

## Study Guide for Healthy Childcare®, Volume 12, Issue 3

*Training certificates will be mailed ONLY if you include a stamped, self-addressed envelope. Mail to Healthy Childcare, PO Box 624, Harbor Springs, MI 49740*

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### Medicine Chest: Mumps

What is mumps?

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Where are the parotid glands located and what do they do?

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When is mumps most common?

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How does the mumps virus enter the body?

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How is the virus spread?

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What is the infectious period for a person with mumps?

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What is the incubation time for mumps?

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How long should a child with mumps be excluded from childcare?

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What is the name of the vaccine that protects against mumps?

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What age group today is most likely to contract mumps?

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What are the symptoms of mumps?

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What are two complications that can occur from mumps?

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How is mumps treated?

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What are two red flags that if they occur would require contacting a physician?

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**In Sickness & Health: Walking Styles in Early Childhood**

What are three types of walking styles that you may see in young children?

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What tools might a physician use to diagnose a walking abnormality?

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What walking style might be common in toddlers? In two year olds?

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What are bowlegs?

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By what age will bowlegs disappear in most children?

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What are knock knees?

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What age group of children sees most cases of knock knees?

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What are pigeon toes?

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What are flat feet?

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What causes tiptoe walking?

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What symptoms associated with walking might indicate a problem?

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**Safety First: Safety in Childcare During a Stressful Economy**

What must childcare providers do to ensure a safe facility?

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How can clean air/heat filters help health and maintenance?

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What does MERV stand for?

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How can MERV filters be helpful?

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How frequently should air conditioning and heating units be inspected?

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What types of maintenance should be completed on doors and windows?

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What are some common plumbing problems?

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List four safety inspections that can help prepare for emergencies.

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What daily safety checks should occur on playgrounds?

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What is one resource that can be contacted for information on playground safety?

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How can keeping your facility clean help both staff and children?

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**Nutrition Action: Picky Eaters**

What is a food jag?

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What developmental stage typically corresponds with a food jag?

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At what ages of children will they typically experience picky eating?

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In a balanced meal, how much food per each year of age provides appropriate nutrition?

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What can you do to help a picky eater?

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What can you do to include children in meal planning?

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How much time should lapse between meals? Between snacks?

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How can timing of food service encourage eating?

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What is family style eating?

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How can letting a child serve his own food help him?

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Why should you avoid bribing children with food?

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Why should you avoid forcing food or withholding food?

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What are symptoms in a child that might suggest consulting a dietitian or physician?

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What might a physician or dietitian ask you to do to help monitor food intake?

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