

Child Care Connection

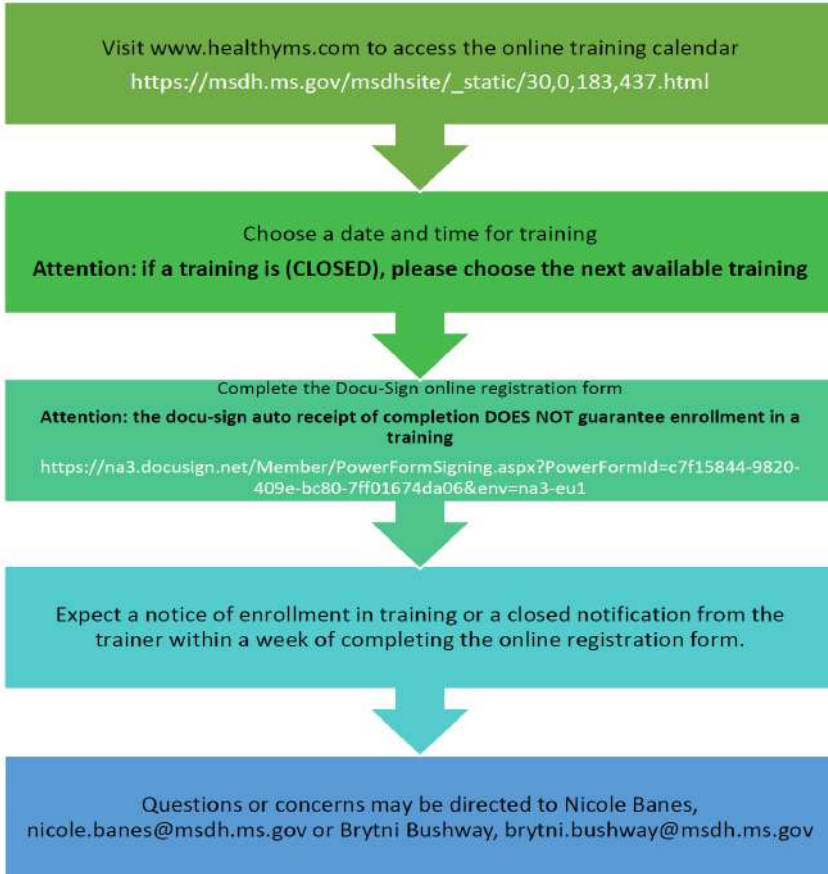
MSDH Child Care Licensure Bureau

January 2021

“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.”

Very Important Training Information for 2021

MSDH Training Registration steps:



MSDH Training Attendance Reminders

- * Be on time.
- * Log into the training from a fully charged device with video capability.
- * Upon entering the training, type full name (as desired on training certificate) and email address into the chat box. Attendance is documented from the participant names in the chat box.
- * No more than 2 individuals may share a video screen.
- * Trainings are locked 15 minutes after start time.
- * Training certificates are typically emailed to participants within 2 weeks of training.



Mississippi Vaccination Phases

Mississippi is following a phased approach to prioritizing COVID-19 vaccinations. Each phase balances the protection of those most at risk from COVID-19 with the protection of those who maintain essential functions of the community such as healthcare, education, law enforcement, food supply and transportation.

Estimated Start Date	Phase	Qualifying Groups by Priority
In Progress	Phase 1a	<ul style="list-style-type: none"> •All Healthcare Personnel •Long-Term Care Facility Residents
Mid-January 2021	Phase 1b.1	<ul style="list-style-type: none"> •Persons aged 75 years and older •First Responders (e.g., fire, police); K-12 Teachers/Staff; College/University Teachers/Staff; Child-Care Workers; Corrections Officers/Staff; Congregate Settings Workers
February 2021	Phase 1b.2	<ul style="list-style-type: none"> •Food and Agriculture Workers, U.S. Postal Service, Manufacturing, Grocery Store and Public Transit Workers
	Phase 1c.1	<ul style="list-style-type: none"> •Persons aged 65 years and older •Persons aged 16-64 years with high risk medical conditions
March 2021	Phase 1c.2	<ul style="list-style-type: none"> •Persons aged 16 years and older in Congregate Settings and Correctional Facilities •Other essential workers as defined by CISA Guidance on the Essential Critical Infrastructure Workforce

Visit our website for more information at:
https://msdh.ms.gov/msdhsite/_static/14,0,420,976.html

More--COVID-19 VACCINATION QUESTIONS AND ANSWERS visit:
https://msdh.ms.gov/msdhsite/_static/resources/11935.pdf

Healthy Eating Habits!

Healthy Choices for Eating Out

Simple ways to work with restaurant menus for healthy living.

