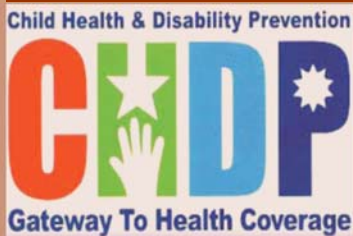




THE GROWING YEARS

A Newsletter of Riverside County's Child Health & Disability Prevention



**THANK YOU!
HEALTHCARE WORKERS
FIRST RESPONDERS
ESSENCIAL WORKERS**



October 2020 issue

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Dear Child Health and Disability Prevention (CHDP) Program Providers
RE: Childhood Lead Poisoning Prevention Week
October 25-31, 2020

As you know, lead poisoning can permanently impair a child's intellectual and social development. There is no known safe blood lead level. Lead was used in paint and gasoline until it was banned. Children living in pre-1978 housing could be exposed to dangerous levels of lead from old lead paint and from contamination of soil and dust by old leaded gasoline. Children receiving services from government assisted health programs are also considered at risk for lead exposure. Many at-risk children have not been tested for lead.

Childhood Lead Poisoning Prevention Week is being observed throughout California during the week of October 25-31, 2020. Our campaign message this year is, "Even small amounts of lead can harm a child's health. Ask your child's doctor about a blood lead test." We will take this opportunity to work closely with local media outlets to inform parents of at-risk children of the importance of blood lead testing.

Because this campaign may generate questions from parents, we are sharing the enclosed *Lead Poisoning Prevention Week* fact sheet. This can be a useful tool to address parent questions about childhood lead issues. Local resource numbers and the state lead web site, www.cdph.ca.gov/programs/clppb, are listed. We have also included sample copies of lead materials available from our program. If you have any questions, please call us at the number below.

We appreciate your concern and efforts to identify and screen children who are at risk for lead poisoning. Please call Riverside County Lead Program, at 1-800-346-6520 if you have questions.

Sincerely,

Christopher Dael

Medical Director
Children's Medical Services



CHILDHOOD LEAD POISONING PREVENTION

Lead is harmful to children

Lead can damage a child's brain and nervous system. Lead exposure is especially dangerous for children under the age of six because their rapidly growing and developing bodies absorb more lead. It can cause permanent learning and behavioral problems that make it difficult for children to succeed in school.

A blood lead test is the only way to know if a child has lead poisoning

Most children with lead poisoning do not look or act sick. Children at highest risk for lead exposure are those in government assisted health programs and those who live or spend time in older housing. Old housing may have deteriorating or disturbed lead-based paint and lead-contaminated soil and dust.

Children at risk of lead exposure should be tested at both one and two years of age. Additionally, at risk children three to six years old, who were not tested at ages one and two years old, should have a blood lead test. Parents can talk to their child's doctor about getting tested for lead.

Most children get lead poisoned from deteriorating lead paint in homes built before 1978

- * Lead-based paint chips or peels
- * Lead-based paint is disturbed during repairs or renovations
- * Lead contaminates soil along roadways, near buildings, and homes
- * Lead dust from paint and soil accumulates in and around homes
- * Lead dust settles on bare soil around the home where children play
- * Lead dust settles on toys, fingers, and other things children put in their mouths

Eating healthy foods can help keep children safe from lead

Serve children healthy meals and snacks at least every 3-4 hours including:

Protein, such as lean meat, poultry, seafood, eggs, beans, peas, and unsalted nuts and seeds

Vegetables, in a variety of colors like dark green, red, orange, yellow and purple

Fruits, like fresh, frozen or canned fruits without added sugar

Whole grains, like whole-wheat bread, oatmeal, quinoa and brown rice

Dairy products, such as milk, soymilk, nut milks, or yogurt without added sugar

Limit foods with:

Added sugar, like candy, soda, sugary breakfast cereal, sweet treats and granola bars

Added fat, like fried foods, fast foods, chips, pork rinds and other processed foods

Parents and caregivers can also prevent childhood lead poisoning by:

- * Wiping clean or taking off shoes before entering the home
- * Washing children's hands and toys often
- * If lead-based paint is on any surface inside or outside of the home, wet mop and wash surfaces often
- * When painting or remodeling, always follow "lead-safe" work practices:
- * Use plastic sheeting on the ground and furniture while working:
 - Wet surfaces before sanding and scraping
 - Wet mop the area with an all-purpose cleaner at the end of the day
 - If hiring workers, ensure they are properly certified (California Department of Public Health for abatement, United States Environmental Protection Agency for renovation)

Don't take lead home from your job

- * Change into clean clothes and shoes before getting into your car or going home. Bag dirty clothes and shoes.
- * Wash your face and hands with soap and water before leaving work.
- * Take a shower and wash your hair as soon as you get home. It is better to shower at work if you can.
- * Wash work clothes separately from all other clothes. Run the empty washing machine again after the work clothes to rinse the lead out.

