

About Presenter

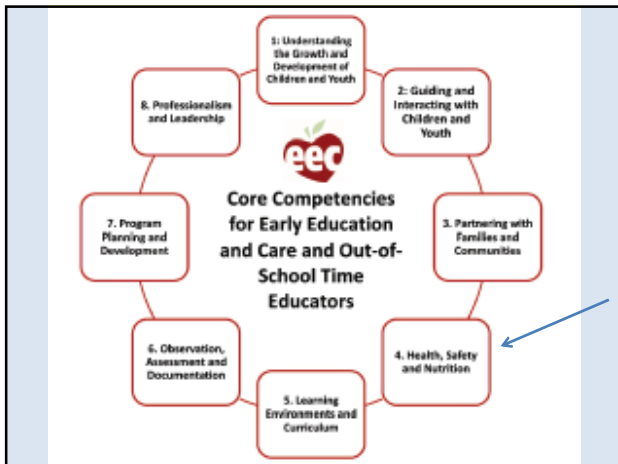
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Core Competencies for Early Education and Care and Out of School Time Educators:

4

Health, Safety and Nutrition

Massachusetts Department of Early Education and Care



Indicator and levels

Should know and be able to do:

Initial	Mid	Advance
Educator : • With supervision, • No administrative responsibilities	Educator: • Works directly with children and youth • May have administrative or supervisory responsibilities	Educator, leader, mentor: • Administrative, supervisory, mentoring or training role

- ### Links with Other Professional Documents
- Licensing Sections 7.11, 7.12,
 - [Code of Ethics](#)
 - CDA:, #1 Safety, #2 Health
 - NAEYC Accreditation: #5 Health
 - NAFCC Accreditation: #5 Safety and Health
 - Guidelines for Preschool Learning Experiences - Health Education

- ### Additional Links
- Early Childhood Program Standards: Area 7 Health and Safety, 8 Nutrition and Food Service
 - QRIS – Category 2: Environment
 - COA - ASP – PS 8 Health and Nutrition & ASP – PS 9 Safety

Area #4: Health, Safety, and Nutrition

- Ensuring safety
- Promoting sound health practices
- Recognizing and responding to child abuse and neglect
- Providing nutritious meals and snacks.
- Implementing appropriate:
 - prevention
 - preparedness
 - health and safety practices

Subcategories of Health, Safety and Nutrition

- A. Hygiene and health promotion
- B. Preventing and responding to infectious disease and managing chronic illness
- C. Mental health
- D. Basic safety and emergency preparedness
- E. Safeguarding children and youth
- F. Nutrition
- G. Food handling /environment
- H. Physical fitness and activity

A. Hygiene and Health Promotion

1. Educate children, youth and families on appropriate self-care skills
2. Help children and youth practice:
 - Hand washing
 - Diapering and/or toileting
 - Cleaning up body fluids
 - Sanitation of surfaces
3. Implement oral health practices and routines

A

Hand washing

- Teach, remind and help children:
 - Appropriate hand washing techniques
 - Reasons why hand washing is important



Image courtesy of angelina_koh
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A

Image for hand washing step has been remove due to copyright restriction.

Image location:
<http://keriasampinganaja.blogspot.com/wp-admin/images/handwashing%20steps.jpg>


A Hygiene & Health Promotion

- Notice children's and youth's daily health
- Communicate all concerns with others
- Work with Health Care Professional to assure the best prevention

A


Oral Health

- Encourage children to brush teeth
- Proper storage



B. Preventing & responding to infectious disease

5. Know and practice **universal precautions**
6. Recognize and respond to signs of infectious diseases
7. Aware individual's chronic condition and health plan
8. Administer medications with training
9. Reduce exposure to health and safety hazards




B

Disease Control

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.


Center for Disease Control



B

Medication

- Permission
- Training
- Storage
- Documentation



B

Managing chronic illness

- Include all children, unless it would be unsafe for the child
- Individual Health care plan
- Chronic illness are those long term medical conditions, such as asthma and allergies





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B

Specialized care

Knowledge of

- Medication, prescription and over-the-counter
- Specialized equipment
- Schedule/routine for child
- Limitations
- Environment



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C. Mental Health

10. Recognizes behavior symptoms of stress

- Understand stress and trauma have an impact on development
- Adapts curriculum to social-emotional events
<http://www.youtube.com/watch?v=3xualfUkiCM&feature=channel>

D. Basic Safety

11. Awareness of hazards and makes corrections

- Poisonous plants
- Safe storage of toxic substances
- Safe playgrounds including surfaces
- Bike helmets
- Safe transportation of children

12. Supervision of children, indoors and out

13. Safety regulations and emergency plans

D

Safety

outdoors

- Supervision
- Equipment designed for age group
- Fall zones/surface
- Transportation
- Plants
- Environmental hazards
- Access to first aid kit

Indoors

- Supervision
- Equipment and materials age appropriate
- Falls
- Chemical Hazards
- Fire
- Choking food and toys
- Disease control
- Access to first aid kit

D

Emergency Preparedness

- First aid training and CPR
- Plan for evacuation of site
- Smoke detectors
- Fire extinguishers
- Fire drills
- First aid kits – take on field trips
- Posting emergency numbers

E. Safeguarding Children and Youth

14. Release children and youth to authorized person

- Limit adult access to program

15. Recognize signs of abuse and neglect

E

Mandated Reporter

- Abuse
- Neglect
- Physical injury
- Emotional Injury

**Child-At-Risk Hotline
1-800-792-5200**

Written Report

F. Nutrition

16. Needs change with growth and development
17. Nutritionally balanced, and special dietary needs of individuals
18. Teach about nutrition healthy food choices



F

Food Allergies

- Knowledgeable about children's allergies
- Aware of symptoms
- Trained to work with special health needs

Image for hand washing step has been removed due to copyright restriction.

Image location:

http://www.qiam.com/wp-content/uploads/2008/04/thumb23779-7-Allergy_Foods.jpg



G. Food Handling/Environment

19. Safe food handling and general sanitation
 - Clean — Wash hands and surfaces often
 - Separate — Don't cross-contaminate
 - Cook — Cook to proper temperatures
 - Chill — Refrigerate promptly
20. Serve in meals in a positive relaxed environment



H. Physical Fitness and Activity

21. Encourage physically activity outdoor/indoors, when needed
 - Proper rest and link to good health



Why Health, Safety & Nutrition Matter

- Details matter
- Always a journey – not a destination
- Review from multiple perspectives
 - Families
 - Other specialists
- Stay up to date,
 - new information = new policies



Next Steps

- Take the survey to document your current stage
- Explore the websites
- Read some articles and talk about the key concepts
- Reflect on how to enhance your skills in this competency.



Reflection of learning

Make a plan for how you will:

- Deepen your knowledge of *Health, Safety and Nutrition*
- Guide other adults working in the field deepen their knowledge of *Health, Safety and Nutrition*
- Use your knowledge while developing policy, support families understanding of *Health, Safety and Nutrition*



Feedback

- Additions, corrections and suggestions?

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