

Study Guide for Healthy Childcare®, Volume 15, Issue 1

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Safety First:

What is a contact burn?

Why is tap water a safety concern?

Why can the same hot liquid spilled on a child cause a burn more serious than on an adult?

What is the best prevention against burns in young children?

How can you minimize burns in the kitchen areas?

Where should the 'no kid zone' be established?

How can you prevent oral scalds in infants?

How quickly can water above 120°F scald a young child's skin?

What should the minimum temperature be at a sink? Maximum?

What should you first do if a burn occurs in a child?

Sickness & Health: Safe & Sanitary Toileting

What can children learn from toileting?

What are the areas where toileting and diaper changing should NOT be in?

What kinds of safety concerns for young children exist in toileting areas?

What privacy concerns should be in place for children six years of age and older?

How many toilets and sinks should be accessible to 10-16 children?

Why are several small toilet rooms preferred?

What are the recommend toilet and hand sink heights for young children?

What is the recommendation for the use of potty chairs and why?

If a potty chair is used, what should it be made of and where should it be placed?

Why is sanitation important in toileting areas?

Nutrition Action: Encouraging Eating for Children with Poor Appetites

What can affect appetite?

What problems can occur from poor appetites?

What medical conditions can impact appetites and eating?

What can be done with serving sizes to help entice a child to eat?

How can you help introduce new foods?

How can liquids impact appetites? When should liquids be included at mealtime?

How can snacks impact appetites?

How often should young children eat? Infants?

How can you help busy children get ready for snack or mealtime?

How much exercise should toddlers get daily? Preschoolers?

Medicine Chest: Health & Safety Documentation

What can documentation provide?

What are 3 areas of documentation to include?

Why is a family health history important?

What should be included with the age-appropriate health assessment?

What is included in a daily health check?

What might be in an individualized health plan?

How far in advance should menus be planned and posted for family review?

What type of health conditions might require an individualized feeding plan?

What are 3 things that should be included on a medication consent form?

How can documentation of medication administration benefit a childcare program?
