

Drowning is the #1 Cause of Death Among Children Ages 1 to 4



Facts You Need to Know About Drowning

- The main cause of drowning can be directly traced to an action or inaction by a parent or adult. Good people can make small mistakes that have tragic consequences.
- Most parents of a drowning victim say, "I can't believe this happened to my child." They never realized how quickly a drowning incident could become their reality.
- Most children pulled from the water during a drowning incident are wearing regular clothes - not a swim suit.

Simple Steps Save Lives

Supervision

- Supervising your children means eyes on them, and giving your full attention.
- Do not rely on responsible behavior from an older child or other adults.

Extra Layers of Protection *if Supervision Fails*

- Install door alarms to alert the household should a child possibly leave the home unsupervised.
- Use an "isolation" fence to separate pool area from the house and rest of the backyard.
- Use self-closing gates that self-latch.
- Clear the area around the fence for objects children could use to climb over.
- Learn to swim: parents and child.

Be Aware of All Water Hazards

- These include bathtubs, garden ponds, swimming pools, buckets/containers of water, canals, lakes, and beaches.

Know How to Respond to an Emergency

- Learn CPR.
- Remove the child from the water immediately.
- Call 9-1-1, begin CPR.

Talk to Your Child

- "Don't go near a pool or other water without an adult."
- "If you see someone in trouble in the water, don't jump in to help! Run, get an adult."
- "If you fall into a pool, turn in the water, find the wall, and climb out or yell for help." Practice this technique in the pool.

Take Action Now and Think, "I know this could happen to my child, and I will do whatever it takes to prevent it."

- Enroll your child (and yourself) in swim lessons.
- Learn CPR with rescue breaths.

To learn about available coupons for swim lessons, location of swim classes and CPR training, visit: [Water SMART Broward](#)



Parents' Role

A parent's role in quality child care is vital:

- Inquire about the qualifications and experience of child care staff, as well as staff turnover.
- Know the facility's policies and procedures.
- Communicate directly with caregivers.
- Visit and observe the facility.
- Participate in special activities, meetings, and conferences.
- Talk to your child about their daily experiences in child care.
- Arrange alternate care for their child when they are sick.
- Familiarize yourself with the child care standards used to license the child care facility.



More information and free resources:

MyFLFamilies.com/ChildCare



This child care facility is licensed according to the minimum licensure standards included in section 402.305, Florida Statutes (F.S.), and Chapter 65C-22, Florida Administrative Code (F.A.C.).
License Number: _____
License Issued on ___/___/___
License Expires on ___/___/___
For more information regarding the compliance history of this child care provider, please visit:
MyFLFamilies.com/childcare



To report suspected or actual cases of child abuse or neglect, please call the Florida Abuse Hotline at 1-800-962-2873.

CF/PI 175-24, 03/2014

This brochure was created by the Florida Department of Children and Families, Office of Child Care Regulation and Background Screening pursuant to s. 402.3125(5), F.S.,



Know Your Child Care Facility

MyFLFamilies.com/ChildCare

General Requirements

Every licensed child care facility must meet the minimum state child care licensing standards pursuant to s. 402.305, F.S., and ch. 65C-22, F.A.C., which include, but are not limited to, the following:

- Valid license posted for parents to see.
- All staff appropriately screened.
- Maintain appropriate transportation vehicles (if transportation is provided).
- Provide parents with written disciplinary practices used by the facility.
- Provide access to the facility during normal hours of operation.
- Maintain minimum staff-to-child ratios:

Age of Child	Child:Teacher Ratio
Infant	4:1
1 year old	6:1
2 year old	11:1
3 year old	15:1
4 year old	20:1
5 year old and up	25:1

Health Related Requirements

- Emergency procedures that include:
 - Posting Florida Abuse Hotline number along with other emergency numbers.
 - Staff trained in first aid and Infant/Child CPR on the premises at all times.
 - Fully stocked first aid kit.
 - A working fire extinguisher and documented monthly fire drills with children and staff.
- Medication and hazardous materials are inaccessible and out of children's reach.