Free blood lead testing is available for most children:

Children who receive services from Medi-Cal or Child Health and Disability Prevention (CHDP) are eligible for free testing. Private health insurance plans will also pay for the test.

To find out about eligibility for Medi-Cal, call: 1(800) 880-5305.

The Childhood Lead Poisoning Prevention Program at the local health department can provide more information.



CHILD PRODUCT RECALL

LITTLE BAMBINO 4 IN 1 CANOPY CHILDREN'S TRICYCLES

Thesaurus Global Marketing Recalls Tricycles Due to Violation of The Federal Lead Paint Ban; Risk of Poisoning; Sold Exclusively at Amazon.com



Consumer Contact:

Little Bambino toll-free at 866-633-8202 from 8 a.m. to 6 p.m. ET Monday through Friday, email at info@shoplittlebambino.com or online at www.shoplittlebambino.com and click on Contact Us for more information.

<https://www.cpsc.gov/Recalls/2020/thesaurus-global-marketing-recalls-tricycles-due-to-violation-of-the-federal-lead-paint>

NERF SUPER SOAKER XP 20 AND XP 30

Hasbro Recalls Super Soaker XP 20 and XP 30 Water Blaster Due to Violation of Federal Lead Content Ban: Sold Exclusively at Target.

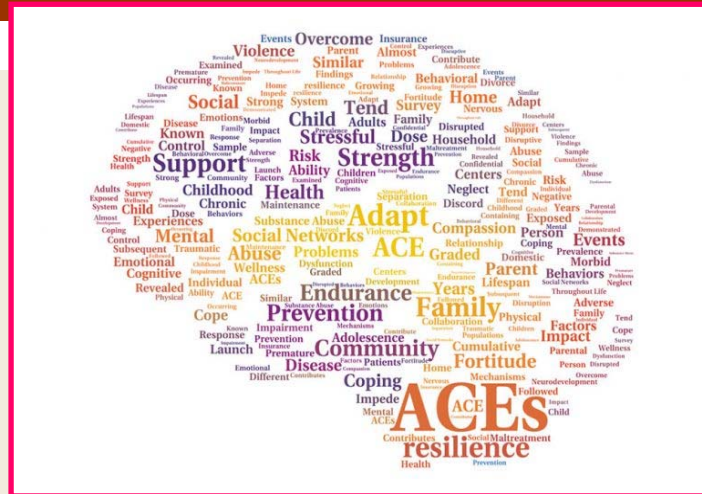
Consumer Contact:

Hasbro Inc. at 888-664-3323 from 9 a.m. to 4 p.m. ET Monday through Thursday and 9 a.m. to 12 p.m. ET on Fridays, or email at SuperSoakerRecall@Hasbro.com or online at <https://shop.hasbro.com/en-us> and click on "MORE INFO" at the bottom of the page for more information.



<https://www.cpsc.gov/Recalls/2020/Hasbro-Recalls-Super-Soaker-XP-20-and-XP-30-Water-Blasters-Due-to-Violation-of-Federal-Lead-Content-Ban-Sold-Exclusively-at-Target>

TRAUMA SCREENINGS



Trauma Screenings and Trauma-Informed Care Provider Trainings

Beginning on January 1, 2020, DHCS will pay Medi-Cal providers \$29 per trauma screening for children and adults with Medi-Cal coverage. By July 2020, providers must self-attest that the training has been completed to be eligible to continue receiving Medi-Cal payment for conducting ACEs screenings.

Training to screen for ACEs is available at <https://www.acesaware.org/>. The two-hour online curriculum is easy to access for a wide range of health care professionals and will provide Continuing Medical Education (CME) and Maintenance of Certification (MOC) credits.

The California Department of Health Care Services (DHCS), in partnership with the California Office of the Surgeon General, is creating a first-in-the-nation statewide effort to screen patients for Adverse Childhood Experiences (ACEs) that lead to trauma and the increased likelihood of ACEs-associated health conditions due to toxic stress. The bold goal of this initiative is to reduce ACEs and toxic stress by half in one generation.

