½ oz. 1 ⅛ c. 1 Tbsp. 2 oz. OR ¼ c.	½ oz. ½ oz. 1 ⅛ c. 1 Tbsp. 2 oz. OR ¼ c.	1 oz. 1 oz. 1 ¼ c. 2 Tbsp. 4 oz. OR ½ c.
Grains/Breads –Enriched bread –Enriched dry cereal –Enriched hot cereal –Enriched pasta or noodles	1 serving ½ slice ¼ c. OR ⅓ oz. ¼ c. ¼ c.	1 serving ½ slice ⅓ c. OR ½ oz. ⅓ c. ¼ c.	1 serving 1 slice ¾ c. OR 1 oz. ½ c. ½ c.

1028
 1029 IF milk is used as a component, then juice cannot be served as another component for snack
 1030 times.
 1031 Meat is cooked and lean without bone.
 1032 Milk includes whole, low fat, skim, buttermilk, or flavored milk. After age two, low fat or
 1033 skim milk is recommended.

- 1034 Nuts or seeds may be used as a meat alternate for snack time, but is not recommended.
- 1035 Use whole grain breads, pasta, and rice whenever possible.
- 1036
- 1037

LUNCH or SUPPER Select items from each of the 4 components.	Ages 1yr-2yr	Ages 3yr-5yr	Ages 6yr-12yr
Milk <i>Must be fluid</i>	½ c.	¾ c. <i>Can change to low fat or skim</i>	1 c. <i>Can use low fat or skim</i>
Vegetable or Fruit or 100% Juice Must include 2 different foods – 1 fruit & 1 vegetable to total the serving amount	¼ c. total ⅛ c. vegetable and ⅛ c. fruit	½ c. total ¼ c. vegetable and ¼ c. fruit	¾ c. total ⅜ c. vegetable and ⅜ c. fruit
Meat/Meat Alternate –Cooked Meat, no bone –Cheese –Egg –Cooked Dry Beans/Peas –Peanut butter –Yogurt, plain or sweetened	1 oz. 1 oz 1 ¼ c. 2 Tbsp. 4 oz. OR ½ c.	1½ oz. 1½ oz. 1 ⅜ c. 3 Tbsp. 6 oz. OR ¾ c.	2 oz. 2 oz. 1 ½ c. 4 Tbsp. 8 oz. OR 1 c.
Grains/Breads –Enriched bread –Enriched dry cereal –Enriched hot cereal –Enriched pasta or noodles	1 serving ½ slice ¼ c. OR ⅓ oz. ¼ c. ¼ c.	1 serving ½ slice ⅓ c. OR ½ oz. ⅓ c. ¼ c.	1 serving 1 slice ¾ c. OR 1 oz. ½ c. ½ c.

- 1038
- 1039 Must serve a Vitamin C source daily—refer to the guidelines.
- 1040 Must serve a Vitamin A source every other day, three times a week—refer to the guidelines.
- 1041 Two vegetables or two fruits may be served at the mealtime, but it is recommended to serve a
- 1042 vegetable and a fruit for variety.

Meal Pattern Points to Remember

- 1043
- 1044
- 1045
- 1046 Keep in mind the following points when you plan menus to meet meal pattern requirements for
- 1047 each of the food groups.
- 1048 • Plan your meats first. Then select fruits and vegetables, making sure that you have a Vitamin
- 1049 C source daily and a Vitamin A source every other day, or three times a week. Refer to the
- 1050 vitamin tables. Limit starchy vegetables to once/day - these include lima beans, butterbeans,
- 1051 white/sweet potatoes, English peas, black-eye peas, field peas, Crowder peas, cream and
- 1052 whole kernel corn, any dried pea/bean(unless counted for a meat substitute).
- 1053
- 1054 • Two vegetables or two fruits may be served at the mealtime, but it is recommended to serve a
- 1055 vegetable and a fruit for variety. Including brightly colored fruits and vegetables, such as
- 1056 tomatoes, broccoli, carrots, greens, strawberries, melon, peaches, will help to meet the vitamin
- 1057 requirements.

- 1058
- 1059 • The same meal may not be served more than once in a day (i.e. facilities who are open for
- 1060 lunch and supper may not serve the same meal for both meals).
- 1061
- 1062 • Snacks are to be served ~~mid-morning (if required) and mid~~ early afternoon and late afternoon,
- 1063 usually 30-60 minutes before closing. Water can be used as the beverage while foods are
- 1064 served. Snack time is an excellent time to introduce fruits and vegetables.
- 1065
- 1066 • Use only 100-percent-strength juice for snack no more than once a day. Give fruit for
- 1067 breakfast/morning snack instead of juice.
- 1068
- 1069 • Juice should not be served as part of the snack when milk is the only other component. It is
- 1070 poor menu planning to offer such a combination since it provides too much liquid for
- 1071 children.
- 1072
- 1073 • Fruit-flavored drinks, sport drinks, soft drinks, caffeinated beverages, artificially sweetened
- 1074 beverages shall not be served.
- 1075
- 1076 • Avoid serving two forms of the same fruit or vegetable in the same day. Example: an orange
- 1077 and orange juice or an apple and applesauce are combinations that should not be used. Serve
- 1078 a variety of vegetables and fruits to ensure a nutritionally well-balanced meal.
- 1079
- 1080 • Dry milk shall not be used as a milk beverage, but may be used for cooking purposes.
- 1081
- 1082 • Guidelines from USDA FNS (US Department of Agriculture Food Nutrition Supplement)
- 1083 program are used as the standard for menu planning and guidelines. However, when one set
- 1084 of guidelines are stricter then the stricter guidelines shall be enforced (in comparing MSDH
- 1085 and USDA FNS). Emphasis shall be placed on serving more whole grains and fewer foods
- 1086 high in fat, sugar, and sodium.
- 1087
- 1088 • Drinking water shall be freely available to children of all ages and offered at frequent
- 1089 intervals. Extra water served with meals, snacks, and during and after physical activity
- 1090 playtime is encouraged. Facilities may have water fountains in the classroom or dining area.
- 1091 This water source should be encouraged before and after all meals and snacks and takes the
- 1092 place of water served at the table.
- 1093
- 1094 • To prevent nutrient and vitamin loss from foods during preparation, cooking, or storage, try to
- 1095 ○ Serve fruits and vegetables raw as appropriate for the age. The risk of choking is
- 1096 greater for the child under the age of two.
- 1097 ○ Steam, boil, or simmer foods in a very small amount of water, or microwave for the
- 1098 shortest time possible.
- 1099 ○ Cook potatoes in their skins. Be sure to wash the dirt off the outside of the potato.
- 1100 ○ Refrigerate prepared juices and store them for no more than two to three days.
- 1101 ○ Store cut raw fruits and vegetables in an airtight container and refrigerate—do not
- 1102 soak or store in water. Nutrients may be diluted from soaking in water. Manufacturer
- 1103 packaged fresh fruits and vegetables are the exception due to packaging processes.