Training Requirements

- 40-hour introductory child care training.
- 10-hour in-service training annually.
- 0.5 continuing education unit of approved training or 5 clock hours of training in early literacy and language development.
- Director Credential for all facility directors.

Food and Nutrition

- Post a meal and snack menu that provides daily nutritional needs of the children (if meals are provided).

Record Keeping

- Maintain accurate records that include:
 - Children's health examination/immunization record.
 - Medication records.
 - Enrollment information.
 - Personnel records.
 - Daily attendance.
 - Accidents and incidents.
 - Parental permission for field trips and administration of medications.

Physical Environment

- Maintain sufficient usable indoor floor space for playing, working, and napping.
- Provide space that is clean and free of litter and other hazards.
- Maintain sufficient lighting and inside temperatures.
- Equip with age and developmentally appropriate toys.
- Provide appropriate bathroom facilities and other furnishings.
- Provide isolation area for children who become ill.
- Practice proper hand washing, toileting, and diapering activities.

Quality Child Care

Quality child care offers healthy, social, and educational experiences under qualified supervision in a safe, nurturing, and stimulating environment. Children in these settings participate in daily, age-appropriate activities that help develop essential skills, build independence and instill self-respect. When evaluating the quality of a child care setting, the following indicators should be considered:

Quality Activities

- Are children initiated and teacher facilitated.
- Include social interchanges with all children.
- Are expressive including play, painting, drawing, story telling, music, dancing, and other varied activities.
- Include exercise and coordination development.
- Include free play and organized activities.
- Include opportunities for all children to read, be creative, explore, and problem-solve.

Quality Caregivers

- Are friendly and eager to care for children.
- Accept family cultural and ethnic differences.
- Are warm, understanding, encouraging, and responsive to each child's individual needs.
- Use a pleasant tone of voice and frequently hold, cuddle, and talk to the children.

- Help children manage their behavior in a positive, constructive, and non-threatening manner.
- Allow children to play alone or in small groups.
- Are attentive to and interact with the children.
- Provide stimulating, interesting, and educational activities.

- Demonstrate knowledge of social and emotional needs and developmental tasks for all children.
- Communicate with parents.

Quality Environments

- Are clean, safe, inviting, comfortable, child-friendly.
- Provide easy access to age-appropriate toys.
- Display children's activities and creations.
- Provide a safe and secure environment that fosters the growing independence of all children.



During the 2009 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes provide parents with information detailing the causes, symptoms, and transmission of the influenza virus (the flu) every year during August and September.

My signature below verifies receipt of the brochure on *Influenza Virus, The Flu, A Guide to Parents*:

Name: _____

Child's Name: _____

Date Received: _____

Signature: _____

Please complete and return this portion of the brochure to your child care provider, in order for them to maintain it in their records.



What should I do if my child gets sick?

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. Never give aspirin or medicine that has aspirin in it to children or teenagers who may have the flu.

CALL OR TAKE YOUR CHILD TO A DOCTOR RIGHT AWAY IF YOUR CHILD:

- Has a high fever or fever that lasts a long time
- Has trouble breathing or breathes fast
- Has skin that looks blue
- Is not drinking enough
- Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)
- Gets better but then worse again
- Has other conditions (like heart or lung disease, diabetes) that get worse



How can I protect my child from the flu?

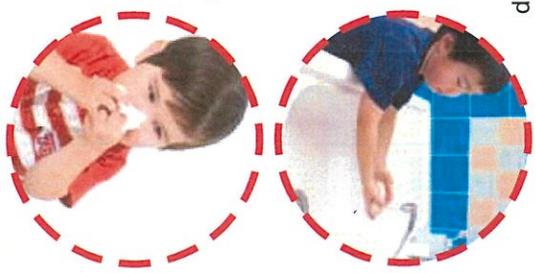
A flu vaccine is the best way to protect against the flu. Because the flu virus changes year to year, annual vaccination against the flu is recommended. The CDC recommends that all children from the ages of 6 months up to their 19th birthday receive a flu vaccine every fall or winter (children receiving a vaccine for the first time require two doses). You also can protect your child by receiving a flu vaccine yourself.

