



We are excited to collaborate with Child Care Aware® of NH to bring news from the Child Care Licensing Unit to the child care community on a regular basis through their e-newsletter, Monthly Minutes. Every month, we will strive to bring you information to increase your understanding of the NH Child Care Licensing rules, and to share other resources to assist you in your work with and on behalf of children and their families.

We will also use this space to share any important announcements as they relate to Child Care Licensing Unit (CCLU).

### **Time to plan for summer!**

As you make your warm weather plans, we thought this would be a good time to remind you of some seasonal rules, in particular to highlight what is different in the revised rules.

These are quick notes to get you thinking—always review the rules. The rules are on our website at <http://www.dhhs.nh.gov/oos/cclu/rules.htm>

If you have questions or can't find what you are looking for in the rulebook, please contact our office at 603-271-9025 to speak with a licensing coordinator.

#### Field Trips and Water Activities, pages 90-94

Water activity is defined on page 7.

There is a whole section on field trips and water activities, including ratios, starting on page 90. Plan for water safety training now – remember that one staff for every 12 children participating in a water activity needs to have completed the training within the previous three years (page 93).

Some changes:

- A phone number and the planned route of travel for field trips must be communicated to parents and/or left with staff that remain at the program.
- All needed medications must be taken on field trips (medications that need to be administered due to time of day, or as needed, such as inhalers, insulin, or epi-pens).
- All forms and medications for each child must remain with an individual who is with the child, including during transport.
- There must be a form in each vehicle that includes the name, address, and phone number of the child care program, and all passengers in the vehicle, including documentation that each child was accounted for every time they entered and exited the vehicle.

#### Outside Play

Children shall have access to drinking water and be encouraged to drink water throughout the day (page 84). This is very important every day, but particularly so when outside in warm weather.

Sun protection is extremely important. Follow parent's instructions related to protecting their child from sun exposure, whether through use of sunscreen, sun protective clothing, etc. (page 78). Apply sunscreen based on the manufacturer's instructions. Sunscreen must be out of children's reach (page 43), unless only school age children attend the program (pages 111-112). Programs may choose to keep their own supply of sunscreen on the premises (page 58). Whenever possible provide some shade, and try to plan to be outside early or late in the day when the sun is not as strong.

Plan to be outside daily—but pay attention to weather and air quality reports. Be aware of how children are responding to the heat, humidity, and other weather occurrences. For example, a child with asthma should not go outside on a day with poor air quality, as indicated on their allergy care plan or an order from their physician (page 78).

Keep a look out for seasonal insects and maintain your outdoor space—watch for bees' nests, red anthills, maintain any grassy or wooded area to keep ticks to a minimum, and eliminate standing pools of water as they attract mosquitoes. Apply bug repellent as directed by the child's parent. If you choose to use pesticides, refer to the rules to ensure you do so safely (page 42).

All emergency medications must be immediately accessible to staff – this includes ensuring inhalers, epi-pens, etc are available outside when the children to whom they have been prescribed are outside.

For additional information for you or for parents, a good resource is the American Academy of Pediatrics website, which includes specific topics related to children at play, including sun safety and water safety: <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/default.aspx>.

Until next month!

*Melissa Clement*

Chief, Child Care Licensing Unit