

HOW YOU CAN RECEIVE REQUIRED TRAINING CREDIT

CCSN requirements that child care staff take the CCSN CE Test as training time and that participating agencies credit members one hour of training credit per month. A completed test, returned to the agency, meets all evidence that the training has been completed. Once this program is in place, you need only read the CCSN CE Test, answer the questions, and then return it to your agency every month. **Do not receive credit for training time. The CCSN CE Test is a quarterly test to test and enhance your child care knowledge.**

CE TEST QUESTIONS

Name _____ Phone(_____) _____
 Company _____
 Address _____
 City _____ State _____ ZIP _____

"Effects of Artificial Substances on Behavior" Questions:

1. Decide if the following statement is true or false: Although subject to change by outside influences, a child's personality, likes and dislikes, and temperament are in place by the time a child is a toddler. True False
2. The article lists four factors that affect behavior. Name three of them.
 1. _____ 2. _____ 3. _____
3. Decide if the following statement is true or false: The adverse effects of artificial food coloring have surprised many parents. True False
4. Decide which of the following statements is CORRECT: A) All children react as dramatically to artificial food coloring as L.M.'s daughter. B) All of the parents, including L.M., noted that the inappropriate behavior stops when the substance is removed from the diet. C) Artificial colorings are only found in food items.
 A B C
5. Decide if the following statement is true or false: Food colorings and add-on sugar are the only artificial substances that can cause health problems. True False
6. Decide if the following statement is true or false: Red No. 40, Yellow No. 5, and Yellow No. 6 comprise 90% of the food dyes on the market. True False
7. Complete the following statement: Numerous researchers reason that the problem is not sugar, per se, but highly _____ sugars and _____, which enter the bloodstream _____ and produce more rapid _____ in blood glucose levels.
 1. _____ 2. _____ 3. _____ 4. _____
8. Complete the following statement: However, many brands of children's _____ foods – such as _____, _____, and fruit juice – also contain large amounts of _____ sugar.
 1. _____ 2. _____ 3. _____ 4. _____
9. The article lists four facts about sugar. Name two of them.
 1. _____ 2. _____
10. Decide which of the following statements is NOT correct: A) Toddlers and preschoolers with a daily calorie intake of 1,200 to 1,400 calories should not consume more than 4 teaspoons of added sugar a day. B) One teaspoon of sugar is equal to about 4.2 grams. C) Adults should fill sippy cups with sugary drinks. A B C
11. The article lists five groups of food additives. Name three of them.
 1. _____ 2. _____ 3. _____
12. Decide if the following statement is true or false: ADHD-like symptoms, diarrhea, and asthma-like symptoms, are among the different reactions to food additives. True False

Please rate this training! We are always striving to improve the training that we provide. Please take a few moments to fill out the training evaluation below so that we can serve you better — Thank You!

Training Evaluation

1. How successful was the training at catching & holding your attention? Very successful Somewhat successful
2. How likely are you to implement at least one or two ideas/concepts from this training in your environment with children? Very likely Somewhat likely Not very likely Not likely

Child Care SUPPORT NETWORK
 Meeting the Needs of Child Care Providers

CE Test
 CCSN Volume 6, No. 7

Effects of Artificial Substances on Behavior

Editor's note: This article is for educational purposes and should not be construed as a substitute for medical diagnosis or treatment. Consult a health care professional regarding the applicability of recommendations appearing in this article.

What makes a child behave appropriately? Misbehave?
 A child's behavior is affected by many factors – including biological, social, emotional/mental health, and environmental. When a child misbehaves, some of these influences will have practical solutions, while others are more complex and need to be addressed by mental health professionals. Following is a summary of:

- ◆ **Biological** – Child behavior is affected by factors from their parents. Able to change by outside influences. Child's personality, likes and temperament are in place by the time a child is a toddler.
- ◆ **Social** – Once a child is exposed to peers on an equal level as in school, his/her behavior is impacted by the influence of the group. A child may be socially dominant or have a strong will that may not be as easily influenced by others.
- ◆ **Emotional/mental health** – Types of issues that affect a child's behavior include anxiety, depression, and trauma.
- ◆ **Environmental** – The home environment can influence children's behavior negatively or positively. In homes where there is frequent domestic turmoil, a child may have a certain way in reaction to the lack of security in the home. This often leads to a child withdrawing or acting out with inappropriate behavior.

Editor's note: If a child is diagnosed with ADHD (Attention Deficit Hyperactivity Disorder), for example, his/her behavior may be erratic. Even the medication for ADHD can cause irritability and sadness. This may lead to a child withdrawing or acting out with inappropriate behavior.