For additional helpful information about the dangers of the flu and how to protect your child, visit: <http://www.cdc.gov/flu/> or <http://www.immunizeflorida.org/>

What can I do to prevent the spread of germs?

The main way that the flu spreads is in respiratory droplets from coughing and sneezing. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and infect someone nearby. Though much less frequent, the flu may also spread through indirect contact with contaminated hands and articles soiled with nose and throat secretions. To prevent the spread of germs:

- Wash hands often with soap and water.
- Cover mouth/nose during coughs and sneezes. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Limit contact with people who show signs of illness.
- Keep hands away from the face. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



When should my child stay home from child care?

A person may be contagious and able to spread the virus from 1 day before showing symptoms to up to 5 days after getting sick. The time frame could be longer in children and in people who don't fight disease well (people with weakened immune systems). When sick, your child should stay at home to rest and to avoid giving the flu to other children and should not return to child care or other group setting until his or her temperature has been normal and has been sign and symptom free for a period of 24 hours.

What is the influenza (flu) virus?

Influenza ("the flu") is caused by a virus which infects the nose, throat, and lungs. According to the US Center for Disease Control and Prevention (CDC), the flu is more dangerous than the common cold for children. Unlike the common cold, the flu can cause severe illness and life threatening complications in many people. Children under 5 who have the flu commonly need medical care. Severe flu complications are most common in children younger than 2 years old. Flu season can begin as early as October and last as late as May.



How can I tell if my child has a cold, or the flu?

Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Because the flu and colds have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations



For additional information, please visit www.myflorida.com/childcare or contact your local licensing office below:

CE/PI 175-70, June 2009

This brochure was created by the Department of Children and Families in consultation with the Department of Health.



INFLUENZA VIRUS

"The Flu"
A Guide
for Parents

Rilya Wilson Act

Pursuant to s. 39.604, Florida Statutes, a child from birth to the age of school entry, who is under court-ordered protective supervision or in out-of-home care and is enrolled in an early education or child care program must attend the program 5 days a week unless the court grants an exemption. A child enrolled in an early education or child care program who meets the requirements of this act may not be withdrawn from the program without prior written approval of the Department or community-based care lead agency. If a child covered by this act is absent, the program shall report any unexcused absence or seven excused absences to the Department or the community-based care lead agency by the end of the business day following the unexcused absence or seventh consecutive excused absence.

Educational stability and transition are key components of this act to minimize disruptions, secure attachments and maintain stable relationships with supportive caregivers of children from birth to school age. Successful partnerships are imperative to ensure that these attachments are not disrupted due to placement in out-of-home care or subsequent changes in out-of-home placement. A child must be allowed to remain in the child care or early education setting that he/she attended before entry into out-of-home care, unless the program is not in the best interest of the child. If a child from birth to school-age leaves a child care or early education program, a transition plan needs to be developed that involves cooperation and sharing of information among all persons involved, respects the child's developmental stage and associated psychological needs, and allows for a gradual transition from one setting to another.