All providers are encouraged to receive training to screen patients for ACEs. By screening for ACEs, providers can better determine the likelihood a patient is at increased health risk due to a toxic stress response, which can inform patient treatment and encourage the use of trauma-informed care. Detecting ACEs early and connecting patients to interventions, resources, and other supports can improve the health and well-being of individuals and families.

For more information on Trauma Screening, visit <https://www.dhcs.ca.gov/provgovpart/Pages/TraumaCare.aspx>

ANTICIPATORY GUIDANCE



According to the Bright Futures/American Academy of Pediatrics Recommendations for Pediatric Health Care Periodicity Schedule, Anticipatory Guidance should be provided at every well child exam.

Childhood Health & Disability Prevention Program's Growing Up Healthy brochures provide parents with important information on the health, nutrition, dental care, and safety of their children.



They are age specific for each recommended periodicity screening. They also explain to parents what they can expect from birth through age 20. They are in several languages and have been updated to correspond to the Bright Futures Periodicity Schedule.



To access CHDP's Growing Up Healthy brochures, along with other educational materials, click

<https://www.dhcs.ca.gov/formsandpubs/publications/Pages/CHDPPubs.aspx>

Implementation of CHDP Care Coordination

When a CHDP well-child assessment is performed, health information reporting to your local CHDP office is required via a patient health summary *OR* on the CHDP Care Coordination/Follow up form for the following cases:

An abnormal finding that requires a referral or a return visit

Non-routine dental referrals

Any FFS Medi-Cal Child who is at risk of being lost to follow up where the determination of the need for care resulted from a CHDP preventive health assessment (e.g., return visit scheduled to complete immunizations but no show and no response to provider follow-up calls and letters).

Patient or responsible person has refused a referral to another examine.

The CHDP Care Coordination/Follow-up or patient health summary should be submitted on clients that have Fee-For-Service (FFS) Medi-Cal Coverage through Gateway (except FQHC).

CHDP

If you would like an electronic, fillable copy of the form please contact CHDP at 1-800-346-6520.

A copy of the form is also provided in this newsletter.

Child Health and Disability Prevention Program Care Coordination / Follow-up Form

Submit to the County CHDP Program within 5 business days of exam for children referred to a Dentist or other Medical Provider.

Do not complete this form if child is in foster care, managed care plan or private insurance. For children in foster care:

Complete HCPCFC Medical (Specialty)/Dental Contact Form for all visits.

PATIENT INFORMATION:										
Patient Name (Last) (First) (Initial)					Preferred Language		Date of Service (MM/DD/YY)			
Birthdate (MM/DD/YY)		Age	Sex	Gender	County of Residence		Telephone # (Home or Cell) () ()		Alternate Phone # (Work or Other) () ()	
Responsible Person (Name) (Street) (Apt/Space #) (City) (Zip)						Ethnic Code <input type="checkbox"/> 1. White <input type="checkbox"/> 2. Hispanic/Latino <input type="checkbox"/> 3. Black/African American <input type="checkbox"/> 4. American Indian/Alaska Native <input type="checkbox"/> 5. Asian <input type="checkbox"/> 6. Native Hawaiian/Other Pacific Islander <input type="checkbox"/> 7. Other				
Patient Eligibility	Aid Code	Identification Number (BIC)								
A. Medical Assessment and Referral Section										
<input type="checkbox"/> No Medical Problems Suspected			Significant Medical History <input type="checkbox"/> No or Special Conditions: <input type="checkbox"/> Yes, Specify: _____							
CHDP ASSESSMENT Physical Exam Nutrition Developmental Vision Hearing	Problem Suspected				Referred To & Phone Number <u>Or</u> <input type="checkbox"/> Return Visit Scheduled					
	Problem Suspected				Referred To & Phone Number <u>Or</u> <input type="checkbox"/> Return Visit Scheduled					
	Problem Suspected				Referred To & Phone Number <u>Or</u> <input type="checkbox"/> Return Visit Scheduled					
	Problem Suspected				Referred To & Phone Number <u>Or</u> <input type="checkbox"/> Return Visit Scheduled					
B. Dental Assessment and Referral Section										
<input type="checkbox"/> Class I: No Visible Problems <i>Mandated annual routine dental referral (beginning no later than age 1 and recommended every 6 months)</i>		<input type="checkbox"/> Class II: Visible decay, small carious lesion or gingivitis <i>Needs non-urgent dental care</i>			<input type="checkbox"/> Class III: Urgent – pain abscess, large carious lesions or extensive gingivitis <i>Immediate treatment for urgent dental condition which can progress rapidly</i>			<input type="checkbox"/> Class IV: Emergent – acute injury, oral infection or other pain <i>Needs immediate dental treatment within 24 hours</i>		
Fluoride Varnish Applied: <input type="checkbox"/> Yes, applied <input type="checkbox"/> No, teeth have not erupted <input type="checkbox"/> Ordered FV, date to be applied: _____ <input type="checkbox"/> No, other reason: _____										
<input type="checkbox"/> Dental home referral Referred To & Phone Number: _____										
C. Additional Comments										
D. Referring Provider Information										
Service Location: (Office Name, Address, Telephone Number)					County of Riverside Department of Public Health Child Health & Disability Prevention Program Mailing Address: P.O. Box 7600 Riverside, CA 92513-7600 Phone: 951-358-5481 Toll Free: 800-346-6520 Fax: 951-358-6212					
Rendering Provider Name: (Print Name)										
Rendering Provider Signature: _____ Date: _____										

