Maintaining Confidentiality of Health Records

- Parents should be allowed access to their child’s health records.

- Health records should be kept in a place that is secure from public access and unauthorized viewing.

- Parental consent should be obtained before sharing health information inside the child care setting.

- No information in health records should be released outside the child care setting unless permission is granted from a parent or guardian.
Ways Germs are Spread

- By contact with human waste.
- By contact with body fluids such as saliva, blood, nose or eye discharge.
- By skin to skin contact.
- By touching an object that has germs on it.
- Through contact with airborne germs.
- By eating food or drinking beverages contaminated with germs (Arkansas Department of Health, 2012).
Healthy Use of Space in Child Care

- Let children play outdoors as much as possible.

- Spread learning centers, toys and equipment throughout the child care setting.

- Space cots and cribs at least three feet apart and alternate foot to head so children do not breathe on each other.

- Separate children in diapers from older children, if possible, because children in diapers can spread disease easier.
Handwashing Procedure

✓ Use warm running water to wet hands.

✓ Use liquid soap.

✓ Make a soapy lather by rubbing hands together.

✓ Rub soapy lather on all surfaces of the hands.

✓ Wash for 20 seconds.
Universal Precautions

✓ Wear disposable gloves when treating an injury, changing a diaper or assisting with toileting.

✓ Remove gloves by starting at the inside of the wrist and pulling it down the hand so the glove comes off inside out.

✓ Use gloves only for the care of one child, then discard the gloves.

✓ Always wash hands after removing disposable gloves.

✓ Properly dispose of contaminated materials exposed to blood.

✓ Clean all surfaces with soap and water and then disinfect.
Toilet Training Procedures for Toddlers

✔ Remove the child's diaper.
✔ Place the child on the potty or toilet.
✔ Stay with the child.
✔ Wipe the child from front to back.
✔ Flush the toilet.
✔ Diaper the child.
✔ Assist the child in handwashing.
✔ Clean and disinfect the potty, if used.
✔ Wash your hands and the child’s hands.
✔ Record the child's use of the potty.
Preventing Child Maltreatment in Child Care

- Corporal (physical) punishment shall not be used.

- Expectations for children should be developmentally appropriate.

- Limits should be realistic.

- Caregivers should model positive behavior and communication with children and families.

- Children should be taught positive ways of relating to other children and adults.

- Careful records should be kept documenting all injuries a child receives while in the program.

- Children should be taught about their right to say, “No.”

- Caregivers should avoid, if at all possible, being alone with a child behind closed doors.
Caregiver Roles

Protector
Teacher
Role Model
General Safety Guidelines

- Know safety guidelines.
- Supervise and observe children.
- Eliminate potential hazards.
- Provide developmentally appropriate activities, toys and equipment.
- Model safe practices.
- Teach children safety rules.
- Read directions and labels.
# MyPlate

## Daily Food Plan

**Use this Plan as a general guide.**

- These food plans are based on average needs. Do not be concerned if your child does not eat the exact amounts suggested. Your child may need more or less than average. For example, food needs increase during growth spurts.
- Children’s appetites vary from day to day. Some days they may eat less than these amounts; other days they may want more. Offer these amounts and let your child decide how much to eat.

<table>
<thead>
<tr>
<th>Food group</th>
<th>2 year olds</th>
<th>3 year olds</th>
<th>4 and 5 year olds</th>
<th>What counts as:</th>
</tr>
</thead>
</table>
| **Fruits**          | 1 cup       | 1 - 1½ cups  | 1 - 1½ cups       | ¼ cup of fruit?  
1 ¼ cup mashed, sliced, or chopped fruit  
1 ¼ cup 100% fruit juice  
¼ medium banana  
4-5 large strawberries |
| **Vegetables**      | 1 cup       | 1½ cups      | 1½ - 2 cups       | ¼ cup of veggies?  
1/3 cup mashed, sliced, or chopped vegetables  
1 cup raw leafy greens  
1/3 cup vegetable juice  
1 small ear of corn |
| **Grains**          | 3 ounces    | 4 - 5 ounces | 4 - 5 ounces      | 1 ounce of grains?  
1 slice bread  
1 cup ready-to-eat cereal flakes  
1/3 cup cooked rice or pasta  
1 tortilla (6” across) |
| **Protein Foods**   | 2 ounces    | 3 - 4 ounces | 3 - 5 ounces      | 1 ounce of protein foods?  
1 ounce cooked meat, poultry, or seafood  
1 egg  
1 Tablespoon peanut butter  
1/3 cup cooked beans or peas (kidney, pinto, lentils) |
| **Dairy**           | 2 cups      | 2½ cups      | 2½ cups           | ¼ cup of dairy?  
1/2 cup milk  
4 ounces yogurt  
¼ ounce cheese  
1 string cheese |

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*Some foods are easy for your child to choke on while eating. Skip hard, small, whole foods, such as popcorn, nuts, seeds, and hard candy. Cut up foods such as hot dogs, grapes, and raw carrots into pieces smaller than the size of your child’s thumb—about the size of a nickel.*

*There are many ways to divide the Daily Food Plan into meals and snacks. View the ‘Meal and Snack Patterns and Ideas’ to see how these amounts might look on your preschooler’s plate at www.choosemyplate.gov/preschoolers.html.*
Healthy Eating Tips

› Make at least half your grains whole grains.

› Vary your veggies.

› Focus on fruit.

› Get your calcium-rich foods.

› Go lean with protein (USDA, 2012).
Nutritional Problems in Children

- Food allergies and intolerances
- Baby bottle tooth decay
- Malnutrition
- Obesity
- Honey
- Choking
Lifting a Child Correctly

Wrong

Right