This law provides priority for child care services for specified children who are at risk of abuse, neglect, or abandonment. *These children are also known as Protective Services children.*

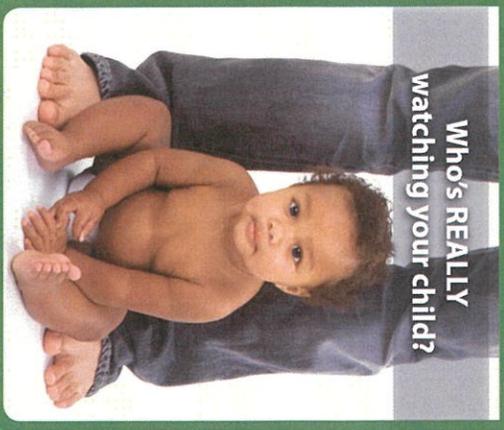
Rilya Wilson Act Requirements:

- ✓ Protective services children **MUST** be enrolled to participate 5 days per week.
- ✓ Protective services children **MAY NOT** be withdrawn without prior written approval from the Department of Children and Families (DCF) or Community Based Care (CBC).
- ✓ If a Protective Services child has 7 consecutive excused or any unexcused absence, the child care provider **MUST** notify the appropriate community based care staff.
- ✓ The Department and child care providers **MUST** follow local protocols set up by the CBC to ensure continuity.
- ✓ If it is not in the best interest of the child to remain at the child care or early education program, the caregiver **MUST** work with the Case Manager, Guardian Ad Litem, child care and educational staff, and educational surrogate, if one has been appointed, to determine the best setting for the child.

Community-Based Care Lead Agencies Contact Information:

<http://www.dcf.state.fl.us/programs/cbc/docs/leadagencycontacts.pdf>

**** If you have concerns regarding any child that you may care for, please contact the Florida Abuse Hotline at 1-800-96-ABUSE****



Who's REALLY watching your child?

Know the background and parenting skills of anyone who takes care of your child.

- Does my partner/friend/caretaker:
1. Get angry when you spend time with your child?
 2. Get angry when your child cries or has a tantrum?
 3. Call your child bad names or put them down?
 4. Tell you that you're a bad parent?
 5. Pretend when he/she hurts your child that you are to blame or that it's no big deal?

Your child could be at risk if you answered "yes" to even one of these questions.

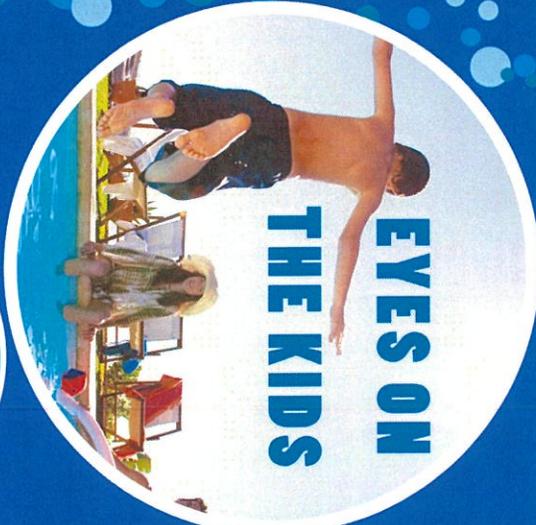
Never leave your child alone with someone you don't trust to keep your child safe.

For more information and FREE resources, including parenting programs and help finding child care, visit:
MyFLFamilies.com/WhosWatching
 or **CALL 2-1-1**



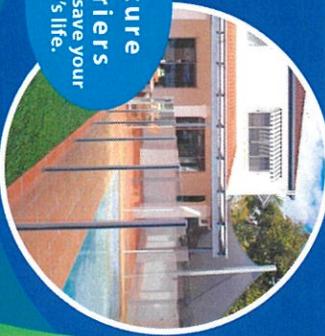
SWIMMING LESSONS
 —Could save your child's life.

BE PREPARED
 —Learn CPR and First Aid.



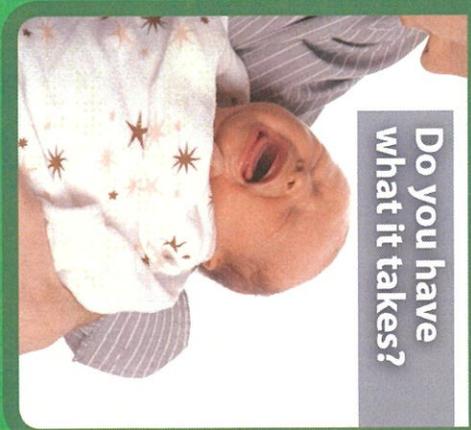
EYES ON THE KIDS

Secure Barriers
 —Could save your child's life.