Care Coordination/Follow-up Form: Completion Instructions

Submit a copy of the form, an EHR patient summary, or an equivalent via fax or mail to the Local CHDP program for a child with Fee-for-Service Medi-Cal or temporary Gateway Coverage if the child has been referred to another provider for the following:

- Medical diagnosis
- Medical treatment
- Dental home
- Dental treatment or
- Scheduled for a return visit

Give a copy of the form or a printout of your EHR patient summary or an equivalent to the responsible parent/guardian indicated on the form.

Explanation of Form Items:

Patient Name. Self-explanatory.

Preferred Language. Self-explanatory.

Date of Service. Enter the date the CHDP service was rendered.

Birthdate. Self-explanatory.

Age. Enter the patient's age with one of the following indicators: "y" for years, "m" for months, "w" for weeks, or "d" for days.

Sex. Enter "F" if the patient is female. Enter "M" if the patient is male.

Gender. Enter the gender the patient identifies with. If information is not available, leave blank.

Patient's County of Residence. Enter the name of the county where patient lives.

Telephone #. Enter home or cellular telephone number, with area code of the responsible person.

Alternate Phone #. Enter work or other telephone number, with area code of the responsible person.

Responsible Person. Enter name of responsible person if the patient is younger than 18 years of age and is not an emancipated minor. Enter the address of where the patient lives.

Patient Eligibility. Patient eligibility information on the form is completed as follows:

AID CODE. Enter patient's two-digit aid code.

IDENTIFICATION NUMBER. Enter patient's identification number from the Benefits Identification Card (BIC) or Gateway response.

Ethnic Code. Enter the appropriate ethnic code.

A. Medical Assessment and Referral Section:

No Medical Problems Suspected. Enter check mark (ü) if no problem found during CHDP assessment - proceed to Dental Assessment section B

Significant Medical History or Special Conditions. Enter significant medical history or medical conditions per history.

Problem Suspected. Enter the diagnosis/problem found during CHDP assessment.

Referred To & Phone Number. Enter name and telephone number of provider or agency patient was referred to.

Return Visit Scheduled. Enter check mark (ü) if a return visit to your office is scheduled related to the diagnosis/problem found.

B. Dental Assessment and Referral Section

Dental Classes. Enter a check mark (ü) for the dental class that pertains to the dental assessment findings.

Fluoride Varnish Applied:

Yes, applied. Enter a check mark (ü) if the patient had fluoride varnish applied during visit.

No, teeth have not erupted. Enter a check mark (ü) if fluoride varnish was not applied due to teeth have not erupted.

Ordered FV, date to be applied. Enter a check mark (ü) if fluoride varnish was ordered and patient is scheduled to return for fluoride varnish application.

No, other reason. Enter a check mark (ü) if appropriate and state reason for not applying fluoride varnish.

Dental Home Referral. Enter a check mark (ü) on the *Dental home referral* box when dental referral is made.

Referred To & Phone Number. Enter name and number of dental provider patient was referred to or the patient's regular dental provider.

**Note: A referral for a routine dental visit needs to be made if the patient has no dental problems (Class I) and is 1 year of age or older.*

C. Additional Comments Section.

Comments. Enter remarks that clarify the results of the health assessment or any communication to aid in care coordination to the local CHDP program.

