

# CATHOLIC CHARITIES MAINE FAMILY CHILD CARE



*October 2012*



*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*

## **Ring around the Pumpkin**

*Sung to Ring Around The Rosie  
Put a picture of a pumpkin in the middle of circle*

Ring around the pumpkin  
Pocket full of nuts,  
Leaves, leaves  
They all fall down

March around the pumpkin  
Pocket full of nuts  
Leaves, leaves  
They all fall down

Stomp around the pumpkin  
Pocket full of nuts  
Leaves, leaves,  
They all fall down

Tip-toe around the pumpkin  
Pocket full of nuts  
Leaves, leaves  
They all fall down

Jump around the pumpkin  
Pocket full of nuts  
Leaves, leaves  
They all fall down

## **Pumpkin Wheat Honey Muffins**

### ***Ingredients:***

½ cup raisins	½ teaspoon salt
1 ½ cups whole wheat flour	2 eggs
½ cup brown sugar	¾ cup canned pumpkin puree
1 teaspoon pumpkin pie spice	½ cup vegetable oil
¾ teaspoon baking powder	½ cup honey
½ teaspoon baking soda	½ cup chopped walnuts



### ***Directions:***

1. Preheat oven to 350. Place raisins in a cup and add enough hot water to cover. Let stand for a few minutes to plump.
2. Combine whole wheat flour, brown sugar, pumpkin pie spice, baking powder, baking soda, and salt. Make a well in the center and add eggs, pumpkin, oil, and honey. Mix well. Drain excess water from raisins and add along with walnuts. Spoon into muffins cups.
3. Bake for 18 minutes.

*www.allreceptes.com*

**Child Care Capacities:** Child Care Licensing allows providers to exceed their license capacity during regularly occurring transition times (shift changes, end of school day), as long as the staff-child ratio is maintained and there is adequate space. This provision is limited to **NO MORE than two children** over certified capacity, and **the time must not exceed one hour total per day**. This is a licensing regulation, not a food program regulation. **HOWEVER**, the CACFP does not allow more than the maximum capacity to be claimed at one meal services. For example, if your capacity is 12 and you are feeding 14 children all at one time, you may still only claim 12. The only time that you can exceed your capacity for a meal service is when you are serving more than one shift. This means that you have children leaving and more children coming around meal time. Please keep in mind also that our coordinators are mandated reporters and must call licensing and make a report when a provider is over capacity (unless it meets the allowable situation noted above). We have included the staffing requirements at the end of the newsletter. You may want to print them for future reference. The full Family Day Care Rules can be accessed at <http://www.maine.gov/dhhs/ocfs/ec/occhs/cclicensing.htm>.

**The number of whooping cough cases in Maine is on the rise:** This is mirroring a nationwide trend. Health officials began noticing an increase in cases of whooping cough -- pertussis -- within the past year. Whooping cough is a highly communicable respiratory disease that causes long coughing fits and is characterized by a "whooping" sound as a person gasps for air. People of any age can get it, but cases are seen increasingly in children and adults who don't receive vaccines and boosters. Please read the enclosed Pertussis Fact Sheet. You may wish to post it for parents in your facility or photocopy it and give one to each of your parents.

**Five Year Olds:** When a child turns five and is not attending school, you must notify our office. Otherwise, Minute Menu will assume that the child goes to school and meals during school hours will be disallowed.

Please remember that checks are not guaranteed by a certain date and that we will post on our website [www.ccmaine.org/cacfp](http://www.ccmaine.org/cacfp) the date (once we are notified by the state) that checks will be issued. We will also send a message through Minute Menu each month.

***Our office will be closed at Noon on Friday, October 19<sup>th</sup> for a Computer/Service Transition.. We will not have computer access, phone service, and blackberry service at this time. We hope to be back up and running by Monday, October 22<sup>nd</sup> at 8:30AM***