Stay off your phone. Limit conversation. Designate a Water Watcher.

CALL 2-1-1
 to find swimming lessons, CPR classes and resources in your area.
MyFLFamilies.com/WaterSafety



Do you have what it takes?



Child protective investigations involved boy/friends, girlfriends, or unrelated adults.

Crying. Fevers. Temper tantrums. Teething.

It can be hard to care for a child, especially one who isn't yours. Be sure you have what it takes before you watch a child.

For more information and FREE resources, including parenting programs and help finding child care, visit:
MyFLFamilies.com/WhosWatching
 or **CALL 2-1-1**



Please put me on my BACK to sleep.
ALONE, In a CRIB.

It is NOT safe
to put anything in your baby's bed, such as blankets, pillows, bumper pads, stuffed animals, sleep positioners and toys.

It is NOT safe
to smoke around your baby or in a room where your baby spends time.

It is NOT safe
To let your baby sleep on an adult bed, sofa, waterbed, or any furniture not made for babies.

For more information and FREE resources and referrals visit:
MyFLFamilies.com/SafeSleep

Protecting children is a community responsibility. The Florida Department of Children and Families teamed with community partners throughout the state to educate Floridians about ways to ensure safe environments for children to live and grow.

These campaigns provide parents and caregivers with resources that build awareness about risks that endanger children and tools that empower them to better protect their children.

By using and sharing this information, you will help protect children, strengthen families and create safer and healthier communities.

FREE

resources and referrals:

CALL 2-1-1
MyFLFamilies.com

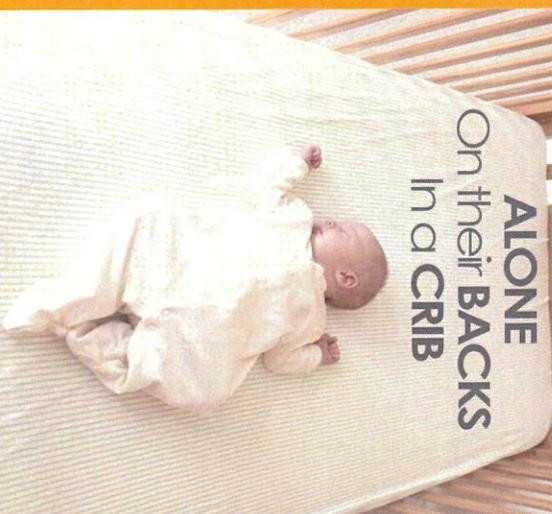


KEEP YOUR KIDS SAFE

Helping communities

PROTECT CHILDREN

Babies sleep safest



ALONE
On their BACKS
In a CRIB

- Make sure baby's crib meets Consumer Product Safety Commission standards.
- The mattress should be firm and fit snugly in the crib's frame.
- Crib sheets should fit tightly around the mattress.
- Place baby on his or her back to sleep in order to reduce the risk of suffocation.
- Keep baby's sleep area clear of strings, cords and wires.

For more information and FREE resources and referrals visit:
MyFLFamilies.com/SafeSleep

A change in daily routine,
lack of sleep, stress, fatigue,
cell phone use, and simple
distractions are some things
parents experience and can be
contributing factors as to why
children have been left
unknowingly in vehicles...

