

## Health and Safety

### Home Child Care Ordinance Revisions

Effective Feb. 1, 2013, the home child care ordinance was revised to include new requirements about the health and safety of children in county permitted child care homes. OFC sent information about the revisions

to providers in the mail and hosted several information sessions regarding the changes. This edition of Update highlights details about several of those changes. For more information about the revisions to the Home

Child Care Ordinance, please visit [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc) or call Community Education and Provider Services at 703-324-8100.

## Healthy Meals and Snacks

The ordinance now requires county permitted family child care providers to offer children in care meals and snacks that follow the most recent, age-appropriate nutritional guidelines from the United States Department of Agriculture Food and Nutrition Service. Good nutrition is critical to children's overall health.

Participants in the USDA Food Program are already in compliance. Providers interested in joining the program can attend a monthly food program orientation to learn how to

get reimbursed for some of the costs already spent to serve nutritious meals and snacks to children.

Please call 703-324-8100 for more information and to register for an upcoming food program orientation from 7 - 9 p.m on Aug. 6 in the Fairfax area or Sept. 3 in the Alexandria area. After you join the food program, your child care specialist will visit you in your home and provide you with a certificate for two hours of training credit.

Other providers who want to learn more about the USDA meal

guidelines can register through the Institute for Early Learning to attend Infant and Child Nutrition classes beginning in January 2014.



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# Professional Development New Opportunities



Research shows that professional development courses support growth in child care professionals' skills and better equip them to enhance the quality of care in their homes. Accordingly, the revised home child care ordinance increases the amount of professional development required for county-permitted providers. New and renewing providers will be required to complete 16 hours of professional development credit every year beginning January 2016. This change will be phased in over several years following the schedule below:

- ▶ Starting Feb. 1, 2013, any person granted an initial or renewal permit

will need 12 hours of training by their next renewal date.

- ▶ In 2014, everyone will need 14 hours of training by their next renewal date.
- ▶ In 2015 and each following year, everyone will need 16 hours of training by their next renewal date.

OFC will continue to offer professional development at no cost, and is planning many ways to help providers earn the required training hours such as offering:

- ▶ More opportunities to choose professional development in non-classroom settings such as online

learning and webinars.

- ▶ Longer trainings on Saturdays.
- ▶ More community based learning opportunities.
- ▶ Information about advanced learning leading to career studies certificates, and college degrees.
- ▶ Offering OFC programs such as the Portage Project, School Readiness Certificate Program, Infant Toddler Specialist Network and CEPS's Supporting Quality Improvement effort.

Please help us maximize professional development opportunities for everyone. If you are registered for courses or workshops through the Institute for Early Learning, please notify us when you no longer plan to attend a course or workshop. You can cancel through the online system at [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc), fax your cancellation to 703-803-0116, call 703-324-3044, TTY 711 or email us at [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov).

## New Training Registration System

In December 2013 OFC's Institute for Early Learning registration process will change. Registration will now take place each month rather than three times each year. Registration will begin on the 5th of each month for the training scheduled for the following month.

For example, on Dec. 5, 2013, classes that begin in the month of January 2014 will be available for registration. On Jan. 5, 2014, only classes that begin in the month of February 2014 will be available for registration.

Participants will be able to register for classes using the same systems currently in place (online, via touch-tone telephone system, by mail, by fax and in person).

This fall OFC will hold meetings for providers in locations throughout Fairfax County to learn about the new registration system. Providers will receive training credit for attending these two hour meetings. Look for more information to be mailed out during the summer.

**Register each  
month for the next  
month's class.**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Nutrition Farmers Market

There is nothing like the taste of a fresh tomato or peach to bring out the flavor of summer. From May to November Fairfax County's 11 farmers markets come to life with a feast for the senses and provide a wonderful field trip opportunity for providers and children. Before your visit, read books about farms to help children to understand how and where food is grown.

Visiting a farmers market gives children the opportunity to discover the vibrant colors and smells of freshly picked fruits and vegetables. Using fresh fruits and vegetables in meals also helps children



to experience the wonderful flavors of produce in season.

