

Child Care Training and Resource Kit

**Integrating Health, Safety and Nutrition
into the Classroom**

HANDOUTS

IS IT HEALTH

A true or false quiz for fun

THIS IS HEALTH:

TRUE OR FALSE?

- _____ Discussing what type of clothing to wear outside today.
- _____ Telling a child that you like the way s/he colored the picture.
- _____ Making a rule that the blocks can be built only as high as their head when sitting on the floor.
- _____ Talking about the colors of the vegetables at lunch.
- _____ Asking a parent to have their child checked by a dentist.
- _____ Assisting a parent in locating health care.
- _____ Having a child cut out shapes.
- _____ Complimenting a child on the way they put their toys away when done playing.
- _____ Helping a child brush their teeth.
- _____ Taking a walk on a nice day.
- _____ Encouraging a child to serve themselves at lunch.
- _____ Having children assist with setting the table for meals.
- _____ Doing a "health check" when the child comes to school.
- _____ Wearing a bicycle helmet when riding a tryke on the playground.
- _____ Fencing in the play area.

Of course, all of them are "true" since health, safety , nutrition and good social emotional health involves and is part of everything we do.

DAILY HEALTH CHECK

PROCEDURE

The following is an example of a procedure for determining if a child needs to be excluded from attending school on a short term basis:

a) A Daily Health Check will be done at the beginning of each day and will include:

- **LISTEN**- greet the child (and parent) and ask how everyone is feeling; listen to what is said about how the child is feeling. Listen for signs of illness, such as:
 - deep, hacking cough or severe congestion
 - difficult or rapid breathing,
 - loss of appetite
 - any symptoms that the parent or child report
 - earache, sore throat, pain or discomfort particularly in joints, ears, or abdomen
 - acute diarrhea (more than two times the child's usual frequency or unusual looseness within the past 24 hours
 - two or more episodes of acute vomiting within 24 hours
 - stiff neck, or other symptoms that concern the staff.
- **LOOK** - get down to the child's level to see him/her clearly. Look for signs of illness, such as: visibly enlarged lymph nodes (along side of neck, typically), skin rashes, excluding diaper and heat rash lasting more than a day, drainage from wound, nose, eyes, ears; yellow skin or eyes, red eyes with discharge, infected, untreated shin patches or lesions, severe itching of body or scalp, swollen joints, blood or pus from ear, skin, urine, or stool, unusual behavior for the child, characterized by no playing, confusion or persistent inconsolable crying or symptoms which indicate a communicable and/ or vaccine preventable illness.
- **FEEL** - gently run the back of your hand over the child's cheek, forehead or neck. Feel for signs of illness such as: skin unusually warm, unusually bumpy, or rough.
- **SMELL**- be aware of unusual odors. Smell for signs of illness such as breath that smells fruity or foul, or an unusual or foul smell to the child's stool or urine.

b.) Children and staff with symptoms of communicable diseases can spread the disease to others.

Exclusion should also be considered using the following guidelines:

Children and staff with the following symptoms would be better remaining at home:

Diarrhea: three or more watery stools, or 1 bloody stool, in a 24-hour period.

Eye Infection: Thick mucus or pus draining from the eye and the white part of the eye looks pink or red.

Fever: temperature of 101° F or higher (taken under the arm) AND sore throat, rash, vomiting, diarrhea, earache, irritability or confusion. The temperature of school-age children should be taken orally (oral temperature of 101° or higher). Fever by itself is usually not sufficient reason to keep a child out of child care.

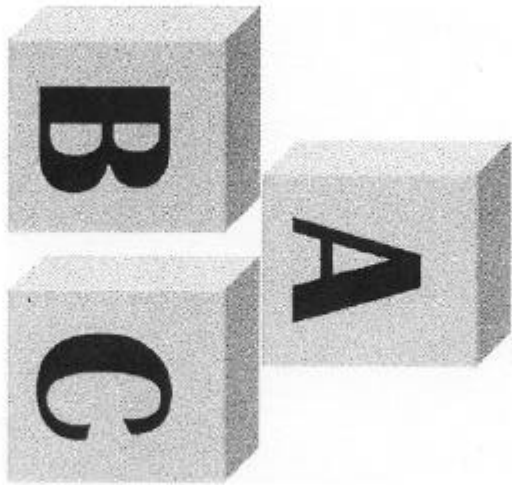
Rash: Body rash, especially with a fever or itching, and not a diaper rash, heat rash, and/or allergic rash.
Sick Appearance, Not Feeling good: Unusually tired, pale, lack of appetite, difficult to wake, confused or irritable, or unable to keep up with program activities.