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MEAL PATTERNS FOR CHILDREN IN CHILDCARE FACILITIES: BREAKFAST

<u>BREAKFAST</u>	<u>AGES 1YR-2YR</u>	<u>AGES 3 YR-5 YR</u>	<u>AGES 6 YR-12 YR</u>
<u>Milk (Must be fluid, skim/fat free)</u>	<u>1/2 c.</u>	<u>3/4 c.</u>	<u>1 c.</u>
<u>Fruit or Vegetable</u>	<u>1/4 c.</u>	<u>1/2 c.</u>	<u>1/2 c.</u>
<u>Grains/Breads</u>			
<u>Enriched, Whole Grain Bread</u>	<u>1/2 slice</u>	<u>1/2 slice</u>	<u>1/2 slice</u>
<u>OR</u>			
<u>Enriched Dry Cereal</u>	<u>1/4 c. OR 1/3oz.</u>	<u>1/3 c. OR 1/2 oz.</u>	<u>3/4 c. OR 1oz.</u>
<u>OR</u>	<u>1/4 c.</u>	<u>1/3 c.</u>	<u>1/2 c.</u>
<u>Enriched Hot Cereal</u>			
<u>OR</u>	<u>1/4 c.</u>	<u>1/3 c.</u>	<u>1/2 c.</u>
<u>Enriched, Whole Grain Pasta, Noodles, Rice</u>			
<u>Water</u>	<u>1/2 c.</u>	<u>3/4 c.</u>	<u>1 c.</u>

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Milk:

1111 Milk shall be served at Breakfast. The milk shall be pasteurized fluid milk, fortified with vitamin
1112 A and D. Whole milk is served to infants and toddlers less than 2 years of age. After age two,
1113 skim/fat free milk shall be served

1114
1115 Soy milk may be served when indicated with dietary restrictions.
1116

1117 **Bread and Bread Alternates:**
1118

1119 Use enriched whole-grain breads and bread alternatives. Dry cereals need to be of high fiber and
1120 not sugar coated. Hot cereals cannot be instant. Whole grain pasta, noodles, or brown rice may
1121 be used occasionally for the breakfast meal.
1122

1123 Breakfast breads may include muffins, biscuit, toast, breakfast bread, no more than weekly
1124 pancake or waffle (with no syrup). Crust used as part of the main dish (i.e., for quiche) is allowed
1125 as a bread alternate. These items may not be served: doughnuts, honey buns, breakfast tarts,
1126 pastries, packaged snack cakes, and other high fat/sugar foods.
1127

1128 **Fruits and Vegetables:**
1129

1130 Use fresh, canned, dried, or frozen fruit for breakfast. No sugar may be used in the packaging or
1131 preparation of the fruit. Canned or frozen fruit should be packed in juice or water - not syrup or
1132 sugar packed.
1133

1134 Vegetables, such as tomatoes, may be used occasionally for the breakfast meal. Cultural
1135 differences may also dictate that items such as tomatoes, peppers, onions, or salsas may be served
1136 with brown rice for the vegetable and bread component at breakfast.

1137

1138 **Water:**

1139

1140 Water is to be made available with all meals and snacks. Tap or bottled water may used.
1141 Facilities may have water fountains in the classroom or dining area. This water source should be
1142 encouraged before and after all meals and snacks and takes the place of water served at the table.

1143

1144 **Meat and Meat Alternates:**

1145

1146 The Meat component is not required for the breakfast meal. IF the facility desires to serve a meat
1147 item with the breakfast, that would be allowed. Meats and meat alternates that would be
1148 acceptable include eggs, fat free yogurt, low fat cheese, fat free cottage cheese, lean ham,
1149 Canadian bacon, and peanut butter.

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MEAL PATTERNS FOR CHILDREN IN CHILDCARE FACILITIES:
LUNCH/SUPPER/DINNER

<u>LUNCH/SUPPER/DINNER</u>	<u>AGES 1YR-2YR</u>	<u>AGES 3 YR-5 YR</u>	<u>AGES 6 YR-12 YR</u>
<u>Meat/Meat Alternate</u>			
<u>Cooked Meat, No Bone</u>	<u>1 oz.</u>	<u>1 ½ oz.</u>	<u>2 oz.</u>
<u>Cooked Dry Beans/Peas</u>	<u>¼ c.</u>	<u>3/8 c.</u>	<u>½ c.</u>
<u>Low Fat Cheese</u>	<u>1 oz.</u>	<u>1 ½ oz.</u>	<u>2 oz.</u>
<u>Egg</u>	<u>1 small</u>	<u>1 medium</u>	<u>1 medium</u>
<u>Peanut Butter</u>	<u>2 Tbsp.</u>	<u>3 Tbsp.</u>	<u>4 Tbsp.</u>
<u>Fat Free Yogurt/Cottage Cheese</u>	<u>4 oz./1/2 c.</u>	<u>6 oz./3/4 c.</u>	<u>8 oz./1 c.</u>
<u>Fruit or Vegetable: Must include 2 different foods- 1 vegetable/1 fruit OR 2 vegetable OR 2 fruit</u>	<u>¼ c. total</u> <u>1/8 c. of 2 foods</u>	<u>½ c. total</u> <u>¼ c. of 2 foods</u>	<u>¾ c. total</u> <u>3/8 c. of 2 foods</u>
<u>Grains/Breads</u>			
<u>Enriched, Whole Grain Bread</u>	<u>½ slice</u>	<u>½ slice</u>	<u>½ slice</u>
<u>OR</u>			
<u>Enriched Dry Cereal</u>	<u>¼ c. OR 1/3oz.</u>	<u>1/3 c. OR ½ oz.</u>	<u>¾ c. OR 1oz.</u>
<u>OR</u>	<u>¼ c.</u>	<u>1/3 c.</u>	<u>½ c.</u>
<u>Enriched Hot Cereal</u>			
<u>OR</u>	<u>¼ c.</u>	<u>1/3 c.</u>	<u>½ c.</u>
<u>Enriched, Whole Grain Pasta, Noodles, Rice</u>			
<u>Milk (Must be fluid, skim/fat free)</u>	<u>½ c.</u>	<u>¾ c.</u>	<u>1 c.</u>
<u>Water</u>	<u>½ c.</u>	<u>¾ c.</u>	<u>1 c.</u>

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Meat and Meat Alternates:

It is recommended to have at least one meatless meal a week. An alternate for meat could be cooked, dried beans, or peas. Cooked dried beans and peas cannot count for a vegetable and meat alternate in the same meal. Canned beans and peas will include the canned kidney, black bean, garbanzo, etc. Note: Canned beans are much higher in sodium/salt.

Edible portion for meats and meat alternates is used. Bone and skin shall not be counted as servings. No bones may be served. Note: 1 ounce of cooked meat is equal to one medium cooked chicken leg with bone removed.

Processed, pre-fried meats are not allowed due to the sodium/salt and fat content. Meats not allowed include hot dogs, bologna, bacon, sausage, pancake sticks, small chicken nuggets, fish sticks, and steak fingers.

Processed cheese, such as cheese spread, canned cheese sauce, and cheese in packaged snack crackers is not allowed. Low fat or fat free cheese would be a meat alternate that is allowed.

