

# Child Care Connection

## MSDH Child Care Licensure Division

September 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.”*

### Important Information for All Providers

We want to thank you for all your hard work during this time. We realize this has been a tough, stressful time for you, your staff, parents, and children. We would like to thank you for all that you do to keep your staff and children safe at your facility. We understand that you may have questions or need assistance during this time. If you need to speak with someone concerning childcare questions please call (601) 364-2827 and someone will gladly assist you. All licensing officials and other MSDH staff will be checking their emails and returning phone calls as soon as they can.

If you have questions concerning COVID-19 or how to proceed when an individual at your facility has tested positive for COVID-19, please follow the link below.

Guidelines for Child Care Centers

<https://msdh.ms.gov/msdhsite/static/resources/10382.pdf>

We ask that you use the information to make an informed decision on how to proceed once a staff or child has tested positive. You may also go to [www.healthymms.com](http://www.healthymms.com) for more information and to ensure you have the most up-to-date guidance.

If you need to self-report a positive case, please email the following information to you licensing official:

1. Name
2. Address (including county)
3. Number of Cases
4. Is the positive case a parent, staff, or child

### Fun Summer/Fall Recipe

#### Fruit and Cracker Pizza

1. Ritz Cracker
2. Cream Cheese (plain or flavored)
3. Fresh Fruit (strawberries, blueberries, kiwi, banana, etc.)



**TAKE 3 ACTIONS TO FIGHT FLU**

Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick; hundreds of thousands are hospitalized; and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

**GET YOURSELF AND YOUR FAMILY VACCINATED!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

**STOP THE SPREAD**

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

**ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS**

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

WWW.CDC.GOV/FLU #FIGHT FLU

Visit [www.GrowingPlay.com/rollsomefun](http://www.GrowingPlay.com/rollsomefun) for the complete download.

### ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot. 5 times
6	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec	Take 10 deep breaths

## Breaking News: 121 Forms

MSDH Office of Immunization is excited to share with you [MyIRmobile.com](http://MyIRmobile.com). MyIR is a public website that allows parents access to their children Mississippi Certificate of Immunization Compliance (Form 121), if immunizations are up-to-date. We encourage you to share this information with your parents. Parents can register for MyIR by going to [MyIRmobile.com](http://MyIRmobile.com) and follow the steps. Below is an example.

### Register as a new user:

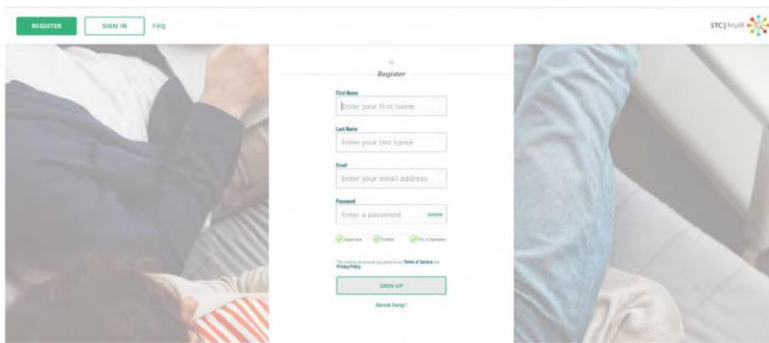
- Navigate to [www.myirmobile.com](http://www.myirmobile.com)
- Click on *Register* and select the corresponding state.

### Sign In as an existing user:

- Navigate to [www.myirmobile.com](http://www.myirmobile.com)
- Click on *Sign In* and select the corresponding state.

### Screen Resolution: Desktop or Mobile device

- The application can be viewed/accessed via any device, desktop, laptop, tablet, or phone and will automatically adjust based on the resolution of the users screen.
- Desktop Resolution Example:



## Helping Children Cope With Changes During COVID-19

COVID-19 has been a very stressful time for all of us, so imagine how it has been for the children. Please talk with your staff about being patient and showing compassion to the children. We never know what they are experiencing during this time. Let's do our part in helping the children cope with the changes. Below are several links that you can use as a guide to talk with the children. We ask that you use the information at your own discretion to educate staff, parents and children.

- Talking to Children About COVID-19  
<https://www.brighthorizons.com/family-resources/talking-to-children-about-covid19>
- Preventing Compassion Fatigue: Caring for Yourself  
<https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>
- Helping Children Cope With Changes Resulting From COVID-19  
<https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>

## Immunization During COVID-19

Providers, it's important that you encourage parents to continue to receive routine vaccinations during the COVID-19 outbreak. CDC released a report in May 2020 that showed a alarming drop in routine childhood vaccinations due to families following the public health orders to stay home. According to the CDC website, "CDC and the American Academy of Pediatrics (AAP) recommend every child continues to receive routine vaccinations during the COVID-19 outbreak."

For more information of routine vaccinations please visit the following link below:

<https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html>

Reference: [www.cdc.gov](http://www.cdc.gov)



A few feet makes a big difference.

#stopcovid19

## KEY Strategies to teach CHILDREN EMPATHY

- 3-5 YEARS**
  - DESCRIBE AND LABEL** - Help children recognize their emotions and body. "You're clenching your fists. You stomped your feet. You seem angry."
  - READ STORIES** and discuss character's feelings
  - Make a **WE CARE CENTER**
  - Coach their **SOCIAL SKILLS**
- 5-7 YEARS**
  - Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
  - EMBRACE DIVERSITY** - Help children understand what they have in common with others.
  - OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
  - Teach about **HEALTHY LIMITS** and their own boundaries
- 7-9 YEARS**
  - Engage in high-level **DISCUSSIONS** about book characters.
  - Try loving kindness **MEDITATION**
  - Engage in cooperative **BOARD GAMES**
- 9-11 YEARS**
  - Sign up for **ACTING CLASSES**
  - Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way
- 12+ YEARS**
  - Discuss current **EVENTS**
  - Encourage your child to choose **VOLUNTEER WORK**
  - Try **"WALK THE LINE"** activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens.

## TRAINING

The **MSDH Child Care Licensure** training continues to offer and expand virtual trainings.

For questions regarding virtual training opportunities, please email [Nicole.banes@msdh.ms.gov](mailto:Nicole.banes@msdh.ms.gov)