**Physical Address - 270 Minot Avenue, Suite B, Auburn, ME 04210**

**Mailing Address – PO Box 1660, Auburn, ME 04211-1660**

**Office Hours – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM**

**Phone Numbers – 1-800-784-0157, 786-0925, fax – 784-2453**

<b>Member</b>	<b>Email</b>	<b>Office Extension</b>	<b>Blackberry</b>
Chris Bagley	<a href="mailto:cbagley@ccmaine.org">cbagley@ccmaine.org</a>	3962	712-4384
Sue Blais	<a href="mailto:sblais@ccmaine.org">sblais@ccmaine.org</a>	2759	
Sonja Carvalho	<a href="mailto:scarvalho@ccmaine.org">scarvalho@ccmaine.org</a>	3964	
Melissa Gagne	<a href="mailto:mgagne@ccmaine.org">mgagne@ccmaine.org</a>	8725	712-4366
Rachel Lessard	<a href="mailto:rlessard@ccmaine.org">rlessard@ccmaine.org</a>	3967	
Jessica Shaw	<a href="mailto:jshaw@ccmaine.org">jshaw@ccmaine.org</a>	3961	877-5481
Chris Wood	<a href="mailto:cwood@ccmaine.org">cwood@ccmaine.org</a>	3960	712-4377
Kaltun Yassin	<a href="mailto:kyassin@ccmaine.org">kyassin@ccmaine.org</a>		522-2105 (cell phone)

# Pertussis

## Fact Sheet



Maine Center for Disease  
Control and Prevention

An Office of the  
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

### What is pertussis?

Pertussis, or whooping cough, is caused by bacteria called *Bordetella pertussis*. Pertussis can be very serious, especially in infants.

### What are the signs of pertussis?

The first signs of pertussis are similar to a cold (sneezing, runny nose, low-grade fever, and a cough). After one or two weeks, the cough gets worse.

- The cough occurs in sudden, uncontrollable bursts where one cough follows the next without a break for breath.
- Many children will make a high-pitched whooping sound when breathing in after a coughing episode. Whooping is less common in infants and adults.
- After a coughing spell, the person may throw up.
- The person may look blue in the face and have a hard time breathing.
- The cough is often worse at night.
- Between coughing spells, the person seems well, but the illness is exhausting over time.
- Over time, coughing spells become less frequent, but may continue for several weeks or months.

### How do you catch pertussis?

Pertussis is spread from person to person through the air. For example a person may catch pertussis by standing close (less than 3 feet away) to an infected person who is coughing or sneezing. A person has to breathe in droplets from an infected person to get sick. People are contagious for 21 days.

### What are the complications of pertussis?

Pertussis in infants is often severe, and infants are more likely than older children or adults to develop complications. The most common complication of pertussis is bacterial pneumonia. Rare complications include seizures, inflammation of the brain, and death.

### Who gets pertussis?

Anyone of any age can get pertussis. It is most common in teenagers and adults, but cases in school-aged children continue to occur. Older children and adults usually have less severe illness, but they can still spread the disease to infants and young children.

### Is there a treatment for pertussis?

Pertussis can be treated with antibiotics, but treatment may not cure the coughing right away. Treatment is important to prevent spreading the disease to others. If treatment is started early, it may lessen the symptoms of illness. Cough may continue for many weeks after treatment particularly if treatment isn't started until late in the illness. Pertussis bacteria die off naturally after three weeks of coughing. If antibiotics are not started within that time, they are no longer recommended.

Antibiotics can also be given to close contacts of persons with pertussis to prevent them from getting sick. It is important for everyone to take all of the medicine they are given by their healthcare provider.

### When and for how long can a person spread pertussis?

Pertussis is most likely to spread to others early in the illness. Persons with pertussis can no longer spread the disease once they have completed 5 days of treatment with antibiotics. However, persons with pertussis who do not take antibiotics can spread the disease during the first 21 days they are sick.

### Is there a lab test for pertussis?

Yes. To test for pertussis, your healthcare provider may insert a swab (like a long q-tip) into your nose. The lab will test the material on the swab to see if they can find the bacteria that causes pertussis.

### **Is there a vaccine for pertussis?**

Yes. There are two pertussis vaccines (DTaP and Tdap). Both vaccines are given in combination with tetanus and diphtheria.

- Children under age 7 should get 5 DTaP shots. These are given at ages 2, 4, 6, 12-15 months and 4-6 years.
- Tdap vaccine can be given to persons 10–64 years old.
  - Adolescents should get 1 shot of Tdap at 11-12 years of age.
  - Adolescents 13-18 years old should receive Tdap if they have not received a tetanus booster within the last 5 years.
  - Adults should receive Tdap in place of the tetanus booster especially if they care for infants less than 12 months of age, are a healthcare worker, or are elderly.

Children who are vaccinated against pertussis may still get the disease, but will generally have milder illness. Protection from the vaccine goes away over time so talk to your healthcare provider to find out when it is time for another shot.

### **How can pertussis be prevented?**

Vaccinate all children on time. This is the best way to prevent pertussis.

Other ways to prevent pertussis are to:

- Avoid close contact with others who are sick or coughing
- Wash your hands often
- Stay at home if you are ill
- Cover your cough with a tissue or cough into your sleeve
- See your healthcare provider if you have signs of pertussis or have been in close contact with someone who has pertussis.