1174
1175 For menu variety, use meat, and low fat cheese in combination to equal a full serving portion.
1176
1177 It is not recommended serving nuts and seeds due to nut/seed allergies prevalent in the youth
1178 today.
1179
1180 **Bread and Bread Alternates:**
1181
1182 Use enriched whole-grain breads and bread alternatives. Whole grain pasta, noodles, brown rice,
1183 wheat rolls, and cornbread are encouraged for the lunch/supper/dinner meals.
1184
1185 Bread alternates may include crust used as part of the main dish (i.e. pizza or quiche), Dry oatmeal used
1186 in a fruit crisp.
1187
1188 Pre-fried items, such as hash browns, French fries, and tater tots are not recommended due to the fat and
1189 sodium content Any pre-fried item served is limited to once a week.
1190
1191 Cookies, pastries, packaged snack cakes, and other high fat/sugar foods cannot be counted for any
1192 bread serving at the lunch/supper/dinner meal.
1193
1194 **Fruits and Vegetables:**
1195
1196 Must serve a Vitamin C source daily and must serve a Vitamin A source every other day, three
1197 times a week – refer to the guidelines. Fruits and vegetables supply these nutrients. More than
1198 once vitamin source a day is also encouraged.
1199
1200 Use a different combination of two or more servings for the meal service. Use fresh, canned,
1201 dried, or frozen vegetables and fruits for lunch/supper/dinner. No sugar may be used in the
1202 packaging or preparation of the fruit. Canned or frozen fruit should be packed in juice or water -
1203 not syrup or sugar packed.
1204
1205 Vegetables and fruits may be served as combination dishes (i.e., beef stew with meat, potatoes,
1206 carrots, english peas, OR shredded carrot salad with diced pineapple).
1207
1208 Avoid serving two forms of the same fruit or vegetable in the same day. Example: an orange and
1209 orange juice or an apple and applesauce are combinations that should not be used. **Serve a**
1210 **variety of vegetables and fruits to ensure a nutritionally well-balanced meal.**
1211
1212 It is highly recommended to either serve at least one raw vegetable and two raw fruits per week,
1213 for a meal or snack
1214
1215 Limit serving starchy vegetables to once per meal. Starchy vegetables include white/sweet
1216 potatoes, lima beans, butter beans, English peas, black-eye peas, field peas, Crowder peas, cream
1217 and whole kernel corn, any dried bean/pea (unless counted for a meat alternate).
1218

1219 Vegetables shall be seasoned with powders, spices, and herbs. The use of high sodium/salt and
1220 high fat seasonings should be restricted as much as possible.

1221
1222 Small amounts (less than 1/8 cup) of lettuce, tomatoes, onions, relish, catsup, salsa, jams, jellies,
1223 or other condiments may be added for flavor or garnish as "other foods," but do not count as a
1224 fruit or vegetable.

1225
1226 **Milk:**

1227
1228 Milk shall be served at Lunch/Supper/Dinner. The milk shall be pasteurized fluid milk, fortified
1229 with vitamin A and D. Whole milk is served to infants and toddlers less than 2 years of age.
1230 After age two, skim/fat free milk shall be served. Flavored milk may be served no more than
1231 once a week, using flavoring added to whole/skim/fat free milk.

1232
1233 Soy milk may be served when indicated with dietary restrictions.

1234
1235 Provisions must be made to serve calcium in alternate forms when no milk/substitute may be
1236 served to the child due to dietary restrictions.

1237
1238 If a child cannot be served milk for medical reasons or upon parent's instructions, then that child
1239 is not to be served high content milk products, e.g., pudding, ice cream, etc.

1240
1241 All milk equivalent used as a meat alternate must be low in fat.

1242
1243 **Water:**

1244
1245 Water is to be made available at all meals and snacks. Tap or bottled water may used. Facilities
1246 may have water fountains in the classroom or dining area. This water source should be
1247 encouraged before and after all meals and snacks and takes the place of water served at the table.

1248
1249 **MEAL PATTERNS FOR CHILDREN IN CHILDCARE FACILITIES: SNACK**

1250

<u>SNACK – MUST SELECT TWO OF THE FOUR COMPONENTS, PLUS WATER</u>	<u>AGES 1YR-2YR</u>	<u>AGES 3 YR-5 YR</u>	<u>AGES 6 YR-12 YR</u>
<u>Meat/Meat Alternate</u>			
<u>Cooked Meat, No Bone</u>	<u>1/2 oz.</u>	<u>1/2 OZ.</u>	<u>1 oz.</u>
<u>Cooked Dry Beans/Peas</u>	<u>1/8 c.</u>	<u>1/8 c.</u>	<u>1/4 c.</u>
<u>Low Fat Cheese</u>	<u>1/2 oz.</u>	<u>1/2 oz.</u>	<u>1 oz.</u>
<u>Egg</u>	<u>1 small</u>	<u>1 medium</u>	<u>1 medium</u>
<u>Peanut Butter</u>	<u>1 Tbsp.</u>	<u>1 Tbsp.</u>	<u>2 Tbsp.</u>
<u>Fat Free Yogurt/Cottage Cheese</u>	<u>2 oz./1/4 c.</u>	<u>2 oz./1/4 c.</u>	<u>4 oz./1/2 c.</u>
<u>Fruit or Vegetable</u>	<u>1/2 c.</u>	<u>1/2 c.</u>	<u>3/4 c.</u>
<u>Grains/Breads</u>			
<u>Enriched, Whole Grain Bread</u>	<u>1/2 slice</u>	<u>1/2 slice</u>	<u>1/2 slice</u>

<u>OR</u> <u>Enriched Dry Cereal</u>	<u>1/4 c. OR 1/3oz.</u>	<u>1/3 c. OR 1/2 oz.</u>	<u>3/4 c. OR 1oz.</u>
<u>OR</u> <u>Enriched Hot Cereal</u>	<u>1/4 c.</u>	<u>1/3 c.</u>	<u>1/2 c.</u>
<u>OR</u> <u>Enriched, Whole Grain Pasta,</u> <u>Noodles, Rice</u>	<u>1/4 c.</u>	<u>1/3 c.</u>	<u>1/2 c.</u>
<u>Milk (Must be fluid, skim/fat free)</u>	<u>1/2 c.</u>	<u>1/2 c.</u>	<u>1 c.</u>
<u>Water</u>	<u>1/2 c.</u>	<u>1 c.</u>	<u>1 c.</u>

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Meat and Meat Alternates:

It is recommended to have at least one meatless meal a week. An alternate for meat could be cooked, dried beans or peas. Cooked dried beans and peas cannot count for a vegetable and meat alternate in the same meal. Canned beans and peas will include the canned kidney, black bean, garbanzo, etc. Note: Canned beans are much higher in sodium/salt.

Edible portion for meats and meat alternates is used. Bone and skin shall not be counted as servings. No bones may be served. Note: 1 ounce of cooked meat is equal to one medium cooked chicken leg with bone removed.

