

Study Guide for Healthy Childcare®, Volume 13, Issue 1

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Nutrition Action: Pass the Peas, Not the Germs: Safe Family-Style Meals

What can young children learn from family-style meals?

What areas of child development can a childcare provider observe during mealtime?

What utensils/equipment should children use for family-style eating?

Why is sanitation a concern when serving foods family-style?

What are three steps that can be done to reduce germ transmission?

How can dirty hands impact eating?

How should a new step or skill in serving food be introduced?

Where should an adult be during meal time?

What should you do with leftover food?

What is the final step in family-style meal serving?

In Sickness & Health

Approximately what percentage of the homeless are children?

How many months on average are children homeless?

What health issues can exist for homeless young children?

What can be the consequences of not having a medical home?

What types of development delays might exist for these children?

What can childcare programs provide to a homeless child to provide stability?

What can a childcare program offer to the parents of these children?

How often are homeless children hungry compared to other children?

What self help skills can childcare programs teach homeless children?

What kinds of referrals can childcare programs make to help these young children?

Safety First: Teaching Children About Touch

What are appropriate touches for young children in the childcare setting?

What are the types of touches?

Name two examples of safe touches and unsafe touches.

What is an unwanted touch?

What should you teach a young child to do if a touch makes them uncomfortable?

What are some touch topics to include in daily activities?

How can “what if” scenarios help in teaching about touches?

What do touch curriculums include that help in teaching?

What are two tips for parents and childcare programs regarding safe touches?

What is the Always Ask First rule?

Medicine Chest: Medication Safety in the Childcare Setting

Where might a young child in childcare find medications from parents or guests?

What percentage of emergency room visits by children are related to ingesting medications?

What are the most common medications ingested by young children?

List three items that should be included with instructions by parents for a child’s medication.

How should staff be alerted as to which children needs a medication?

What procedures should be put in place to return medications to parents?

Where should medications be stored?

How should medications be stored?

After administering a medication, what should you do with the medication?

What should staff do when medications come into the program from parents?

Where should medications for staff be stored?

How can you address parents or visitors regarding their medications?
