



Healthy Child Care Building Bridges With Child Care Providers

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Have You Met Ece-Tris?

Ece-Tris (Early Care and Education Training Records Information) is a database created to store and maintain individual records for child care professionals who are attending classes for contact hours. Kentucky's credentialed trainers have been submitting all of their class Sign-in sheets and completed Information Forms, so almost all child care providers who have attended classes for contact hours have been enrolled in the system.

You now have access to a record of your Early Care and Education trainings 24 hours a day at <https://tris.eku.edu/ece/content.php?CID=1>. Instructions on how to log in will be available on the website. If you have difficulty logging in, you may contact their office at (859) 622-8811 or toll free at 1(877) 312-TRIS (8747).

The benefits of Ece-Tris are:

Access to Ece-Tris after completing the information form.

Your training record can be used for Professional Development planning.

Employer change will not impact your access to your training record. You will always have access to your information.

The Ece-Tris system is currently being used statewide. It will assist trainers in meeting the requirements of regulation 922 KAR 2:240, which requires them to maintain a record of all training sessions they have taught.





Prevent Carbon Monoxide Poisoning: The Quiet Killer

- Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Install a battery operated CO detector in your home and check or replace the battery when you change the time on your clocks in the spring and fall. If the detector sounds, leave your home immediately and call 911.
- Don't burn anything in a stove or fireplace that isn't vented.
- Don't run a car or truck inside a garage attached to your house, even if you leave the door open.
- Don't heat your house with a gas oven.
- Never use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside. Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.

www.cdc.gov

Weather Permitting Policy

Children can be taken out doors unless there is active precipitation. Exceptions are in cases of extreme heat or cold conditions, or public announcements that advise people to remain indoors. *Caring for Our Children* identifies extreme weather conditions as heat or cold that can pose as a significant health risk. The *National Weather Service* includes this to be a wind chill at or below 15 degrees F and a heat index at or above 90 degrees F..



Child Care Safety Tips

Cribs

Babies should be put to sleep on their backs in cribs with firm, flat mattresses and no soft bedding like quilts, pillows, and pillow-like toys. Cribs should meet current safety standards, be assembled correctly, and have mattresses that fit snugly. Cribs should not have soft bedding, loose, broken or missing hardware. This helps to prevent strangulation and suffocation.

For more information about product safety visit:

The U.S. Consumer Product Safety Commission (CPSC) web site at www.cpsc.gov