Processed, pre-fried meats are not allowed due to the sodium/salt and fat content. Meats not allowed include hot dogs, bologna, bacon, sausage, pancake sticks, small chicken nuggets, fish sticks, and steak fingers.

Processed cheese, such as cheese spread, canned cheese sauce, and cheese in packaged snack crackers is not allowed. Low fat or fat free cheese would be a meat alternate that is allowed.

For menu variety, use meat, and low fat cheese in combination to equal a full serving portion.

Nuts or seeds *may be used* as a meat alternate for snack time, but is not recommended due to nut/seed allergies prevalent in the youth today.

Bread and Bread Alternates:

Use enriched whole-grain breads and bread alternatives. Whole grain pasta, noodles, brown rice, wheat rolls, and cornbread are encouraged for the lunch/supper/dinner meals.

Bread alternates may include crust used as part of the main dish (i.e. pizza or quiche), dry oatmeal used in a fruit crisp.

Pre-fried items, such as hash browns, French fries, tater tots are not recommended due to the fat and sodium content Any pre-fried item served is limited to once a week. Fresh, “homemade” oven baked fries or wedges would be allowed.

1287 Plain, low sugar type cookies may be served occasionally for a snack component. These cookies
1288 may include animal crackers, graham crackers, vanilla wafers, oatmeal, oatmeal raisin, peanut
1289 butter, and ginger snaps. Items that may not be served include chocolate chip, most packaged
1290 cookies/cakes.

1291
1292 Low fat granola bars, cereal bars, whole grain fruit bars, rice krispie treats may be used for a
1293 snack bread component. Packaged crackers with cheese/peanut butter filling are discouraged due
1294 to the fat/sodium content. The cheese/peanut butter filling cannot count as a meat serving.

1295
1296 Baked chips, chips, popcorn, hard pretzels, and other low-moisture, high sodium foods cannot
1297 meet the bread requirement for a snack. Crackers, cheese and vegetable flavored crackers are
1298 allowed. Trail mixes made of various dry, no sugar coated cereals, dried fruits, and small
1299 marshmallows are a suggested snack item to meet a bread component.

1300

1301 **Fruits and Vegetables:**

1302

1303 Use fresh, canned, dried, or frozen vegetables and fruits for snack. No sugar may be used in the
1304 packaging or preparation of the fruit. Canned or frozen fruit should be packed in juice or water-
1305 not syrup or sugar packed.

1306

1307 Vegetables and fruits may be served as combination dishes (i.e., shredded carrot salad with diced
1308 pineapple, fat free yogurt parfait with fresh fruit).

1309

1310 Avoid serving two forms of the same fruit or vegetable in the same day. Example: an orange and
1311 orange juice or an apple and applesauce are combinations that should not be used. **Serve a**
1312 **variety of vegetables and fruits to ensure a nutritionally well-balanced meal.**

1313

1314 It is highly recommended to either serve at least one raw vegetable and two raw fruits per week,
1315 for a meal or snack. Younger children may have an appropriate substitution due to the choking
1316 hazard or the item may be cooked first.

1317

1318 Small amounts (less than 1/8 cup) of lettuce, tomatoes, onions, relish, catsup, salsa, jams, jellies,
1319 or other condiments may be added for flavor or garnish as "other foods," but do not count as a
1320 fruit or vegetable.

1321

1322 Juice should not be served as part of the snack when milk is the only other component. It is poor
1323 menu planning to offer such a combination since it provides too much liquid for children.

1324

1325 100% Fruit juice is allowed once a day. Vitamin fortified fruit juices, such as apple juice, with
1326 extra Vitamin C, will not be recognized as a good vitamin source.

1327

1328 The best time to serve this juice would be at the late 4:30/5:30 p.m., snack period.

1329

1330 **Milk:**

1331

1332 The milk shall be pasteurized fluid milk, fortified with vitamin A and D. Whole milk is served to
1333 infants and toddlers less than 2 years or age. After age two, skim/fat free milk shall be served.
1334 Flavored milk may be served no more than once a week, using flavoring added to whole/skim/fat
1335 free milk.

1336
1337 Soy milk may be served when indicated with dietary restrictions.

1338
1339 Provisions must be made to serve calcium in alternate forms when no milk/substitute may be
1340 served to the child due to dietary restrictions.

1341
1342 If a child cannot be served milk for medical reasons or upon parent's instructions, then that child
1343 is not to be served high content milk products, e.g., pudding, ice cream, etc.

1344
1345 All milk equivalents used as a meat alternate must be low in fat.

1346
1347
1348 **Water:**

1349
1350 Water is to be made available with all meals and snacks. Tap or bottled water may used.
1351 Facilities may have water fountains in the classroom or dining area. This water source should be
1352 encouraged before and after all meals and snacks and takes the place of water served at the table.

1353
1354
1355 **Meat and Meat Alternates**

1356
1357 ● ~~— For menu variety, use meat and cheese in combination (1 ounce of meat and 1/2 ounce of~~
1358 ~~cheese).~~

1359
1360 ● ~~— Dried beans or peas (Remember: does not count for both vegetable and meat alternate in~~
1361 ~~the same meal).~~

1362
1363 ● ~~— When serving nuts and seeds, they may fulfill:~~
1364 ~~○ full requirement for the snack but;~~
1365 ~~○ no more than one half of the requirements for lunch or supper.~~

1366
1367 ● ~~— Edible portion for meats and meat alternates is used. Bone and skin shall not be counted~~
1368 ~~as servings.~~

1369
1370 ● ~~— Children, ages 1-2 years, need 1 oz. of meat or cheese, which is equal to a chicken leg,~~
1371 **OR 1 egg, OR 1/4 cup cooked dry beans/peas, OR 2 tablespoons of peanut butter, OR 4 oz.**
1372 **yogurt.**

1373
1374 ● ~~— Children 2-5 years need 1 1/2 oz. meat, OR 1 egg, OR 3/8 c. cooked beans/peas (that's~~
1375 ~~just under 1/2 cup), OR 3 tablespoons peanut butter, or 6 oz yogurt.~~

