



# 2018 STARS Classes

Health and Safety Information for Child Care Providers

## Visit Our Website to Access Classes!

Snohomish Health District is now posting class materials to our website on the month that they become available. Classes are no longer being emailed out, and registration for distance learning classes is not required.

**To access the current class, visit our website at:**

**[http://www.snohd.org/Children-Family/Child-Care-Providers/  
Training-for-Child-Care](http://www.snohd.org/Children-Family/Child-Care-Providers/Training-for-Child-Care)**

Snohomish Health District provides distance learning classes for Snohomish County child care providers on a variety topics. These STARS-approved classes are being offered at **NO COST**. They are designed to take about 2 hours to complete. You have until the end of the current month to complete and return the test and evaluation (either via email or US mail). Once your test has been reviewed, you will receive a certificate via email. STARS credit will be entered into MERIT. Further detailed instructions will be included with the course materials.

**NOTES:** Due to staffing and time constraints, tests and assignments will be processed for providers who either *live or work* in SNOHOMISH COUNTY ONLY. Thank you for your understanding.

## 2018 Child Care Health Class Schedule

Month	Course Title
January	Healthy Menu Ideas <b>NEW!</b>
January	Resilience: The Biology of Stress & The Science of Hope <b>NEW!</b> <i>On-site training—Everett WA</i>
January	ADHD: postponed. Check back on our website for future dates.
February	Preventing Foodborne Illness in Child Care Settings
February	Healthy Cooking for Child Care Providers <b>NEW!</b> <i>On-site training—Lynnwood WA; builds on January's Healthy Menu Ideas Course</i>
March	Staph Infections including MRSA
March	Promoting Health by Reducing Screen Time
April	Preventing Reportable Illness
May	Managing Special Dietary Needs
May	Understanding Adverse Childhood Experiences (ACES)
June	Summertime Illness and Injury Prevention
July	Air Quality and Children's Health <b>NEW!</b>
August	Physical Activity and Outdoor Play
August	Injury Prevention: Playground Safety <b>NEW!</b>
September	Immunization Tracking
October	Preparing for the Flu <b>NEW!</b>
October	What Child Care Providers Need to Know about Vaping
November	Behavioral Health — Topic TBD
December	Stress Management/Mental Health for Child Care Providers

*Please note: Class offerings are subject to change. Please see our website for most current list.*



**Call or Email Us!**

**425.339.5250**

For general questions, please email us at:

[childcarehealth@snohd.org](mailto:childcarehealth@snohd.org)

To submit class materials or register for in-person trainings, please email us at:

[childcareclass@snohd.org](mailto:childcareclass@snohd.org)



**We are available by phone or email, or can visit your child care. We can help with:**

- Communicable Diseases
- Child Behavior Issues
- Menu and Nutrition Consults
- Illness Prevention Tips
- Immunization Tracking
- Medication Management
- Safe Food Preparation
- Cleaning and Sanitizing
- Disaster Preparedness
- Playground Safety

.... and much more!

**Snohomish Health District**  
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Everett, WA 98201  
**425.339.5250**