D. Referring Provider Information

Service Location. Self-explanatory. A provider stamp is acceptable.

RIVERSIDE CHDP PROGRAM LIST

NAME	CONTACT	FAX/EMAIL/WEBSITE
CHDP Program		https://rivcochdp.org/
Main Line	951.358.5481	951.358.6212
Charge Nurse	951.358.5755	
Provider Relations /Care Coordination Nurse	951.358.5773	
Provider Relations /Care Coordination Nurse	951.358.7222	
Provider Applications		CHDPRiverside@RUHealth.org
CHDP/Lead Health Education		
Health Education Assistant	951.358.5355	951.358-6212
Order Form- Health Education Brochures	951.358.5481	951.358.5002
SET-4-School Program		
Program Coordinator (DECA Forms – assessment tool)	951.358.5764	LyCraig@ruhealth.org
RUHS Behavioral Health (Services)	951.358.6895	rcdmh.org
Childhood Lead Poisoning Prevention Program		rivcoclpp.org
Public Health Nurse	951.358.5734	
Public Health Nurse	951.358.7150	
RUHS Immunization Program		
Main Number & Website	951.358.7125	rivcoimm.org
Perinatal Hepatitis B Program	951.358.7125	
Order Pamphlets/Yellow Cards/Temp. Logs/Other Materials	951.358.7125	
Immunization Resources		
Obtain Vaccine Information Statement (VIS) Masters		immunize.org
CAIR – California Immunization Registry	800.578.7889	
Vaccines for Children (VFC)		eziz.org
Vaccine Adverse Event Reporting System		vaers.hhs.gov
Women, Infants & Children (WIC) & Breast-Feeding Helpline	800.455.4942	rivhero.com
RUHS Public Health Tuberculosis/Disease Control	951.358.5080	951.358.5102
California Children’s Services (CCS)	951.358.5401	rivcoccs.org
Mental Health Central Access (C.A.R.E.S Line)	951.358.7500	rcdmh.org
RUHS Courtesy Van Transportation	800.794.3544	RUHS Courtesy Van
Medi-Cal Telephone Service Center & Learning Portal	800.541.5555	learn.medi-cal.ca.gov
Provider Application & Validation for Enrollment (PAVE)		pave.dhcs.ca.gov
Inland Regional Center (IRC) Early Start Intake	909.890.4763	inlandrc.org
Medi-Cal Dental	800.322.6384	dental.dhcs.ca.gov
Find a Pediatric Dentist – Provider Directory		smilecalifornia.org
SIDS Program – Deja Castro, PHN	951-210-1153	
RCCAT – Riverside County Child Assessment Team	951.486.4345	
Safe Clinic (ask to page SART nurse on-call)	951.486.4000	
Mandated Reporter	800.442.4918	
Local Oral Health Program (LOHP)	951.358.5323	RC-OHP@ruhealth.org

PREVENTING THE FLU STARTS WITH YOU



- ✓ Flu Shot
- ✓ Mask
- ✓ Hand Sanitizer

Vaccinating your patients and staff against the flu is more important than ever. Influenza and COVID-19 share many symptoms. Preventing influenza means fewer people will need to seek medical care for the flu and get tested for possible COVID-19.

The CDC's flu and flu vaccination information for health professionals has been updated for the 2020-21 flu season. Guidance for immunizing your patients safely during the COVID-19 pandemic is also available.

<https://www.cdc.gov/vaccines/pandemic-guidance/index.html>

Don't wait—vaccinate.

- Getting immunized is important now and as shelter-in-place orders are lifted to prevent spread of vaccine-preventable diseases.
- Even while California is responding to COVID-19, it's essential that parents make sure their children continue to be protected from serious vaccine-preventable diseases.
- While staying at home during the COVID-19 outbreak has helped to slow the spread of the virus, it also has resulted in delays and decreases in the number of children and adults getting their recommended vaccines.
- California and US data from 2020 show troubling decreases in administration of childhood and adult vaccines during the COVID-19 pandemic, indicating that communities may be vulnerable to serious disease.
- Each wave of COVID-19 and associated restrictions might add to the number of children and adults with delayed immunizations.
- Postponing routine vaccinations puts you, families and communities at risk for infection with preventable deadly diseases.
- When social distancing begins to ease up, infants and children who are not protected by vaccines could be vulnerable to diseases like measles and whooping cough.
- Similarly, adults who aren't vaccinated now may be more vulnerable to diseases like shingles and pneumonia