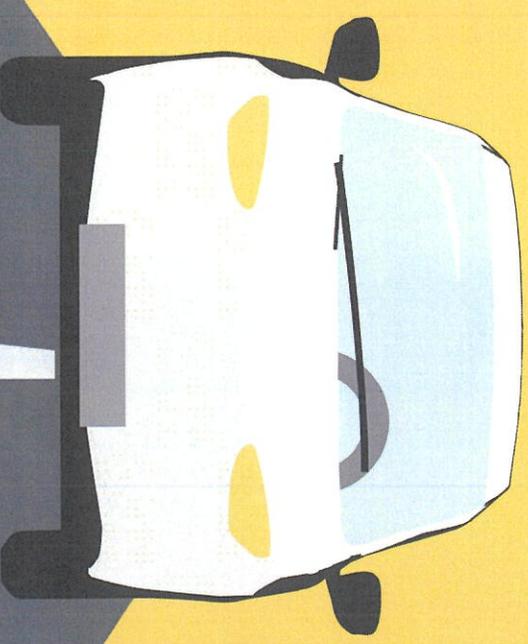


Developed by:

The Office of Child Care Regulation

www.myflfamilies.com/childcare
CF/PI 175-12, May 2018

When life happens... Don't be a
**DISTRACTED
ADULT**





FACTS ABOUT

HEATSTROKE:

It only takes a car **10 minutes to heat up 20** degrees and become deadly.

Even with a **window cracked**, the temperature inside a vehicle can cause heatstroke.

The body temperature of a child increases **3 to 5 times faster** than an adult's body.

⚠️ PREVENTION TIPS:

- Never leave your child alone in a car and call 911 if you see any child locked in a car!
- Make a habit of checking the front and back seat of the car before you walk away.
- Be especially mindful during hectic or busy times, schedule or route changes, and periods of emotional stress or chaos.
- Create reminders by putting something in the back seat that you will need at work, school or home such as a briefcase, purse, cell phone or your left shoe.
- Keep a stuffed animal in the baby's car seat and place it on the front seat as a reminder when the baby is in the back seat.
- Set a calendar reminder on your electronic device to make sure you dropped your child off at child care.
- Make it a routine to always notify your child's child care provider in advance if your child is going to be late or absent; ask them to contact you if your child hasn't arrived as scheduled.



During the 2018 legislative session,

a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents, during the months of April and September each year, with information regarding the potential for distracted adults to fail to drop off a child at the facility/home and instead leave them in the adult's vehicle upon arrival at the adult's destination.



My signature below verifies receipt of the Distracted Adult brochure

Parent/Guardian:

Child's Name:

Date:

Please complete and return this portion of the brochure to your child care provider, to maintain the receipt in their records.

MIRAMARVELS EARLY CHILDHOOD ACADEMY

AUTHORIZATION FOR CHILD TO BE PICKED UP BY A MINOR

PLEASE COMPLETE THIS FORM:

I/WE _____ THE PARENT (S) OR GUARDIAN (S) OF
_____, PROVIDE MY/OUR INFORMED CONSENT FOR
MY/OUR CHILD TO BE PICKED UP FROM THIS PROGRAM BY THE MINOR NAMED
_____, WHO IS BETWEEN THE AGES OF 16 – 18 YEARS. THE
MINOR'S RELATION TO MY/OUR CHILD IS _____.

I/WE AGREE TO FULLY, UNCONDITIONALLY AND COMPLETELY RELEASE,
INDEMNIFY AND HOLD HARMLESS THE CITY OF MIRAMAR, IT'S CITY
COMMISSION, AGENTS, SERVANTS AND EMPLOYEES AGAINST ANY AND ALL
CLAIMS AND DEMANDS OR ACTIONS WHICH MAY HEREAFTER AT ANY TIME BE
MADE OR INSTITUTED AGAINST THE CITY OF MIRAMAR, ARISING FROM THE FACT
THAT THE CHILD HAS BEEN PICKED UP BY A MINOR WITH MY/OUR CONSENT.

DATE: _____ PARENT OR GUARDIAN PRINT NAME: _____

DATE: _____ PARENT OR GUARDIAN SIGNATURE: _____

what else can I do to keep my baby safe & healthy?

