

# Study Guide for Healthy Childcare®, Volume 14, Issue 4

*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: Physical Activities for Infants & Toddlers

What can physical activities of young children help accomplish?

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What should you look for in indoor play spaces?

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How is bad weather defined?

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What benefits can infant tummy time provide?

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How much time daily should a toddler be physically active in structured and unstructured play?

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What are some examples of toddler movement activities?

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What are some examples of toys or play equipment that can encourage movement?

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Why should infants NOT be in walkers?

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What can young children learn about movement from you?

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### **Safety First: Fireworks & Young Children**

What kinds of injuries can be caused by fireworks?

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What is the temperature at the end of a glowing sparkler?

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What kinds of injuries can sparklers cause?

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What do national safety organizations recommend regarding young children and fireworks?

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What should childcare programs be aware of regarding your state and fireworks?

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How can you work with parents on fireworks safety?

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What are two safety suggestions you can offer parents on fireworks safety?

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What kind of clothing should children wear when near fireworks?

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What are two ideas for craft project that can be used to celebrate?

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What ideas can be used to simulate the sounds of fireworks?

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What are two resources for information for you and for parents on fireworks safety?

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**Nutrition Action: Texture Modification for Diets of Young Children**

What are some medical reasons that could require texture modifications in a child?

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How do children develop oral motor skills?

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What skills are needed to eat solid foods?

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What skills are needed to eat chopped table foods?

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What skills are needed for regular table foods?

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What are the 3 main consistencies that foods come in?

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How do mashed foods differ from pureed or unmodified foods?

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How are pureed foods prepared?

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What problems can thin liquids cause some children with feeding difficulties?

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What does a childcare program need from parents and healthcare providers for special diets?

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### **In Sickness & Health: Infants & Spitting Up**

What is spitting up?

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What causes an infant to spit up?

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When do infants typically spit up?

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At what age does spitting up typically peak?

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What is vomiting?

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What causes vomiting?

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When should an infant see a physician?

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What symptoms should you look for if a child is vomiting?

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Why does it help to wait several hours between feedings?

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Why can it help to keep an infant upright during feedings and shortly thereafter?

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How can feeding an infant slowly help reduce spitting up?

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