1376
1377 **Fruits and Vegetables**

- 1378
- 1379 ●— ~~Use only 100 percent strength juice for breakfast. Juice drinks with at least 50 percent~~
 1380 ~~strength juice may be used for snack and lunch. (Caution: children must be served double the~~
 1381 ~~volume of these drinks to meet the requirement).~~
- 1382
- 1383 ●— ~~Fruit flavored drinks, Aides, or punches contain less than 50 percent strength juice. These~~
 1384 ~~types of beverages may be served but are not credited toward meeting the requirement. These~~
 1385 ~~type beverages are discouraged, instead of serving high sugar, nutrient low fluids, serve water.~~
 1386
- 1387 ●— ~~Juice should not be served as part of the snack when milk is the only other component. It~~
 1388 ~~is poor menu planning to offer such a combination since it provides too much liquid for~~
 1389 ~~children.~~
- 1390
- 1391 ●— ~~Juice or syrup from canned fruit does not count as fruit juice. Canned or frozen fruit~~
 1392 ~~should be packed in juice or water not syrup or sugar packed.~~
- 1393
- 1394 ●— ~~Use a different combination of two or more servings for lunch. Include various forms~~
 1395 ~~such as raw or cooked, fresh, frozen, canned in juices, or dried.~~
- 1396
- 1397 ●— ~~Avoid serving two forms of the same fruit or vegetable in the same meal. Example: an~~
 1398 ~~orange and orange juice or an apple and applesauce are combinations that should not be used.~~
 1399 **Serve a variety of vegetables and fruits to ensure a nutritionally well-balanced meal.**
- 1400
- 1401 ●— ~~Small amounts (less than 1/8 cup) of onions, relish, catsup, salsa, jams, jellies, or other~~
 1402 ~~condiments may be added for flavor or garnish as "other foods," but do not count as a fruit or~~
 1403 ~~vegetable.~~
- 1404
- 1405 **Bread and Bread Alternates**
- 1406
- 1407 ●— ~~Use whole grain or enriched breads and bread alternatives, or whole grain, enriched,~~
 1408 ~~or fortified cereals. Read labels on commercial products to ensure the use of enriched and~~
 1409 ~~fortified products.~~
- 1410
- 1411 ●— ~~Foods such as cake and pie crust, and items usually served as desserts, cannot be used~~
 1412 ~~as bread alternates. Crust used as part of the main dish (i.e., for pizza or quiche) is allowed as a~~
 1413 ~~bread alternate.~~
- 1414
- 1415 ●— ~~The bread requirement cannot be met with snack foods such as popcorn, hard pretzels,~~
 1416 ~~chips, or other low moisture items made from grain.~~
- 1417
- 1418 ●— ~~Cookies cannot be used for the bread requirement at breakfast, lunch, or supper.~~
 1419 ~~Cookies, such as animal crackers, graham crackers, and vanilla wafers may be used~~
 1420 ~~occasionally for a snack component.~~
- 1421
- 1422 ●— ~~Doughnuts, honey buns, breakfast tarts, pastries, packaged snack cakes, and other high~~
 1423 ~~fat/sugar foods cannot be counted for any bread serving.~~

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Milk

- ~~———— Milk shall be served at Breakfast, Lunch, and Supper. Milk may also be served as part of a snack. The milk shall be pasteurized fluid milk, fortified with vitamin A and D. Low fat should not be served to children less than two years of age. After age two, it is encouraged to change to low fat or skim milk for health benefits.~~

- ~~———— Dry milk shall not be used as a milk beverage, but may be used for cooking purposes.~~

VITAMIN C SOURCES					
VITAMIN C SOURCE MUST BE SERVED DAILY					
**BEST CHOICE					
*GOOD CHOICE					
#ACCEPTABLE CHOICE (ONLY COUNT FOR A VITAMIN SOURCE ONCE PER WEEK)					
Fruits			Vegetables		
Food	Serving Size		Food	Serving Size	
Blackberries	¼ c.	#	Asparagus	¼ c.	*
Blueberries	¼ c.	#	Artichoke	¼ medium	*
Cantaloupe	¼ c	**	Bok Choy	¼ c.	*
Grapefruit	¼ medium	**	Broccoli	¼ c.	**
Grapefruit Juice	½ c	**	Brussel Sprouts	¼ c.	**
Grapefruit- Orange Juice	½ c.	**	Cabbage	¼ c.	*
Guava	¼ c.	**	Cauliflower	¼ c.	*
Honeydew Melon	½ c.	*	Chicory	¼ c.	*
Kiwi	½ medium	**	Collard Greens	¼ c.	*
Mandarin Orange Sections	¼ c.	*	Kale	¼ c.	#
Mango	¼ medium	*	Kohlrabi	¼ c.	**
Orange	½ medium	**	Mustard Greens	¼ c.	#
Orange Juice	¼ c.	**	Okra, not fried	¼ c.	#
Papaya	¼ c.	*	Peppers, green & red	¼ c.	**
Peach, frozen only	¼ c.	**	Potato, White, or Red Skinned Baked only-no instant/fries/tots	½ medium	*
Pineapple	¼ c.	#	Rutabagas	¼c.	#
Pineapple Juice	¼ c.	*	Snow Peas	¼ c.	#
Pineapple- grapefruit or orange juice	¼c.	**	Spinach	¼ c.	#
Raspberries	¼ c.	*	Sweet Potato	½ medium	*
Starfruit	¼ c.	#	Tomato	½ medium	*
Strawberries	¼ c.	**	Tomato or V-8 Juice	¼ c.	**
Tangelo	½ medium	**	Turnip Greens	¼ c.	*
Tangerine	½ medium	**	Miscellaneous		
Watermelon	½ c.	#	Liver, beef	1 oz.	**

VITAMIN A SOURCES

VITAMIN A SOURCE MUST BE SERVED EVERY OTHER DAY, 3 TIMES PER WEEK

** BEST CHOICE

* GOOD CHOICE

#ACCEPTABLE CHOICE (ONLY COUNT FOR A VITAMIN SOURCE ONCE PER WEEK)

Fruits			Vegetables		
Food	Serving Size		Food	Serving Size	
Avocado	¼ medium	#	Asparagus	¼ c.	#
Apricot	2 halves	*	Artichoke	½ medium	#
Cantaloupe	¼ c.	*	Bok Choy	¼ c.	*
Cherries, red sour	¼ c.	*	Broccoli	¼ c.	*
Mandarin Orange Segments	¼ c.	*	Brussels Sprouts	¼ c.	*
Mango	¼ medium	**	Carrots	¼ c.	**
Melon Balls	¼ c.	*	Collard Greens	¼ c.	**
Nectarine	¼ medium	#			
Papaya	¼ c.	*	Kale	¼ c.	**
Peaches	¼ c.	#	Lettuce, Green, Romaine, or Red NOT Iceberg	½ c.	#
Plaintain	¼ c.	#	Mixed Vegetables	¼ c.	**
Prunes	¼ c.	*	Mustard Greens	¼ c.	**
Tangerine	½ medium	*	Okra, not fried	¼ c.	#
			Peas & Carrots	¼ c.	**
			Peppers, red	¼ c.	**
			Pumpkin	¼ c.	**
Miscellaneous			Rutabagas	¼ c.	#
Egg	1 medium	*	Spinach	¼ c.	**
Liver, beef	1 oz.	**	Sweet Potato	½ medium	**
Liver, chicken	1 oz.	**	Tomato or V-8 Juice	¼ c.	**
			Turnip Greens	¼ c.	**
			Winter Squash, Butternut or Hubbard	¼ c.	**

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1439

DENTAL CARE

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Dental care is encouraged after each meal service. Parents shall supply toothbrushes and tooth powders or pastes for the child's individual use. Recommendations include replacing the brush every three months or when bristles are bent.

Each toothbrush and powder or paste must be:

- Labeled with the child's full name
- Stored out of children's reach when not in use
- Stored in a manner that prevents the toothbrushes from touching each other during storage

Staff is encouraged to attend trainings on dental care that includes:

- Proper tooth brushing technique as appropriate for the child's age and skills.
- Education to train parents about proper oral healthcare techniques.
- Education for staff and parents to learn the appropriate techniques to feed infants and children that minimize damage to teeth and facial development.