### **Why did my healthcare provider tell me to stay home for 5 days?**

It takes 5 days for the antibiotics to work. You can still spread pertussis to others until you take 5 days of antibiotics.

### **What will happen if I do not want to take the antibiotics?**

If you do not take the antibiotics, you will need to stay away from others for 21 days after you start to become sick. This includes staying home from daycare, school or work.

### **Pertussis in Maine**

In Maine, pertussis is most common among adolescents followed by infants younger than 1 year of age who are too young to have received all their shots. Pertussis has been reported in all 16 counties in Maine and outbreaks have occurred, particularly among school-aged children. For more specific and up to date information on the number of pertussis cases reported in Maine, please visit the Maine CDC website: <http://www.mainepublichealth.gov> and refer to the Infectious Disease Epidemiology Program Documents.

### **Where can I get more information?**

For more information contact your healthcare provider or local health center. You can also contact the Maine Immunization Program by calling (207) 287-3746 [ TTY Line (888) 706-3876] or visiting the website <http://www.immunizeme.org>. The federal Centers for Disease Control and Prevention website - <http://www.cdc.gov> – is another excellent source of health information.

**Section 10. STAFFING REQUIREMENTS (FROM STATE LICENSING DOCUMENTATION)**

**10.1 Staff-child ratios**

**10.1.1 (Chart A) One provider, working alone, may care for:**

**10.1.1.1 4 infants and toddlers, or**

**10.1.1.2 3 infants and toddlers plus 3 preschool children, plus 2 school-age children.**

**10.1.1.3 8 preschool children plus 2 school-age children, or**

**10.1.1.4 12 school-age children.**

<b>Chart A - ONE PROVIDER, WORKING ALONE</b>							
					<b>Section 10.1.3</b>		
<b>Children (ages defined in Section 1)</b>	<b>Section 10.1.1.1</b>	<b>Section 10.1.1.2</b>	<b>Section 10.1.1.3</b>	<b>Section 10.1.1.4</b>	<b>OR</b>	<b>OR</b>	<b>O R</b>
<b>a. infants and toddlers (6 weeks – 30 months)</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>3</b>	<b>3</b>
<b>b. preschool (2 1/2 - 5 yrs and not kindergarten eligible)</b>	<b>0</b>	<b>3</b>	<b>8</b>	<b>0</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>c. school-age (5 - 12 years)</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>12</b>	<b>3</b>	<b>4</b>	<b>5</b>

**10.1.2 (Chart B) Additional staff must be present in order to increase enrollment, according to the following staff-child ratios:**

<b>Chart B - PROVIDER WORKING WITH ADDITIONAL STAFF</b>		
<b>Children (ages defined in Section 1)</b>	<b>One Additional Staff Person</b>	<b>Two Additional Staff Persons</b>
<b>a. infants and toddlers (6 weeks – 30 months)</b>	<b>8</b>	<b>12</b>
<b>b. preschool through school age (2 1/2 - 12 yrs)</b>	<b>12</b>	<b>12</b>
<b>c. school-age (5 - 12 years)</b>	<b>12</b>	<b>12</b>
<b>d. infant through school-age (6 weeks – 12 yrs)</b>	<b>12 total no more than 6 infants and toddlers</b>	<b>12 total no more than 9 infants and toddlers</b>

**10.1.3** Older children may fill younger children's spaces but younger children may not fill older children's spaces (Chart A).

**10.1.4** Before August 1, 2008, the children living with the provider are not counted in determining the staff-child ratio. (See Section 2.6.1)

On and after August 1, 2008, children living with the provider who are five (5) years of age and older are not counted in determining the staff-child ratio. Children under 5 years of age are counted in the staff-child ratio. (See Section 2.6.1)

**10.1.5** Children of staff, who are not the provider, must be counted in the appropriate age groups when in care at the Family Child Care Program, when determining the staff-child ratio.

**10.1.6** Providers shall not be penalized if they exceed their certified capacity, only when the following conditions exist:

**10.1.6.1** Unpredictable circumstances, not under the provider's control. Examples are bad weather, lateness of the parent, or emergency school closings. Proper supervision, as defined in Section 10.2 of these rules, must be maintained. Procedures for managing such events must be explained in the written emergency plan.

**10.1.6.2** Regularly occurring transition times (shift changes, end of school day), as long as the staff-child ratio is maintained and there is adequate space. **This provision is limited to no more than two (2) children over certified capacity, and the time must not exceed one hour total per day.**

**10.1.7** Providers must record when and why capacity is exceeded, and specify the number of children involved