

## Study Guide for Healthy Childcare®, Volume 13, Issue 2

*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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### Safety First: Going Green for Healthy, Safe Children

What kinds of objects in a childcare setting can impact children's health?

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What can a childcare setting do to establish a green program?

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What are two common areas of concern in a childcare setting that can impact health/safety?

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What health concerns are associated with cleaning products?

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What are some safe cleaning alternatives?

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What is indoor air quality?

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What is typically worse: indoor air quality or outdoor air quality?

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What can you do to improve indoor air quality?

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What is the first step in preventing children's exposure hazardous conditions?

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### **In Sickness & Health: Immunization**

What kind of help might you need to address with families regarding immunizations?

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What do immunizations do?

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What is an example of an improved vaccine and what does it protect against?

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What agency is the best source of information regarding immunizations?

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What does this agency publish annually (or more) regarding immunizations?

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What is one of the newer combination vaccines and what does it protect against?

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Which recommended vaccine requires five shots for children 2 months-6 years? Four shots?

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Which vaccine is given by mouth?

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How often is the influenza vaccine administered?

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What priority groups were first recommended to receive the H1N1 vaccine?

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Who should you contact in your area for information about immunization schedules?

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**Nutrition Action: Food Insecurity and Childcare**

What is food security?

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What is food insecurity?

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How is your role of childcare important to a child in a food insecure family?

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What kinds of behaviors might come from a child with food insecurity?

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At meal or snack times, what kinds of behaviors can be exhibited by these children?

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What might it mean if a child has different food behaviors on Monday vs. Thursday?

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What program can help you if more than 25 percent of your children are food insecure?

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What resources can this program provide you?

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What are two suggestions that you can implement in your program to help these children?

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What kinds of resources in your area can you contact for help with food insecure families?

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### **Medicine Chest: Cleaning and Sanitizing, Keys to Germ Prevention**

How are germs spread?

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What kinds of common illnesses are easily spread?

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What is cleaning?

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What is sanitizing?

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What is disinfecting?

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What action used in cleaning decreases the number of germs?

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What is the recommended bleach solution for sanitizing toys?

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What areas should be sanitized daily?

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What area needs sanitized after each use?

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How often should bleach solutions be mixed?

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How can a sanitizing solution be applied?

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