Children must have adult supervision during tooth brushing activities.

GARDENING AND FRESH PRODUCE

Gardening is an excellent opportunity to incorporate physical activity with nutrition education. Facilities are encouraged to have gardening projects with the children. Produce that is grown in the gardens may be washed and handled properly to allow the items to be served for a snack time or education activity.

Purchasing local produce from Mississippi farmers is one way to offer fresh items to the children. This also helps the local economy and raising families' awareness of food sources. The child care center must ensure the safety of foods served. Steps must be taken to demonstrate reasonable care has been taken to ensure the safety of foods purchased. Steps include: Investigating the local farm and production practices, communicating with the local farmer on the needs of the facility including packaging, delivery, and payment procedures, and promoting the use of local produce with families and the community. There are several resources available to use as a safety checklist, such as the Iowa State University Checklist for Retail Purchasing of Local Produce.

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1512 **APPENDIX E**

1513 **DISHWASHING PROCEDURE**

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1515
1516 The best way to wash, rinse, and disinfect dishes and eating utensils is to use a dishwasher with a
1517 sanitizing cycle. The final sanitizing rinse of a dishwasher must reach a temperature of 180
1518 degrees. If a dishwasher is not available or cannot be installed, a three-compartment sink will be
1519 needed to wash, rinse, and disinfect dishes. A two-compartment or one-compartment sink can be
1520 used in child care facilities (located in an occupied residence) licensed for 12 or fewer children
1521 by adding one or two dishpans, as needed. In addition to three compartments or dishpans, you
1522 will need a dish rack with a drain board to allow dishes and utensils to air dry. To wash, rinse,
1523 and disinfect dishes by hand:

- 1524 ○ Fill one sink compartment or dishpan with hot tap water and a dishwashing
1525 detergent.
- 1526
- 1527 ○ Fill the second compartment or dishpan with hot tap water.
- 1528
- 1529 ○ Fill the third compartment or dishpan with hot tap water and 1-1/2 tablespoons of
1530 liquid chlorine bleach for each gallon of water.
- 1531
- 1532 ○ Scrape dishes and utensils and dispose of excess food.
- 1533
- 1534 ○ Immerse scraped dish or utensil in first sink compartment or dishpan and wash
1535 thoroughly.
- 1536
- 1537 ○ Rinse dish or utensil in second dishpan of clear water.
- 1538
- 1539 ○ Immerse dish or utensil in third dishpan of chlorinated water for at least 1 minute.
- 1540
- 1541 ○ Place dish or utensil in a rack to air dry.
- 1542

1543 **Note: Food preparation and dishwashing sinks should only be used for these activities and**
1544 **should never be used for routine hand washing or diaper changing activities.**

1545
1546 Source: The ABCs of Safe and Healthy Child Care: A Handbook for Child Care
1547 Providers, Department of Health and Human Services, U.S. Public Health Service, Centers for
1548 Disease Control and Prevention.

1552 **APPENDIX G**

1553 **PROCEDURE FOR DIAPERING A CHILD**

1554 Either of the following two procedures is acceptable in a child care facility for licensing
1555 purposes. However, some programs may be enrolled in a program that requires Procedure #2.

1556 **Procedure #1**

- 1560 1. Organize needed supplies within reach:
- 1561 a. fresh diaper and clean clothes (if necessary)
 - 1562 b. dampened paper towels or premoistened toweletts for Cleaning child’s bottom
 - 1563 c. child’s personal, labeled, ointment (if provided by parents)
 - 1564 d. trash disposal bag
- 1565 2. Place a disposable covering (such as roll paper) on the portion of the diapering table
- 1566 where you will place the child’s bottom. Diapering surfaces should be smooth,
- 1567 nonabsorbent, and easy to clean. Don’t use areas that come in close contact with children
- 1568 during play such as couches, floor areas where children play, etc.
- 1569 3. If using gloves, put them on now.
- 1570 4. Using only your hands, pick up and hold the child away from your body. Don’t cradle
- 1571 the child in your arms and risk soiling your cloths.
- 1572 5. Lay the child on the paper or towel.
- 1573 6. Remove soiled diaper (and soiled clothes).
- 1574 7. Put disposable diapers in a plastic-lined trash receptacle.
- 1575 8. Put soiled reusable diaper and /or soiled clothes **WITHOUT RINSING** in a plastic bag to
- 1576 give to parents.
- 1577 9. Clean child’s bottom with some premoistened disposable toweletts or a dampened,
- 1578 single-use, disposable towel.
- 1579 10. Place the soiled toweletts or towel in a plastic-lined trash receptacle.
- 1580 11. If the child needs a more thorough washing, use soap, running water, and paper towels.
- 1581 12. Remove the disposable covering from beneath the child. Discard it in a plastic-lined
- 1582 receptacle.
- 1583 13. If you are wearing gloves, remove and dispose of them now in a plastic-lined receptacle.
- 1584 14. Wash your hands. **NOTE:** The diapering table should be next to a sink with running
- 1585 water so that you can wash your hands without leaving the diapered child unattended.

1586 However, if a sink is not within reach of the diapering table, don't leave the child
1587 unattended on the diapering table to go to a sink; wipe your hands with some
1588 premoistened toweletts instead. NEVER leave a child alone on the diapering table.

1589 15. Wash the child's hands under running water.

1590 16. Diaper and dress the child.

1591 17. Disinfect the diapering surface immediately after you finish diapering the child.

1592 18. Return the child to the activity area.

1593 19. Clean and disinfect:

1594 a. The diapering area,

1595 b. all equipment or supplies that were touched, and

1596 c. soiled crib or cot, if needed.

1597 20. Wash your hands under running water.

1598

1599 Source: The ABCs of Safe and Healthy Child Care: A Handbook for Child Care
1600 Providers, Department of Health and Human Services, U.S. Public Health Service, Centers for
1601 Disease Control and Prevention.

1602

1603 **Procedure #2**

1604

1605 1. Caregiver washes hands

1606

1607 2. Prepare for diapering by gathering wipes, diaper, plastic bag, clean clothes, gloves and
1608 other supplies needed. Bring materials to the diaper changing area but not on the
1609 changing table

1610

1611 3. Place child on diapering table. Remove clothing to access diaper. If soiled, place clothes
1612 into plastic bag.

1613

1614 4. Remove soiled diaper and place into plastic-lined, hands-free covered trash container.
1615 (To limit odor, seal in a plastic bag before placing into trash containers.)

1616

1617 5. Use wipes to clean child's bottom from front to back. Use a fresh wipe for each swipe.

1618

1619 6. If gloves were used, remove at this point.

1620

1621 7. Use a wipe to remove soil from adult's hands.

1622

1623 8. Use another wipe to remove soil from child's hands.

1624

1625 9. Throw soiled wipes into plastic-lined, hands-free covered trash container.

