

## Study Guide for Healthy Childcare®, Volume 12, Issue 2

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### **In Sickness & Health: Chickenpox**

What virus causes chickenpox?

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Why is chickenpox no longer considered a 'typical' childhood illness?

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Before vaccination was available in 1995, how many children per year contracted chickenpox?

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How is chickenpox spread?

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What is the time frame between exposure and actual development of chickenpox?

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What are the symptoms of chickenpox?

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What does the chickenpox rash first look like?

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Where does the rash appear and how long will the rash last?

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What groups of the population are at increased risk for complications with chickenpox?

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What complications can develop with chickenpox?

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What are shingles?

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How can chickenpox be prevented?

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At what ages should children under age 6 be vaccinated?

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What is the combination vaccine and what does it vaccinate against?

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What groups of adults should be vaccinated against chickenpox?

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What groups of people should not be vaccinated?

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What is the recommendation for excluding children with chickenpox from childcare?

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**Medicine Chest: Bouncing Back—Resiliency**

What does resiliency demonstrate?

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What actions might be demonstrated by people who are not resilient?

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What actions in an early care and education setting can discourage children developing resiliency?

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What is the first step to do to help children develop resiliency?

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What does the Mayo Clinic recommend for developing resiliency?

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What groups of children are at greater risk for having difficulty developing resiliency?

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How can self-control help a child?

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What can help a child attach with his or her childcare provider?

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How can scheduling in the early care and education setting be supportive to children?

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What are family-friendly environments?

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How can curricula help develop resiliency?

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How can language skills help children with self-control?

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What can adults do to help young children develop resiliency?

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### **Safety First: The Great Escape & Supervision**

What may cause a child to become separated from a group of children?

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What are times of the day when there is an increased risk of a child becoming separated from the group?

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How can having an understanding of children's behavior help in supervision?

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How might toddlers and preschoolers express their independence?

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What are examples of specific actions by a child that might make childcare staff increase supervision?

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What are two examples that a childcare program do to increase the level of safety in supervision?

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What steps can be done to better secure outdoor play areas?

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What are the priorities when a child is missing?

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What are two actions to do when a child is missing?

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What should you do if a child cannot be located?

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What does it mean to safely supervise young children?

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**Nutrition Action: Vitamin D**

What is vitamin D also known as?

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What role does vitamin D have in the body?

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What is the Daily Reference Intake recommendation for adults up to age 50?

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Where can vitamin D be found?

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Why are children today receiving less vitamin D than in previous generations?

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What disorders can be caused by a vitamin D deficiency?

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What is rickets?

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What can osteomalacia lead to?

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In adults, what can a vitamin D deficiency lead to?

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What is the new recommendation by the American Academy of Pediatrics regarding vitamin D?

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What form of vitamin D is naturally occurring?

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How much sun exposure can increase vitamin D levels?

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What are three examples of foods that naturally contain vitamin D?

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What types of foods contain added vitamin D?

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What can vitamin D overdose lead to?

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