California Department of Public Health | Immunization Branch
850 Marina Bay Pkwy, Building P | Richmond, CA 94804
Email: ImmunizationBranch@cdph.ca.gov

CORONA		
Dentistry 4 Kids of Corona 1358 W. 6th St., Ste. #102A, Corona, CA 92882 Tel: 951-739-7970		
HEMET		
Dentistry 4 Kids of Hemet 1306 W. Florida Ave., Ste #306 Hemet, CA 92543 Tel: 951-658-5000	*Hemet Children's Dentistry 1630 El Nita Lane Hemet, CA 92544 Tel: 951-766-8090	
INDIO		
*Indio Surgery Center 46900 Monroe St. Indio, CA 92201 Tel: 760-396-5733	*Dr. Perri Putrasahan 81955 US Highway 111 #106 Indio, CA 92201 Tel: 760-347-2402	+Hovsep Nargizyan, DDS, Inc. 81637 Highway 111 #1 Indio, CA 92201 Tel: 760-342-1448
LOMA LINDA		
+*Loma Linda School of Dentistry 11092 Anderson St., Loma Linda, CA 92373 Tel: 909-558-4222		
MENIFEE		
Children's Dental Practice of Menifee 27180 Newport Rd., Ste. #4, Menifee, CA 92584 Tel: 951-204-1831		
MORENO VALLEY		
Dr. Ronald French 24104 Sunnymead Blvd., Moreno Valley, CA 92553 Tel: 951-247-5538		
MURRIETA		
Murrieta Children's Dentistry 39755 Murrieta Hot Springs Rd., Ste. #E110, Murrieta, CA 92563 Tel: 951-461-6622		
PALM DESERT		
We Care Dental 289 Tolosa Circle, Palm Desert, CA 92260 Tel: 760-565-6055		
RANCHO MIRAGE		
We Care Dental 71949 Highway 111, Ste. #100B, Rancho Mirage, CA 92270 Tel: 760-565-6055	+Western University of Health Sciences 71949 Highway 111 Rancho Mirage, Ca 92270 Tel: 760-565-6055	

REDLANDS		
+Brookside Dental Associates 720 Brookside Ave., Ste. #100 Redlands, CA 92373 Tel: 909-798-7111	James Patrick Caley, DDS 720 Brookside Ave., Ste. #104 Redlands, CA 92373 Tel: 909-798-5117	* Dentistry of Redlands Cameron Fuller, DDS 1481 Ford St., Ste. #101 Redlands, CA 92373 Tel: 909-793-4326
*Redlands Children's Dental Grp. 308 W. State St., Ste. #4A Redlands, CA 92373 Tel: 909-978-2755	+*Redlands Dental Surgery Center 1180 Nevada St., Ste. #100 Redlands, CA 92373 Tel: 909-335-0474	Redlands Pavilion Dentistry 2094 W. Redlands Blvd.Ste. F Redlands, CA 92373 Tel: 909-335-0500
RIVERSIDE		
Dentistry 4 Kids of Riverside 3564 Van Buren Blvd., Riverside, CA 92503 Tel: 951-688-5437	+Richard Gutierrez, DDS 1825 University Ave., Riverside, CA 92507 Tel: 951-781-7878/7884	
SAN BERNARDINO		
*Lil Smile Builder 225 W. Hospitality Lane, Ste. #104, San Bernardino, CA 92408 Tel: 909-554-3754	+Hovsep Nargizyan, DDS, Inc. 1655 N. Mt. Vernon Ave #B, San Bernardino, CA 92411 Tel: 909-885-8707	
SAN DIEGO		
*Rady's Pediatric Dental Clinic 8110 Birmingham Way., Bldg. #28, San Diego, CA 92123 Tel: 858-966-4094		
SAN JACINTO		
My Kid's Dentist 1821 S. San Jacinto Ave., San Jacinto, CA 92583 Tel: 951-654-7883 / 800-395-6954		
UPLAND		
*+Richard Kunihiro, DDS Kaiser patients ONLY 585 N. Mountain Ave. #C, Upland, CA 91786 Tel: 909-985-5117		
YUCAIPA		
Little Smiles 31646 Dunlap BLVD., Ste C Yucaipa, CA 92399 Tel: 909-794-4909		

To find other pediatric dentists that accept Denti-Cal,
please call 1-800-322-6384 or visit www.SmileCalifornia.org

A VALUABLE LESSON THAT LASTS A LIFETIME

Children love rules. Not true? If you're a parent, you've seen it. "Mom! Don't forget to put your seatbelt on!" "Dad! You didn't turn off the TV!" OK, maybe they love *enforcing* rules that they know we're all supposed to follow. However, they are pretty proud when they follow rules, too. "I put my shoes away without you telling me to!"