Fast food: It's cheap.
It's quick. It's convenient.

But salt, fat and calories hide behind the fast food counter.

Tips for healthier fast food. *It's all a matter of choice.*

- Choose a small or junior hamburger or sandwich instead of the deluxe or supersize sandwich. Half the size means half the fat and calories.
- Opt for smaller portions. A large order of fries has around 400 calories. A small order has 220, saving you 180 calories.
- Ask that sauces and mayonnaise be left off your hamburger or sandwich. One tablespoon of mayo is 100 calories. One tablespoon of mustard is 11 calories. Top your sandwich with low-calorie items like ketchup, mustard, relish, tomatoes, onions and lettuce. This is a great way to bypass fat and calories at the fast-food restaurant.
- Avoid fried fish and fried chicken sandwiches. A fried chicken sandwich can contain up to 400 calories and contains more fat than a small hamburger which, with lettuce, mustard and ketchup, runs around 260 calories.
- Choose water or skim milk over high-calorie, low-nutrient sodas and shakes. A large (32-ounce) cola has about 300 calories. Water has zero.
- Don't forget to review the nutrition information posted at most fast-food restaurants. It'll make healthier fast-food choices a lot easier.

Save money and eat healthy, low-calorie meals by taking snacks when you travel.

- Try a high-fiber muffin, milk, smoothie or fruit for breakfast.
- A low-fat cheese stick, carrots, celery and whole wheat or rice crackers make a great lunch.
- Try some pretzels, fruit or small cut-up veggies for a great, healthy snack.

Healthy Choices for Eating Out

Simple ways to work with restaurant menus for healthy living.

Decoding the menu. It's simpler than it looks.

- Make sure the restaurant offers a choice of low-fat and heart-healthy items. Don't be afraid to ask if it's not on the menu.
- Choose broth-based soups like chicken noodle, vegetable or minestrone instead of cream-based soups, which can be high in calories and fat.
- Broiled or grilled items are always a good choice. Low in fat and low in calories.
- Salads are a good choice, but avoid mayonnaise-based salads such as potato or macaroni. And beware of cream dressings and high fat add-ons like nuts, olives, seeds, cheese and bacon bits. Choose low fat dressings, add vegetables and try some fruit.
- Use caution at the buffet and salad bar. It's easy to pile your plate with food and then feel like you've got to eat it all.
- Ask for what you want. Substitute grilled for fried, or ask for your sauces or dressings on the side.
- Slow down. Enjoy your meal. Savor each bite. You'll end up eating less.

Menu terms and what they mean

Here are a few terms found on any menu that mean high calorie and high fat. Being aware of these key phrases is a simple way to avoid ruining your diet or health plan:

- | | | |
|-----------------|----------------|-------------|
| • Au gratin | • Buttered | • Fried |
| • Basted | • Cheese sauce | • In gravy |
| • Batter dipped | • Cream sauce | • Pan fried |
| • Breaded | • Creamed | • Sautéed |
| • Broasted | • Crispy | • Smothered |

Look for these healthier, tasty options instead:

- | | |
|--------------------|---------------|
| • Baked | • Poached |
| • Broiled | • Red sauce |
| • Grilled | • Roasted |
| • In its own juice | • Steamed |
| • Marinara | • Stir fried |
| | • Tomato base |

Portion control made easy.

- Don't clean your plate. A good rule of thumb is to leave about a third of your food on the plate.
- Eat slowly. When you feel you've had enough, stop. Ask for a doggie bag, and save it for lunch tomorrow.
- Avoid buffets. With their extra-large portions and large quantities of salt and calories, buffets can destroy any diet.

Healthy desserts.

How to enjoy a sweet ending to any meal.

- Choose fresh fruit. It's nutritious and full of fiber.
- Try sorbet instead of ice cream. Just as tasty, fewer calories and often fat-free.
- Choose cake carefully. Avoid the high-fat, high-sugar, high-calorie chocolate cake. Opt for angel food cake instead.
- Share dessert with a friend. You'll eat less, and it's a nice treat.
- When it's time for coffee, use skim milk instead of whole milk or cream.



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New Ways to Relieve Stress and Regain Focus

Mindfulness

Definition

Mindfulness is paying attention, on purpose, in the present, and non-judgementally, to the unfolding of experience moment by moment — Jon Kabat-Zinn.

Mindfulness attitudes:

- » Patience
- » Nurturing trust
- » Non-striving
- » Acceptance
- » Letting go

What occupies your attention?

- » The present moment
- » Zoning out
- » Distractions and "multi-tasking"
- » Thinking about the future
- » Thinking about the past



Just One Breath BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

