



## News and Resources from Licensing – May 2017

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### Active Play

The Active Play Standard of Practice supports physical activity as a key strategy to improve overall physical and mental health and to prevent childhood obesity. Active play is any activity that gets the body moving and increases breathing and heart rate. Active play and Physical literacy go hand in hand. Physical Literacy is the development of fundamental movement skills that enable the child to move with competence and confidence in a wide variety of physical activities, in both indoor and outdoor environments that benefit the physical, cognitive, emotional and social development of the whole child.

Active play fact sheet resource: [http://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/fact\\_sheet\\_-\\_active\\_play\\_2017.pdf](http://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/fact_sheet_-_active_play_2017.pdf)

When incorporating physical activity into your program consider each child's interests, needs and abilities. Anticipate varying skill levels and individual differences. Provide choices and encourage the children to offer their ideas or suggestions for activities.

Activity sheet resource: [http://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/active\\_play\\_simple\\_games\\_and\\_activity\\_ideas\\_2017.pdf](http://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/active_play_simple_games_and_activity_ideas_2017.pdf)

Interior Health Licensing will continue to promote Active Play standards through educational resources....stay tuned for further email notifications.

### Lead in Drinking Water



Interior Health is working on a project which involves testing drinking water for lead content in all child care facilities. This initiative is to support child care facility operators in ensuring that children attending your facility are not being exposed to high levels of lead in the drinking water. Sampling of drinking water at each facility will be done by Licensing Officers and Environmental Health Officers between June and October, 2017. More information on this project will be sent to all child care facilities shortly. In the meantime, if you are interested in learning more about lead in drinking water you can access additional information by searching "lead in drinking water" on the Health Canada website: <http://www.hc-sc.gc.ca/index-eng.php>.



## Safe Sleeping

Canada's new Cribs, Cradles and Bassinet Regulations (CCBR), which came into force on December 29, 2016, is designed to better protect infants and young children from potential injuries and fatalities related to these sleep products. The Regulations apply to all cribs, cradles and bassinets that are manufactured, sold, advertised or imported into Canada.

Related Links: <http://news.gc.ca/web/article-en.do?mthd=index&ctr.page=1&nid=1091719>

<http://www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/sleep-coucher-eng.php>



## The Feeding Relationship

Did you know that *how* you feed children is just as important as *what* you feed children? Our expectations and responses to how much or what children eat can interfere with their ability to self-regulate and learn to accept a wide variety of foods. As a child care provider, you can support children to develop a healthy relationship with food. Routine meal and snack times along with a supportive, no pressure approach can help to reduce meal time struggles and help children gain confidence with new foods. Young children are continuously learning and developing skills, including eating. There are many ways that you can help children be successful with eating and make mealtimes less stressful.

Interior Health will be sharing information in the coming months to support positive meal and snack times at your child care facility. Stay tuned...

## Local Produce in Your Child Care Facility



It's that time of year again when local gardens, fruit stands and Farmers 'Markets are bursting with fresh fruits and vegetables. See our new pamphlet for the many ways to access local fresh produce and inspiration for your next field trip.

[https://www.interiorhealth.ca/YourEnvironment/ChildCareFacilities/LicenseeResources/Documents/Local%20Produce\\_CC.pdf](https://www.interiorhealth.ca/YourEnvironment/ChildCareFacilities/LicenseeResources/Documents/Local%20Produce_CC.pdf)

## Early Childhood Resource



The BC government has invested in a provincial access license to the Science of Early Childhood Development (SECD) multi-media resource. This means professionals, parents, post-secondary students, and anyone within the province will have **free access** to evidence-based resources that help them understand child development and opportunities to support children to grow and thrive.

**Access the Resource here:** <http://content.scienceofecd.com/bcaccess/>

Some ways these resources can be used:

- For your own professional development, by delving into a variety of early years topics
- For staff training, by selecting topics for staff meetings to encourage critical thinking and discussion
- For parent education, by showing the video examples to parents/clients
- For classes and workshops, by projecting and discussing the information in face-to-face sessions
- For online teaching, by having students access the resources as their “textbook”

Providing access to evidence-based resources helps ensure those working with children can engage in ongoing learning that supports quality program and service delivery.



## Safe Kids Week – June 5-11

This year's theme focuses on one of the top injury issues affecting children: active transportation injuries -including pedestrian, cycling, skateboarding/long boarding and scootering. For community event toolkits, resources and posters, go to: [Safe Kids Week 2017](#). Watch the promo video at: <https://youtu.be/DI-si2zXmzQ>

## Testing for Radon in your Child Care Facility



Radon is a naturally occurring colourless, odourless, radioactive gas that can accumulate in your home. Second to smoking, radon is the leading cause of lung cancer. In Interior Health, we take radon exposure seriously. In 2014 Interior Health invested in a radon awareness initiative where every licensed child care facility was provided a free test kit. We commend those care providers who took advantage of this one time opportunity to test their child care centre at no cost.

Subsequent to this initiative, we are making radon testing a requirement for all licensees and applicants for a licence. Under section 17 of the Child Care Licensing Regulation, a licensee



must ensure that children do not have access to any object or substance that may be hazardous to the health or safety of a child. At your next routine monitoring inspection licensing officers will be discussing this requirement with you and will provide you with resources.

If you received a free radon detector through our Interior Health Radon Awareness Initiative in 2014 and it has been deployed 91 days or longer, please return it to the following address for analysis:

Interior Health  
Kelowna Community Health Services  
Attention Greg Baytalan, Health Protection  
505 Doyle Avenue, 3<sup>rd</sup> Floor  
Kelowna BC V1Y 0C5

Alternatively, it can be placed in a clearly labeled envelope labelled as above, and dropped off at any Interior Health centre in your community.

If you still have a detector that hasn't been deployed, it's not too late to remove it from the foil pouch and set it up, providing it's returned to Greg by early July. If you have an unused detector in the sealed foil pouch that you do not intend to use, please return it to Greg as noted above.

If you need a radon detector, these may be purchased in most major building supply stores or through suppliers on the internet. When purchasing a detector ensure that it is suitable for a 91 day test, and that the price includes laboratory analysis; the BC Lung radonaware.ca detectors meet this. We have attached a fact sheet on radon, for more information on radon, go to [www.interiorhealth.ca/RadonGas](http://www.interiorhealth.ca/RadonGas).

If you have any questions regarding any of the information provided you may contact your field Licensing Officer or [Licensing.Direct@interiorhealth.ca](mailto:Licensing.Direct@interiorhealth.ca) at 1-877-980-5118.