But do they know food safety rules?

There are numerous food safety rules, so don't hit them with all of them at once! Starting when they're young, let them hang out with you while you prepare food. We're inclined to explain to them what we're doing so they learn to cook, just include the safety explanations as well!

Handwashing

Young children naturally imitate their parents, so when you prepare food let your child watch you! Explain what you're doing and why. Most likely, they'll want to help. "Well the rule is, if you help, you have to wash your hands really well first!" Younger children will jump at the opportunity. Teach them to sing the Happy Birthday song twice or the ABCs while washing, or even let them choose a song that you can both sing! Show them how to do a thorough job and to get to all those nooks and crannies on their hands.

Raw meat

When you have raw meat out, explain how raw meats have germs that can make us sick. The way to kill them? Cooking! But the meat has to reach certain temperatures. If you have a digital thermometer, show them how you use it by piercing the inside of the meat, not just the outside. As they get older, allow them to handle the raw meat. Then show them how to wash their hands thoroughly again and without touching the handles of the faucet.

Now would be a great time to ask your child questions to get them thinking about the cutting board and knife you used for that raw meat:

"Why did we wash our hands and cook the meat?"

"To get rid of the germs."

"Why is that important?"

"Germs can make us sick."

"So, this cutting board and knife we've been using to cut the raw chicken...can I use those to make our salad?" Show them how the cutting board and knives are like our hands and need to be thoroughly washed. You can even be silly and ask, "Should we cook the cutting board and knives to kill the germs?"

Food Temperatures

Point out that most of the food you get from the refrigerator at home or at the store has to be kept cold so germs won't grow on them. Take them to the supermarket with you. Point out which foods are kept in the refrigerator sections and which ones are not. When you get home from the market, teach them about putting food away where it goes and how important it is to put refrigerated foods away right when you get home.

Cooling

Cooling food quickly is important to prevent germ growth also. Our home refrigerators are not designed to easily cool large chunks or containers of food. Show your kids how to put leftovers in smaller containers and when they cover them, leave an opening for the hot air to escape.

Children can be taught to prepare food and cook by introducing techniques to them when they are young. As they grow older, they will be able to do more and more to become independent - a valuable lifelong skill! Teaching proper cooking technique as well as food safety rules ties the skills together, not just for success and enjoyment in the kitchen, but for a lifetime of safety and protection from foodborne illness.

Shelley Waveland, EHS III
Special Projects Program
Riverside County Dept of Environmental Health

What's New at WIC?

Easy and Simple Access!

Updates from Riverside WIC

2020 has been a year of change for everyone. The Riverside County WIC program has gone through some exciting changes to create the best and easiest possible experience for its clients.

The California WIC Card

Across the Nation, WIC clinics transitioned from the use of paper WIC checks to the use of an electronic card. The WIC card makes shopping at the grocery store easier and more convenient. Clients have the freedom to use their benefits at any point throughout the month at any WIC vendor. All shoppers need is their California WIC card and their self-selected PIN and they are set to purchase their WIC foods!

The California WIC App & RivCo Mobile App

The new California WIC App is free to download and integrates seamlessly with the client's California WIC card. Clients can keep track of appointment times, view authorized WIC vendors in their area, view their food balance, and scan foods in the store to see if the item is included in their benefits package! If you want to "refer a friend" try our RivCo Mobile App where they can pre-enroll.

Online Nutrition Information

Riverside WIC provides a unique way for our families to complete their nutrition information requirement-- all online! WIC families are able to choose from dozens of relevant, educational health and nutrition classes to support them in their efforts to raise healthy, happy children. Online classes allow our participant to tailor the WIC program to their own specific needs and create scheduling flexibility for their busy lives.

Phone Appointments

While COVID-19 has changed the way everyone is conducting business, Riverside WIC has moved all WIC services to over the phone, text, or email. WIC clients can now become certified without leaving the comfort of their own home!

