



CT-OEC101- Care4Kids Health and Safety Basics for Center and School Staff (5 hour) - Handout

Welcome to CT-OEC101

The State of Connecticut requires Health and Safety training for all child care providers participating in the Care 4 Kids system. This course provides introductory information about child development and the elements of a child care environment that promote healthy child development and keep children safe. The course is broken down into five sections:

1. Child Development
2. Shaken Baby Syndrome, SIDS, and Child Abuse
3. Nutrition, Food Allergies, and Physical Activity
4. Health and Hygiene Practices, Indoor and Outdoor Safety
5. Emergency Preparedness and Response Planning, Precautions in Transporting Children

Course Objectives:

Section 1 Objectives:

- Recognize early experiences that promote healthy brain development
- Identify ways that children develop and construct knowledge

Section 2 Objectives:

- Identify facts about SIDS, including preventative measures that should be taken in a child care setting
- Recognize signs of shaken baby syndrome and strategies for preventing it
- Identify the responsibilities of mandated reporters of child abuse and neglect
- Recall signs and symptoms of child abuse and neglect (measured within the course)
- Identify the effects of repeated early childhood maltreatment

Section 3 Objectives:

- Identify ways to ensure that children receive proper nutrition
- List strategies for caring for children with food allergies
- Recognize teaching practices that promote physical fitness

Section 4 Objectives:

- Identify ways to prevent injury from common indoor and outdoor hazards
- Give examples of ways to cut down on the spread of germs and infectious diseases

Section 5 Objectives:

- Identify best practices in preparing and responding to emergency situations
- Define roles and responsibilities of adults working with children
- Describe recommended practices for the use of child restraint systems according to the National Transportation Safety Board and the National Highway Traffic Safety Administration

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Course Notes:

Use the space provided to record important information from the course.

Section 1 – Overview of Child Development

How Young Children Learn

The Connection between Experience and Brain Development

Critical Early Experiences

The Four Developmental Domains

Theories of Development

Behaviorism

Constructivism

Constructivism vs. Behaviorism

Social Learning Theory

Observation of Models

Piaget's Theory of Cognitive Development

Piaget's Stages of Cognitive Development

Sensorimotor Stage

Preoperational Stage

Concrete Operational Stage

Formal Operational Stage

Helping Children Learn

Section 2 – SIDS, Shaken Baby Syndrome, Child Abuse and Reporting

Sudden Unexpected Infant Death (SUID) and Sudden Infant Death Syndrome (SIDS)

Understanding and Preventing Shaken Baby Syndrome (SBS) Causes of Shaken Baby Syndrome

The Symptoms of Shaken Baby Syndrome

Long-Term Effects of Shaken Baby Syndrome

Preventing Shaken Baby Syndrome in the Child Care Setting

Child Abuse

Mandated Reporters

Physical Abuse

Emotional Abuse

Sexual Abuse

Taking Action

How to Report

The Effects of Repeated Early Childhood Maltreatment

Section 3 – Nutrition, Food Allergies, and Physical Activity

Nutrition

USDA Food Plan - MyPlate

MyPlate

Child and Adult Care Food Program

Grains/Breads Group

Fruit and Vegetable Group

Meat/Meat Alternate Group

Milk and Milk Products Group

Food Allergy Awareness and Response

9 Major Food Allergens

The 9 major food allergens are:

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Food Allergen Sensitivity

Recommended Practices for Avoiding Accidental Exposure to Food Allergens

Cross contamination may result from...

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Food Labeling

Non-Typical Contact with Allergens at the Child Care Program

Maintaining an Allergen Safe Child Care Environment

Allergens and Special School Events

The Signs and Symptoms of an Allergic Reaction

Signs and Symptoms of Anaphylaxis

Some signs of an allergic reaction include:

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Treatment of Allergic Reactions

Physical Activity

In addition, children that are physically active are more likely to:

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Physical Fitness Across the Curriculum

Part 4 – Indoor and Outdoor Safety & Health and Hygiene Practices

Basic Indoor Safety

General Facility Safety

Doors

Stairways

Window Treatments

Kitchen and Cooking Facility

Electricity

Toy Safety

Special Precautions for Infants and Young Children

Cribs

Choking Hazards

Firearms

Poisonous Items

There are four possible ways a child or adult may be poisoned:

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Plants

Outdoor Safety

Surfaces

Playground Maintenance

Additional Tips for Promoting Safe, Appropriate Outdoor Behaviors

Transitioning to the Outdoors

Setting Limits

Dealing with Distractions

Basic Health and Hygiene

Types of Pathogens

Bacteria

Viruses

Parasites

Fungus

Bloodborne Pathogens

Precautions and Safe Practices

Basic Health and Hygiene Policy

Handwashing

How to Wash Your Hands Effectively

The following recommended handwashing practices apply to both children and adults:

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Antibacterial Soap

Hand Sanitizers

When Should Staff Wash Their Hands?

The CDC recommends washing your hands:

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When Should Children Wash Their Hands?

As a matter of habit, children should wash their hands:

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Teaching Good Personal Hygiene and Healthy Habits

Don't Just Teach Them *How*, Teach Them *Why*

Catching Coughs

Good Personal Hygiene

Daily Health Check

Important Note About Child Abuse

Cleaning vs. Sanitizing vs. Disinfecting

Cleaning

Sanitizing

Disinfecting

Dishwashing Procedures

Part 5: Emergency Preparedness

Disaster Mitigation

According to ChildCare Aware, the following are general steps early childhood programs should take to reduce the impact of different types of disasters:

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Safety begins with a secure building:

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Tips for Communicating and Reducing Stress and Anxiety

Have a Plan!

Basic Disaster Preparation: Food, First-Aid, and Written Plans

Supply of Food and Water for Disasters

First-Aid and Emergency Supplies

Additional First-Aid Kit Policies

Contents of a first aid kit include items such as:

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Written Emergency Plan

Emergency and Evacuation Drills/Exercises Policy

Emergency drills should be practiced for events such as:

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