1626

- 1627 10. Put on clean diaper and redress child.
1628
1629 11. Place child at sink and wash hands using the proper hand washing procedure. Return
1630 child to a supervised play area without contaminating any surface
1631
1632 12. Spray the surface of the diapering table with soap-water solution to remove gross soil.
1633 Wipe clean using a disposable towel and throw away in a plastic-lined, hands-free
1634 covered trash container. Be sure the surface is dried completely.
1635
1636 13. Spray the surface of the diapering table with clear water(recommended). Wipe dry using
1637 a disposable towel and throw away in a plastic-lined, hands-free covered trash container.
1638
1639 14. Spray the diapering surface with disinfecting strength bleach-water solution (completely
1640 cover table; table should glisten) and wait for 2 minutes before wiping dry with a
1641 disposable towel or allow to air dry. Dispose of the towel in a plastic-lined, hands-free
1642 covered trash container.
1643
1644 15. Adult washes hands using the proper hand washing procedure.
1645

1646 Source: *Caring for Our Children: National Health and Safety Performance Standards;*
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1650
1651

APPENDIX H

CLEANING AND DISINFECTION PROCEDURES

Keeping the child care environment clean and orderly is very important for health, safety, and the emotional well-being of both children and providers. One of the most important steps in reducing the number of germs, and therefore the spread of disease, is the thorough cleaning of surfaces that could possibly pose a risk to children or staff. Surfaces considered most likely to be contaminated are those with which children are most likely to have close contact. These include toys that children put in their mouths, crib rails, food preparation areas, and surfaces likely to become very contaminated with germs, such as diaper-changing areas.

Routine cleaning with soap and water is the most useful method for removing germs from surfaces in the child care setting. Good mechanical cleaning (scrubbing with soap and water) physically reduces the numbers of germs from the surface, just as hand washing reduces the numbers of germs from the hands. Removing germs in the child care setting is especially important for soiled surfaces which cannot be treated with chemical disinfectants, such as some upholstery fabrics.

However, some items and surfaces should receive an additional step, **disinfection**, to kill germs after cleaning with soap and rinsing with clear water. Items that can be washed in a dishwasher or hot cycle of a washing machine do not have to be disinfected because these machines use water that is hot enough for a long enough period of time to kill most germs. The disinfection process uses chemicals that are stronger than soap and water. Disinfection also usually requires soaking or drenching the item for several minutes to give the chemical time to kill the remaining germs. Commercial products that meet the Environmental Protection Agency's (EPA's standards for "hospital grade" germicides (solutions that kill germs) may be used for this purpose. One of the most commonly used chemicals for disinfection in child care settings is a homemade solution of household bleach and water. Bleach is cheap and easy to get. The solution of bleach and water is easy to mix, is nontoxic, is safe if handled properly, and kill most infectious agents. (Be aware that some infectious agents are not killed by bleach. For example, cryptosporidia is only killed ammonia or hydrogen peroxide.)

A solution of bleach and water loses its strength very quickly and easily. It is weakened by organic material, evaporation, heat, and sunlight. Therefore, bleach solutions should be mixed fresh each day to make sure it is effective. Any leftover solution should be discarded at the end of the day. NEVER mix bleach with anything but fresh tap water! Other chemicals may react with bleach and create and release a toxic chlorine gas.

Keep the bleach solution you mix each day in a cool place out of direct sunlight and out of the reach of children. (Although a solution of bleach and water mixed as shown in the accompanying box should not be harmful if accidentally swallowed, you should keep all chemicals away from children.)

1696 If a child care facility uses a commercial cleaner, sanitizer, or disinfectant it must be a U.S.
1697 Environmental Protection Agency (EPA)-registered product that has an EPA registration number
1698 on the label. Such products shall only be used according to the manufacturer's instructions.

1699
1700 **NOTE: All EPA-registered products may not be appropriate for use in a child care facility.**
1701 **Therefore, it is the responsibility of the facility to make sure any product use is appropriate for**
1702 **use in a child care facility.**

1703
1704 ~~If you use a commercial (brand name) disinfectant, read the label and always follow the~~
1705 ~~manufacturer's instructions exactly.~~
1706

Recipe for Bleach Disinfecting Solution

1707 **(For use on non-porous surfaces such as diaper change tables, counter tops, door and**
1708 **cabinet handles toilets, etc.) (For use in bathroom, diapering areas, etc.)**

1709
1710
1711 $1/4$ - $3/4$ cup bleach
1712 1 gallon of cool water

1713
1714 **OR**

1715
1716 1 - 3 tablespoon bleach
1717 1 quart of cool water
1718

1719 Apply as a spray or poured fresh solution, not by dipping into a container with a cloth that has
1720 been in contact with a contaminated surface.

1721
1722 Add the household bleach (5.25%
1723 sodium hypochlorite) to the water.
1724

Recipe for Weaker Bleach Disinfecting Sanitizing Solution

1725 **For food contact surfaces sanitizing (dishes, utensils, cutting boards high chare trays), toys**
1726 **that children may place in their mouths, and pacifiers.**

1727 **(For use on toys, eating utensils, etc.)**

1728
1729
1730 1 tablespoon bleach
1731 1 gallon cool water
1732

1733 Add the bleach to the water
1734

Washing and Disinfecting Toys

1735
1736
1737 ● Infants and toddlers should not share toys. Toys that children (particularly infants and
1738 toddlers) put in their mouths should be washed and disinfected between uses by individual
1739 children. Toys for infants and toddlers should be chosen with this in mind. If you cannot
1740 wash a toy, it probably is not appropriate for an infant or toddler.

- 1741
- 1742 ● When an infant or toddler finishes playing with a toy, you should retrieve it from the play
- 1743 area and put it in a bin reserved for dirty toys. This bin should be out of reach of the
- 1744 children. Toys can be washed at a later, more convenient time, and then transferred to a bin
- 1745 for clean toys and safely reused by the other children.
- 1746
- 1747 ● To wash and disinfect a hard plastic toy:
- 1748 ● Scrub the toy in warm, soapy water. Use a brush to reach into the crevices.
- 1749 ● Rinse the toy in clean water.
- 1750 ● Immerse the toy in a mild bleach solution (see above) and allow it to soak in the
- 1751 solution for 10-20 minutes.
- 1752 ● Remove the toy from the bleach and rinse well in cool water.
- 1753 ● Air dry.
- 1754
- 1755 ● Hard plastic toys that are washed in a dishwasher or cloth toys washed in the hot water cycle
- 1756 of the hot water cycle of a washing machine do not need to be additionally disinfected.
- 1757
- 1758 ● Children in diapers should only have washable toys. Each group of children should have its
- 1759 own toys. Toys should not be shared with other groups.
- 1760
- 1761 ● Stuffed toys used by only a single child should be cleaned in a washing machine every week
- 1762 or more frequently if heavily soiled.
- 1763
- 1764 ● Toys and equipment used by older children and not put into their mouths should be cleaned
- 1765 at least weekly and when obviously soiled. A soap and water wash followed by clear water
- 1766 rinsing and air drying should be adequate. No disinfection is required. (These types of toys
- 1767 and equipment include blocks, dolls, tricycles, trucks, and other similar toys.).
- 1768
- 1769 ● Do not use wading pools for children in diapers.
- 1770
- 1771 ● Water play tables can spread germs. To prevent this:
- 1772 ● Disinfect the table with chlorine bleach solution before filling it with water.
- 1773 ● Disinfect the all toys to be used in the table with chlorine bleach solution. Avoid
- 1774 using sponge toys. They can trap bacteria and are difficult to clean.
- 1775 ● Have all children wash their hands before and after playing in the water table.
- 1776 ● Do not allow children with open sores or wounds to play in the water table.
- 1777 ● Carefully supervise the children to make sure they do not drink the water.
- 1778 ● Discard water after play is over
- 1779

