

Child Care Connection

MSDH Child Care Licensure Division

August 2020

“Bridging the gap between Child Care Providers and MSDH Child Care Licensure Division in order to provide a safe and healthy environment for Mississippian children and families.”

COVID-19 Guidelines/Recommendations

Prevent the Spread of COVID-19

Plan ahead to ensure adequate supplies to support hand hygiene behaviors and routine cleaning of objects and surfaces. If you have difficulty in obtaining these supplies, please contact your local or state agencies and other businesses to learn more about service organizations in your community who may have additional resources.

*The direct website for Mississippi is:

<https://www.childcareaware.org/state/mississippi/>

SLOW THE SPREAD

PRACTICE PHYSICAL DISTANCING IN CHILDCARE PROGRAMS



Stop the spread of germs that can make you and others sick!



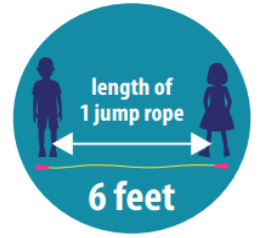
Wash your hands often



Wear a cloth face cover



Cover your coughs and sneezes



Keep **6 feet** of space between you and your friends



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Appendix H: Cleaning and Disinfecting 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. Surfaces considered the most likely to be contaminated are those with which children and staff touch most frequently. These include, but are not limited to, toys children put in their mouth, crib rails, door knobs, work/play surfaces, food preparation and diaper-changing areas.

It's important that during this time and all times that you keep yourself familiar with the *Cleaning and Disinfecting* Procedures that listed in the *“Regulations Governing Licensure of Child Care Facilities”* in *“Appendix H.”* As well as *“Appendix F: Handwashing Procedures.”*



Back To School Safety Tips For Everyone

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus.



SCHOOL BUS SAFETY TIPS

<p>Stay away from the bus until it comes to a complete stop and the driver signals you to enter.</p>	<p>Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.</p>	<p>When being dropped off, exit the bus and walk ten giant steps away from the bus.</p>
<p>Stay away from the bus until the driver gives his/her signal that it's ok to approach.</p>	<p>Have a safe place to wait for your bus, away from traffic and the street.</p>	<p>Use the handrail to enter and exit the bus.</p>
	<p>Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do.</p>	<p>Protect yourself and watch out!</p>

SUN SAFETY

Cover Up

If it is understandably sweltering, wearing clothing can be difficult, but when possible covering up can help protect against UV rays.

STEP 1



STEP 2

Shade

While it is tempting to soak up the sun, seeking shade under an umbrella, tree, or shelter can help reduce exposure to harmful UV rays.

Sunscreen

Sunny, partly cloudy, no matter what level of sun, it's important to apply sunscreen. And don't forget to reapply when you're spending a lot of time outside!

STEP 3



STEP 4

Hydrate

When you're in the sun and heat, it is critical to keep hydrated by drinking lots of water!



Shades

Your skin isn't the only thing that needs protection from the sun, wear sunglasses to protect your eyes against UVA and UVB.

STEP 5

6 Ways to Reduce Stress

by @inner_drive | www.innerdrive.co.uk

- Remove uncertainty**
How is this similar to what you have done before?
- Be proactive**
What can you do to improve the situation?
- Reframing**
View the task as an opportunity not a threat.
- Best case scenario**
Focus on what you stand to gain, not what you stand to lose.

- Get a good night's sleep**
It's the way the brain works, everything seems worse when you are really tired.
- Talk to someone**
Don't struggle in silence.



5 STEPS TO HELP CHILDREN Cope with Stress

by Big Life Journal

- STEP 1: REFRAME STRESS**
Help your child shift from a "stress hurts" mindset to a "stress helps" mindset. Some level of stress is beneficial and presents opportunities for growth.
- STEP 2: SHIFT FROM A FIXED TO A GROWTH MINDSET**
Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.
- STEP 3: STOP CATASTROPHIC THINKING**
Do the worst case scenario exercise. Ask your child, "What's the worst thing that could happen?"
Caution: do not dismiss their worry!
- STEP 4: PRACTICE PROBLEM-SOLVING**
Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.
- STEP 5: TRY STRESS-MANAGEMENT TECHNIQUES**
Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



TRAINING

The **MSDH Child Care Licensure** training team will begin offering a virtual training this month that combines the three mandatory trainings required for child care owners, directors, and director designees. To register for this virtual training, please contact the area MSDH licensing official.