Children can also meet farmers and others involved in food production which will help them connect the food that they eat with the people who grow our food. Children can begin to learn that buying produce at local farmers markets helps support local farmers to

grow more fresh fruits and vegetables for us to enjoy.

Involve children in selecting a variety of produce, cleaning it and preparing simple dishes. Children who are involved in the process are more likely to try new foods and form healthy eating habits that can last a lifetime.

## ➔ 2013 Fairfax County Farmers Market Schedule\* ➔

For more information about the markets, call 703-642-0128, TTY 703-803-3354.

### Wednesdays

#### Herndon – Frying Pan Park

May 2 – Oct. 31  
8 a.m. – 12:30 p.m.  
2709 West Ox Road  
*(In front of the country store)*



SNAP accepted, bonus dollar program!

#### McCutcheon/Mt. Vernon Sherwood Library

May 1 – Nov. 27  
8 a.m. – Noon  
2501 Sherwood Hall Ln.

#### Oak Marr ReCenter

May 1 – Nov. 13  
8 a.m. – Noon  
3200 Jermantown Road

#### Wakefield Park

May 1 – Oct. 30  
2 – 6 p.m.  
8100 Braddock Road

### Thursdays

#### Annandale

May 2 – Nov. 7  
8 a.m. – Noon  
Mason District Park  
6621 Columbia Pike

#### Old Town Herndon

May 2 – Oct. 31  
8 a.m. – Noon  
700 Block of Lynn St.  
*(By the Red Caboose)*

### Fridays

#### McLean -Lewinsville Park

May 3 – Nov. 22  
8 a.m. – Noon  
1659 Chain Bridge Road

#### Kingstowne

May 3 – Oct. 25  
4 – 7 p.m.  
5935 Kingstowne Towne Ctr.  
*(Giant parking lot)*

### Saturdays

#### Burke

May 4 – Nov. 23  
8 a.m. – Noon  
5671 Roberts Parkway  
*(VRE parking Lot)*

#### Reston - Lake Anne Village Ctr.

May 4 – Nov. 2  
8 a.m. – Noon  
11401 North Shore Drive  
*(Market closed for Multicultural Festival on Sept. 28, 2013.)*

### Sundays

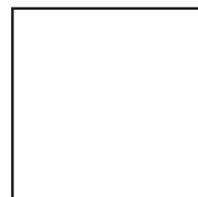
#### Lorton

May 5 – Nov. 3  
9 a.m. – 1 p.m.  
8990 Lorton Station Blvd.  
*(VRE parking lot)*



SNAP accepted, bonus dollar program!

\*For a complete list of all farmers markets in Fairfax County visit [www.inova.org/buyfreshbuylocal](http://www.inova.org/buyfreshbuylocal).



## Health and Safety

### New Safety Rules on Play Yards

Effective Feb. 28, 2013, all play yards sold in the US must meet new and improved federal safety guidelines designed to prevent injuries and loss of life. When purchasing a play yard to use in your home child care, remember the new guidelines. More information is available in English and Spanish at [www.cpsc.gov](http://www.cpsc.gov).

Play yard guidelines include:

- ▶ Stronger play yard side rails to prevent sagging.
- ▶ Stronger corner brackets to prevent collapse.
- ▶ Sturdier mattress attachments to the play yard floor.
- ▶ Better stability to avoid tipping over.
- ▶ Locking mechanism to avoid sagging rails.
- ▶ A minimum side height requirement to prevent children from getting out of the play yard on their own.

### Administering Medication in Family Child Care

Family child care providers who are permitted through Fairfax County can legally administer prescription and non-prescription medications to children in their care if they have completed and passed the Medication Administration Training. Here are some important reminders:

- ▶ Written parental permission does not allow a provider to administer medication without MAT training.
- ▶ Providers can choose not to administer prescription or non-prescription medication as part of their business.
- ▶ A provider may attend a PMAT training in order to only administer medication through an EpiPen.