Social Media

Keep up-to-date with us on: Facebook, Twitter, Instagram, Yelp, and Google!

We can help!

Make Your Child a
SUPERHERO!



Fall Recipe from WIC

MINI BANANA MUFFINS

INGREDIENTS

- 1 ½ cups flour
- ½ cup quick oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 ripe bananas
- ¾ cup brown sugar
- 2 eggs
- ¼ cup low-fat yogurt (plain or vanilla)
- Cooking spray



PREPARATION

- Preheat oven to 350°F.
- In a large mixing bowl, combine flour, quick oats, baking powder, baking soda, salt and cinnamon. Set aside.
- In a separate bowl, mash peeled bananas well.
- Add brown sugar, eggs and yogurt to mashed bananas and mix until smooth.
- Add banana mixture into the flour mixture and stir just until combined.
- Spray a mini muffin tin with cooking spray and fill.
- Bake mini muffins for 13-15 minutes or regular muffins for 20-25 minutes, until muffin tops turn golden brown.
- Enjoy plain or with a thin layer of peanut butter.

NUTRITION

Servings per recipe: 12, Serving size: 2 mini muffins or 1 large, Calories: 139, Protein: 3.6 g, Carbohydrate: 28.7 g, Fat: 1.3 g, Sodium: 169 mg, Fiber: 1.4 g, Calcium: 49.9 mg, Iron: 1.12 mg

Adapted from TexasWIC.org

This institution is an equal opportunity provider.



WHAT'S NEW IN CHDP?

CHDP would like to introduce our newest Provider Relations/Care Coordination nurses, Emily Hafrian and Patricia Palomino.

Emily and Patty are responsible for provider vetting and audits, training CHDP providers, staff and care coordination of our CHDP clients.

Emily graduated from Azusa Pacific University with a Bachelor in Nursing has a Public Health Nurse Certificate and a Degree in Health Administration from Cal State San Bernardino.

In her spare time she enjoys checking out local places to eat with her husband and walking their furry baby Lucy.



You can reach Emily at (951) 358-5481 or email her at CHDPRiverside@RUHealth.org



Patty graduated from Western Governors University with a Bachelors in Nursing and has a Public Health Nurse certificate. She started working in our branch in 2016, briefly went to work as an Institutional Nurse for the County Jail last year, and is now back in CHDP.

In her spare time she's either taking short road trips with her family or relaxing in her backyard.

You can reach Patty at (951) 358-5481 or email her at CHDPRiverside@RUHealth.org

Both Emily and Patty brings experience that will be invaluable in assisting the CHDP providers with their needs.

CHDP BULLETIN

WORKSHOPS

CHDP Overview Workshop

TRAININGS

Audiometric/Fluoride Varnish Training
Vision and BMI

For more information, please visit us at www.rivcochdp.org
or email us at chdpriverside@ruhealth.org

CHILD HEALTH PROGRAMS STAFF

Child Health Programs

Linda Overton, NM - Lead and CHDP programs
Desiree Contreras, HEA II - Lead and CHDP programs

Child Health & Disability Prevention Program

Mae Johnson, PHN - CHDP Charge Nurse
Patty Palomino, PHN
Emily Hafrian, PHN
Laura Calderon - Health Services Assistant

Childhood Lead Poisoning Prevention Program

Noella Tataw, PHN - Charge Nurse
Stephanie Nerida, PHN
Crystal Meals - Health Services Assistant

Office Support

Lilia Landazuri - Office Assistant II
Diane Montanez - Office Assistant II

Set-4-School

Lynne Craig - Program Coordinator II

Editors: Linda Overton, PHN, Nurse Manager, Child Health Programs; Desiree Contreras, HEA II, Child Health Programs; Diane Montanez, OA II, Child Health Programs

Contributors: Robert Ibrahim, MPH, MOTR/L, Program Chief, CMS, Christopher Dale, MD, CCS; Linda Overton, PHN, NM; Patty Palomino, PHN, CHDP; Emily Hafrian, PHN, CHDP; Noella Tataw, PHN, CLPPP; Stephanie Nerida, PHN; Desiree Contreras, HEA II, CHP; Cynthia Pledger, Coordinator, LOHP; Kristine Kim, Sup, Environmental Health; Shelley Waveland, EHS III, Special Projects, Program DEH, Mary Brothers, HEA II, Nutrition and Health Promotion Branch .

All CHDP programs can be reached by calling 1-800-346-6520.