Sore Throat: especially with fever or swollen glands in the neck.

Vomiting: vomiting two or more times in the past 24 hours

Children with mild cold symptom **AND** who do not have any of the symptoms described above, do not need to stay out of child care.

HEAD START and **HEALTH**



Do you know your ABC's....?

The Head Start Health Component aims to support the health and well being of children and families. Throughout the year, staff will be teaching children and reminding families to practice the ABC's of Health...

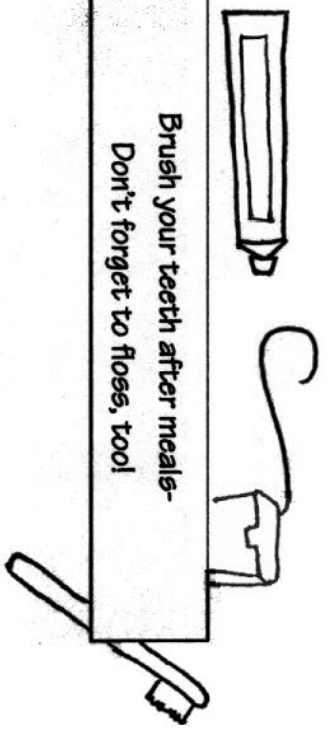
A

Always wash your hands-
Before eating and after using the bathroom



B

Brush your teeth after meals-
Don't forget to floss, too!



C

Clinic checkups for children -
Visit the doctor and dentist once a year!



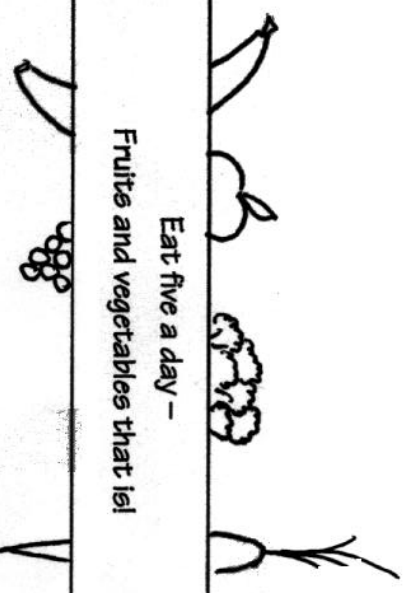
D

Document immunizations -
Ask your clinic for an immunization card!

DPT	OPV	HIB	HEPB	MMR	TB
x x x x x	x x x x	x x x x	x x x	x x	x

E

Eat five a day -
Fruits and vegetables that is!



F

Forget the TV occasionally -
Get some exercise, read a book or both!



*These building blocks for health have been brought to you by
Community Services Consortium Head Start.
Questions? Comments? Let us know!*

The ABC's of Health and Safety

Written by: Marci Sontgerath and Carrie Marlatt
Illustrated by:

A Always ask an adult before going somewhere new, or talking to a stranger.

B Bus safety is important. Please keep your hands and feet inside a bus and always wear your safety belt.

C **Cover your
cough and sneezes.**

D **Don't touch
animals that you don't
know.**

E **Exercise daily
to help keep your
body healthy.**

F **Five a day, that
is try to eat five fruits and
vegetables daily.**

G Gentle touches
with our friends show
that we love them.

H Helmets when
riding our bikes and
rollerblades help
protect our heads.

I Immunizations
Help keep us healthy.

J Junk food
should be eaten in
small amounts.

K Knife safety,
cut down and away
and always ask an
adult first.

L Look both
ways before crossing
the street, and hold
onto an adult's hand.

M Matches should
be kept out of reach,
if you find them give them
to an adult.

N Say "No!" to
unsafe touches.

O Only talk to
people you know.
Don't talk to
strangers.

P Playing each
day helps us learn and
keeps our bodies in shape.

Q Quiet time
helps our bodies rest
and relax.

R Restraints –
make sure that you
are buckled up before
going anywhere.

S Stop, Drop,
and roll if you ever catch
on fire.

T Take care of
our teeth. Make sure
to brush and floss
daily.

U Use your safe
walking feet.

V Visit your
dentist and physician
regularly.

W Wash your hands
before eating and after
using the bathroom.

X X marks the spot.
Plan an escape route and
meeting place for your
family in case of an
emergency.

Y Yuk! Mr. Yuk
stickers let us know
something is not safe
to eat.

Z Zipping up our
coats help to keep us warm.