

Readings for Core Competency #4: Health, Safety, and Nutrition

Read two of the following articles and explore three web sites:

Articles at the initial level:

| Organization | Topic | Web link |
|-------------------------|---|---|
| DCYF | Child abuse and neglect reporting A guide for mandated reporters | http://www.mass.gov/Eeohhs2/docs/dss/can_mandated_reporters_guide.pdf |
| Watch your mouth | Massachusetts fact sheet | http://www.watchyourmouth.org/ma_wym_fac.php |
| Caring for our Children | Nutrition and food service | http://nrckids.org/CFOC/HTMLVersion/Chapter_4.html |
| Caring for our Children | Health promotion and protection in child care | http://nrckids.org/CFOC/PDFVersion/Chapter%203.pdf |
| DPH | Hand washing | http://www.mass.gov/Eeohhs2/docs/dph/cdc/handwashing/factsheet_english.pdf |
| DPH | Growing healthy smiles in the child care setting | http://my.mass.gov/Eeohhs2/docs/dph/com_health/oral_grow_healthy_smiles_child_care.pdf |
| Texas Child Care | Environmental safety: The keystone in program quality | http://www.childcarequarterly.com/pdf/fall03_safety.pdf |
| Caring for our children | Food guide pyramid | http://nrckids.org/CFOC/PDFVersion/Appendix%200.pdf |
| Texas Child Care | Heavyweight or healthy weight? | http://www.childcarequarterly.com/pdf/spring10_foodfitness.pdf |
| Texas Child Care | Physical activity for young children: Move it | http://www.childcarequarterly.com/pdf/winter04_moveit.pdf |
| Bright Futures | Nutrition | http://www.brightfutures.org/nutrition/pdf/index.html |
| Texas Child Care | Staying healthy: Frequently asked questions and answers | http://www.childcarequarterly.com/pdf/spring08_stayinghealthy.pdf |

Articles at the mid level:

| Organization | Topic | Web link |
|--------------------------------|---|---|
| EEC | Licensing regulations: updated 2010 | http://www.mass.gov/Eeoe/docs/EEC/regs_policies/20100122_606_cmr.pdf |
| American Academy of Pediatrics | Healthy child care training materials: choose one topic | http://www.healthychildcare.org/InstructorsManualID.html |
| American Academy | Reducing the risk of SIDS | http://www.healthychildcare.org/sids.html#sidsmodule |

Readings for Core Competency #4: Health, Safety, and Nutrition

| | | |
|-------------------------|--|---|
| of Pediatrics | | |
| Caring for our children | Infant meal patterns | http://nrckids.org/CFOC/HTMLVersion/Appendix_P.html |
| NAEYC | Supportive care for infants and toddlers with special health needs | http://journal.naeyc.org/btj/200607/Huffman706BTJ.pdf |
| DOE | Comprehensive Health Curriculum Frameworks | http://www.doe.mass.edu/frameworks/health/1999/1099.pdf |

Articles at the advanced level:

| Organization | Topic | Web link |
|--|---|---|
| CAYL | Cornerstones: Strengthening the foundation of health and safety in early education and care | http://www.cayl.org/files/cornerstone.pdf |
| National Center for Children in Poverty | Promoting young children's health and development: Taking stock of state policies | http://www.nccp.org/publications/pdf/text_941.pdf |
| First 5 California | Health and school readiness: Literature review | http://www.ucsfchildcarehealth.org/pdfs/training_etc/HS_Readiness_Full_v3.pdf |
| Center on the Developing Child, Harvard University | The foundations of lifelong health are built in early childhood | http://developingchild.harvard.edu/index.php/download_file/-/view/700/ |
| Research Connections | Key topic resource list: Child care health and safety | http://www.researchconnections.org/files/childcare/keytopics/KTRL-health-safety.pdf |
| | | |

Readings for Core Competency #4: Health, Safety, and Nutrition

Web links for Area #4 Health, Safety, and Nutrition

| | | |
|--------|---|---|
| Purdue | Health and Safety | http://www.ces.purdue.edu/providerparent/Health-Safety/Main-HS.htm |
| | Physical activity: | http://www.cdc.gov/healthyyouth/physicalactivity/video.htm |
| APA | inclusion/exclusion recommendations | http://www.healthychildcare.org/inclusionexclusion.html |
| | Preventing infectious disease | http://www.healthychildcare.org/ENewsApr06.html#infDis |
| | Devt Screening | http://www.healthychildcare.org/pdf/E-NewsJune10.pdf |
| | Healthy eating | http://www.healthychildcare.org/PDF/E-NewsSept10.pdf |
| | US food | http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Meal_Patterns.htm |
| apa | CHECKLIST | http://www.healthychildren.org/english/tips-tools/pages/default.aspx#safety-checklists |
| | National Resource Center for Health and Safety in Child Care and Early Education | http://nrc.uchsc.edu |
| | American Academy of Pediatrics | www.aap.org |
| | American Academy of Pediatrics Policy Statements | http://aappolicy.aappublications.org |
| | Safe Kids Worldwide | www.safekids.org |
| | National Center for Injury Prevention and Control | www.cdc.gov/ncipc |
| | American Academy of Pediatric Dentistry | www.aapd.org |
| | USDA food for child care | http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1 |
| ECLKC | Health | http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health |