Editor's note: "At first I thought that's just what happens as a baby becomes a toddler and she realizes that she is her own person. However, I noticed that her meltdowns happened very shortly after eating – even starting before she left the highchair. The meltdowns were traumatic for both my husband and myself because we couldn't comfort her OR correct the behavior. She would throw herself backwards and try to hit her head on toys or the changing table. It didn't take long to realize that she couldn't help herself; she was becoming a baby."

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ANSWER SHEET

"Effects of Artificial Substances on Behavior" Questions and Answers:

1. Decide if the following statement is true or false: Although subject to change by outside influences, a child's personality, likes and dislikes, and temperament are in place by the time a child is a toddler. **Answer:** True.
2. The article lists four factors that affect behavior. Name three of them. **Answer:** 1) Biological; 2) Social; 3) Emotional/mental health; 4) Environmental.
3. Decide if the following statement is true or false: The adverse effects of artificial food coloring have surprised many parents. **Answer:** True.
4. Decide which of the following statements is CORRECT: A) All children react as dramatically to artificial food coloring as L.M.'s daughter. B) All of the parents, including L.M., noted that the inappropriate behavior stops when the substance is removed from the diet. C) Artificial colorings are only found in food items. **Answer:** B.
5. Decide if the following statement is true or false: Food colorings and add-on sugar are the only artificial substances that can cause health problems. **Answer:** False.
6. Decide if the following statement is true or false: Red No. 40, Yellow No. 5, and Yellow No. 6 comprise 90% of the food dyes on the market. **Answer:** True.
7. Complete the following statement: Numerous researchers reason that the problem is not sugar, per se, but highly _____ sugars and _____, which enter the bloodstream _____ and produce more rapid _____ in blood glucose levels. **Answer:** 1) refined; 2) carbohydrates; 3) quickly; 4) fluctuations.
8. Complete the following statement: However, many brands of children's _____ foods – such as _____, _____, and fruit juice – also contain large amounts of _____ sugar. **Answer:** 1) favorite; 2) yogurt; 3) cereal; 4) added.
9. The article lists four facts about sugar. Name two of them. **Answer:** 1) Sugar is high in calories and has little nutritional value. 2) Naturally occurring (intrinsic) sugars are "good" sugars. 3) Added (extrinsic) sugars are "bad" sugars. 4) Studies show that children are consuming too much sugar.
10. Decide which of the following statements is NOT correct: A) Toddlers and preschoolers with a daily calorie intake of 1,200 to 1,400 calories should not consume more than 4 teaspoons of added sugar a day. B) One teaspoon of sugar is equal to about 4.2 grams. C) Adults should fill sippy cups with sugary drinks. **Answer:** C.
11. The article lists five groups of food additives. Name three of them. **Answer:** 1) Food dyes and colorings; 2) Antioxidants; 3) Emulsifiers and stabilizers; 4) Flavorings and taste enhancers; 5) Preservatives.
12. Decide if the following statement is true or false: ADHD-like symptoms, diarrhea, and asthma-like symptoms, are among the different reactions to food additives. **Answer:** True.

Please send questions or comments to: Child Care Support Network, P.O. Box 322, Waupaca, WI 54981, or call 715-258-2448.

CCSN MEMBERSHIP
 Membership for CCSN includes one monthly CCSN CE Test. Additional copies of the CCSN CE Test can be purchased. That could mean 12 hours of training for one child care staff. For membership or additional copies of the CCSN CE Test, please call us at 715-258-2448.

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How to use CCSN CE-Tests:

- 1) **HAND OUT** the **Child Care Provider Issue** of the *CCSN CE-Test* (Test with questions on the back) to your staff member(s). They should read the 3-page *article* and answer the questions on the back page.
- 2) **STAFF SHOULD RETURN COMPLETED TEST** to the Director or Training Supervisor.
- 3) **THE DIRECTOR or TRAINING SUPERVISOR SHOULD CORRECT THE TEST**, then **make a copy of the test answer sheet** that was filled in by your staff member(s). Keep a copy of this for the Agency's records and return the *test* to your staff member(s) to keep as a resource. The Director will then **sign and date the Certificate of Completion** and keep it on file for agency records as proof of 1 hour of training credit.

ANOTHER SUGGESTED USE:

IN-SERVICE: HAND OUT the **Child Care Provider Issue** of the *CCSN CE-Test* (Test with questions on the back) to your staff member(s) at the beginning of an in-service. The director or training supervisor can read the material aloud, and possibly add information to the topic. This will allow each facility to tailor training materials specific to your state's requirements. Then, follow steps 2 & 3 above.

If you have any questions, please call us at 1-800-350-4422

*****PLEASE DO NOT MAIL COMPLETED TESTS BACK TO CHILD CARE SUPPORT NETWORK*****