Washing and Disinfecting Bathroom and Other Surfaces

1780 Bathroom surfaces, such as faucet handles and toilet seats, should be washed and disinfected

1781 several times a day, if possible, but at least once a day or when soiled. The bleach and water

1782 solution or chlorine-containing scouring powers or other commercial bathroom surface

1783 cleaner/disinfectants can be used in these areas. Surfaces that infants and young toddlers are

1784 likely to touch or mouth, such as crib rails, should be washed with soap and water and

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1787 disinfected with a nontoxic disinfectant, such as bleach solution, at least once every day, more
1788 often if visibly soiled. After the surface has been drenched or soaked with the disinfectant for at
1789 least 10 minutes, surfaces likely to be mouthed should be thoroughly wiped with a fresh towel
1790 moistened with tap water. Be sure not to use a toxic cleaner on surfaces likely to be mouthed.
1791 Floors should be washed and disinfected at least once a day and whenever soiled.
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Washing and Disinfecting Diaper Changing Areas

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1796 Diaper Changing Areas should:

- 1797 • Only be used for changing diapers.
- 1798 • Be smooth and nonporous, such as Formica (NOT wood).
- 1799 • Have a raised edge or low flfence□ around the area to prevent a child from falling off.
- 1800 • Be next to a sink with hot and cold running water.
- 1801 • Not be used to prepare food, mix formula, or rinse pacifiers.
- 1802 • Be easily accessible to providers.
- 1803 • Be out of reach of children.

1804
1805 Diaper changing areas should be cleaned and disinfected after each diaper changer as follows:

- 1806 • Clean the surface with soap and water and rinse with clear water.
- 1807 • Dry the surface with a paper towel.
- 1808 • Thoroughly wet the surface with the recommended bleach solution.
- 1809 • Air dry. Do not wipe.

Washing and Disinfecting Clothing, Linen, and Furnishings

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1813 Do not wash or rinse clothing soiled with fecal material in the child care setting. You may
1814 empty solid stool into the toilet, but be careful not to splash or touch toilet water with your
1815 hands. Put the soiled clothes in a plastic bag and seal the bag to await pick up by the child's
1816 parent or guardian at the end of the day. Always wash your hands after handling soiled clothing.
1817

1818 Explain to parents that washing or rinsing soiled diapers and clothing increases the chances that
1819 you and the children may be exposed to germs that cause diseases. Although receiving soiled
1820 clothes is not pleasant, remind parents that this policy protects the health of all children and
1821 providers. Each item of sleep equipment, including cribs, cots, mattresses, blankets, sheets, etc.,
1822 should be cleaned and sanitized before being assigned to a specific child. The bedding items
1823 should be labeled with that child's name, and should only be used by that child. Children shall
1824 not share bedding. Infantsfi linens (sheets, pillowcases, blankets) shall be cleaned and sanitized
1825 daily, and crib mattresses shall be cleaned and sanitized weekly and when soiled or wet. Linens
1826 from beds of older children shall be laundered at least weekly and whenever soiled. However, if
1827 a child inadvertently used another child's bedding, you shall change the linen and mattress cover
1828 before allowing the assigned child to use it again. All blankets shall be changed and laundered
1829 routinely at least once a month.

Cleaning up Body Fluid Spills

1833 Spills of body fluids, including blood, feces, nasal and eyed discharges, saliva, urine, and vomit
1834 shall be cleaned up immediately. Ware gloves unless the fluid can be easily contained by the
1835 material (e.g., paper tissue or cloth) that is being used to clean it up. Be careful not to get any of
1836 the fluid you are cleaning in your eyes, nose, mouth or any open sores you may have. Clean and
1837 disinfect any surfaces, such as counter tops and floors, on which body fluids have been spilled.
1838 Discard fluid-contaminated material in a plastic bag that has been securely sealed. Mops used to
1839 clean up body fluids should be (1) cleaned, (2) rinsed with a disinfecting solution, (3) wrung as
1840 dry as possible, and (4) hung to dry completely. Be sure to wash your hands after cleaning up
1841 any spill.

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1844 Source: The ABCs of Safe and Healthy Child Care: A Handbook for Child Care Providers,
1845 Department of Health and Human Services, U.S. Public Health Service, Centers for Disease
1846 Control and Prevention.

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Appendix J

NEW FEDERAL
CRIB REGULATIONS/REQUIREMENTS



www.cpsc.gov

Child Care Providers

Your Guide to New Crib Standards

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards take effect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non full-size cribs including wood, metal and stackable cribs.
- If you purchase a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.

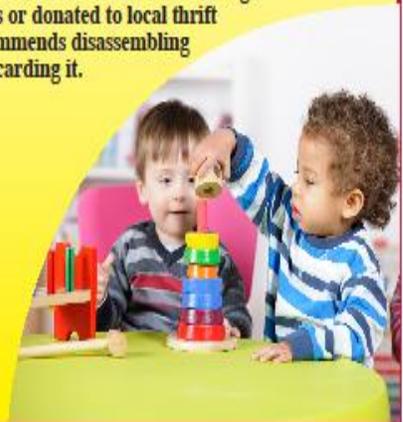
o Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance. The document must:

- Describe the product
- Give name, full mailing address and telephone number for importer or domestic manufacturer
- Identify the rule for which it complies (16 CFR 1219 or 1220)
- Give name, full mailing address, email address and telephone number for the records keeper and location of testing lab
- Give date and location of manufacture and testing

o The crib must also have a label attached with the date of manufacture

What you should do...

- All child care facilities, family child care homes, and places of public accommodation:
 - o Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
 - o Should not resell, donate or give away a crib that does not meet the new crib standards.
- Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.
- Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding it.



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U.S. Consumer Product Safety Commission

A SAFER GENERATION OF CRIBS

New Federal Requirements



5 New Federal Requirements:

- ✂ Traditional drop-side cribs cannot be made or sold; immobilizers and repair kits not allowed
- ✂ Wood slats must be made of stronger woods to prevent breakage
- ✂ Crib hardware must have anti-loosening devices to keep it from coming loose or falling off
- ✂ Mattress supports must be more durable
- ✂ Safety testing must be more rigorous

Beginning June 28, 2011 all cribs sold in the United States must meet new federal requirements for overall crib safety.

SafeSleep is a campaign of the U.S. Consumer Product Safety Commission.


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