- ♦ Make sure whoever takes care of your baby has a safe place for the baby to sleep and knows to put baby on his or her back to sleep.
- ♦ Breastfeeding is best for babies. Breast milk helps protect babies from some infections.
- ♦ Babies should have time on their tummies while awake and supervised. This helps babies to learn and grow stronger.
- ♦ Touching, talking to, reading to, and playing with babies helps their brains to develop.
- ♦ Babies need regular child health check-ups, including immunizations.
- ♦ Don't let people smoke around your baby.
- ♦ Don't let your baby get overheated. Keep the room temperature comfortable for a lightly clothed adult.



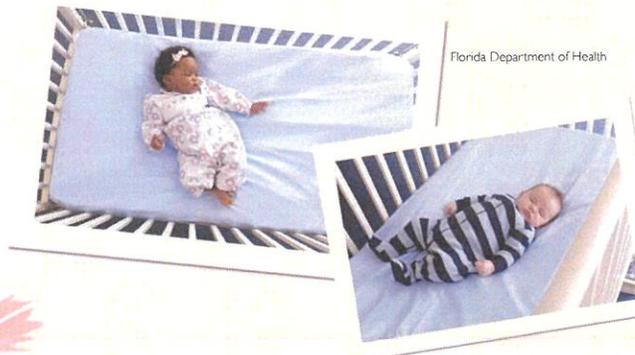
DH 150-732.7103 Stock Number: 5730-732-0150-1

For more information about additional resources in your community call the Family Health Line: 1-800-451-2229



or your local county health department.

If you need help or have questions about safe sleep, contact:



all babies need a safe place to sleep

know which places are safe & which are dangerous

3 things you need for your crib— a firm mattress, a tight fitting sheet & your beautiful baby



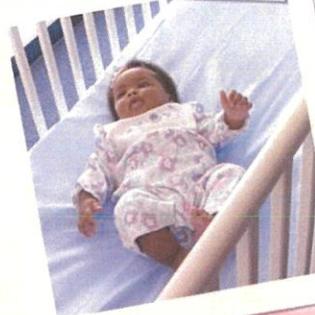
babies are safest when sleeping:

- ✦ On their backs.
- ✦ On a firm mattress in a safety approved crib.
- ✦ On crib sheets that fit tightly over the mattress.
- ✦ With no loose blankets, quilts, or comforters.
- ✦ With no pillows, soft toys, or stuffed animals.
- ✦ In a smoke-free home.
- ✦ Only with a light blanket when it's cold. Tuck the blanket into the bottom and sides of the crib. The blanket should only come up as high as the baby's chest.



babies are not safe when sleeping on:

- ✦ Sofas.
- ✦ In cushioned chairs or recliners.
- ✦ On pillows.
- ✦ On air mattresses.
- ✦ On bean bags.
- ✦ On waterbeds.



adult beds are dangerous for babies

- ✦ Babies can suffocate when sleeping on soft surfaces.
- ✦ Babies can be smothered by blankets, comforters, and pillows.
- ✦ Babies can get trapped between the bed, the wall, or the frame and be unable to breathe.
- ✦ Babies can suffocate when another child or adult rolls over on them.
- ✦ Babies can roll off of adult beds and be injured.
- ✦ The safest place for babies to sleep is in their own cribs.

what if I want to be close to my baby at night?

Room sharing is a great way to be close to your baby and keep your baby safe while you are sleeping. Place the baby in a baby-safe bed or crib next to your bed. The baby will know you are nearby and you will be able to sleep comfortably.

your baby should not be in the same bed with a sleeping adult who:

- ✦ Is a smoker.
- ✦ Is excessively tired or ill.
- ✦ Has used alcohol or drugs.
- ✦ Has taken medicine that causes drowsiness.
- ✦ Is excessively overweight.

Thanks to the Tallahassee Pediatric Foundation for their help with the writing and production of this brochure.

