

Let's Talk Audio Conference for Child Care Health Consultants – May 27, 2010  
Handout: Guide and Resource List for Conference Call Discussion

**Updates and Issues Raised by Online CCHC Survey**

- **Keystone Babies is a voluntary, center-based program offered to Pennsylvania Keystone STAR 3 or STAR 4 programs** applying for a classroom of infants and toddlers who are enrolled in the Child Care Works program. Funding is available for Child Care Health Consultation (CCHC).  
[http://www.pakeys.org/pages/get.aspx?page=Programs\\_Other](http://www.pakeys.org/pages/get.aspx?page=Programs_Other)
- **Best Practices in Keystone STARS Financial Award Spending** Keystone STARS programs have begun using Keystone STARS awards funding to purchase Child Care Health Consultant services. To review the document, go to  
[http://www.pakeys.org/pages/get.aspx?page=Programs\\_STARS\\_Grants](http://www.pakeys.org/pages/get.aspx?page=Programs_STARS_Grants) Scroll down to the bottom of the page and select **Best Practices in Keystone STARS Financial Awards Spending**, see **Health and Safety on page 5**.
- **Child Care Health Consultant Checklist Reference Document**

The **ECELS-HCCPA Health and Safety Checklist - References Document** (*Pennsylvania Version 1.3 – May 2010*) was created to guide the user to the appropriate health and safety standard(s) and other references for each item in the Health and Safety Checklist. Some items were developed by combining more than one standard or reference, and there may be additional standards and references not documented that may be relevant to an item. In addition, ECELS considered items on checklists from other sources. The scope of a particular item in the ECELS Health and Safety Checklist may be broader or more focused than the corresponding referenced item. The reference document is listed as a separate handout on the ECELS website in the section for Health Professionals. Select 'Health Consultant Role' and then 'view all' to find the reference list for this tool and the tool itself. Plans for further development of the tool include seeking funding for formal reliability and validity testing as well as grouping items into scores.

- **Child Care Health Consultation Business Aspects**



**ECELS/Healthy Child Care PA** [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org) Many helpful resources are posted in the Health Professional section of the ECELS website. Select the section headed 'Health Professionals' and then select 'Health Consultant Role' from the drop-down menu that appears when you put your cursor on the Health Professionals heading. Look for many useful items in this subsection: e.g. How to Choose and Use a Child Care Health Consultant, Health Consultant Do's, and the Continuum of Liability Exposure for Child Care Health Consultants.



**Healthy Child Care America**

<http://www.healthychildcare.org/NAEYCproject.html>. To learn how to support programs to achieve the health-related criteria in NAEYC Accreditation, the American Academy of Pediatrics (AAP) coordinated the 6-month pilot

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program *Increasing Health Professional Involvement in Child Care Programs to Improve Quality Care and Outcomes for Children* to offer pediatric health professional consultation services to child care centers. Select 'Increasing Health Professional Involvement', and then select 'Tips Pediatricians/Health Professionals and Tips for Early Education and Child Care Professionals'.

'Healthy Child Care Consultant Network Support Center (NSC) Newsletter on Fee-for-Service Consultation' features tips on getting started as a independent Child Care Health Consultant, setting fees, marketing and sample agreements and forms. Go to the website <http://hccnsc.jsi.com/resources/> On the NSC CCHC Resources page, scroll down to Newsletters and select NSC Focus Fee-for-Service Consultation.



On the **Child Care Nurse Consultant** page

<http://www.idph.state.ia.us/hcci/consultants.asp> scroll down and select **MCH CCRR Agreement Sample** (Maternal Child Health and Child Care Resource & Referral). The sample agreement is offered to help prepare to secure legal advice in developing agreements between early education programs and CCHCs.



#### Healthy Child Care Iowa—Child Care Business – Partnership Agreement

<http://www.dhs.iowa.gov/iqrs/docs/1%20Business%20Partnership%20Agreement.pdf>

- **PA Facility Regulations**



**National Resource Center for Health and Safety in Child Care and Early Education** promotes health and safety in out-of-home child care settings throughout the US. Select <http://nrc.uchsc.edu/CFOC/>

At the left side of the homepage under **Key Resources**, select **State Licensing and Regulation Information**. Select Pennsylvania to access the Pennsylvania Regulations for Center, Group Homes and Family Child Care.

- **National Accreditation Systems**



#### **National Association for Family Child Care (NAFCC)**

<http://www.nafcc.org/include/default.asp> is a non-profit organization dedicated to promoting quality child care by strengthening the profession of family child care.

**National Association of Child Care Professionals (NACCP)** <http://www.naccp.org/> Members of this organization are child care owners, directors and administrators. The organization's goal is to improve, enhance and strengthen the credibility of the people who lead the child care industry.

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**National Association of the Education of the Young Child (NAEYC)**

<http://www.naeyc.org/>. Among the 10 standards for accreditation, Standard Five (5) address health, but many other health and safety criteria are listed under the other 9 standards. From the NAEYC home page, select “Log-in” and then click “TORCH” following the log instructions.



**National Early Childhood Program Accreditation (NECPA)**

<http://www.necpa.net/whynecpa.php> is an independent early childhood accrediting organization

- **ECELS Child Care Health Advocate Course**



**Northampton Community College** is offering the **Child Care Health Advocate Course (CCHA)** an online credit course for directors, lead teachers and family child care providers to learn how their program encompasses health and safety best practices, utilizing the National Association of the Education of Young Children (NAEYC) and national health professional organizations guidelines. The **Summer Session** begins **June 7- August 16, 2010** for **15 sessions**. For the registration flyer, [Click here](#).

- **ECELS Health Capsules**



**ECELS-Healthy Child Care PA** [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org), provides periodic, short articles on health topics in **Health Capsules** located under the **Publications/Media** section on the ECELS webpage. ECELS sends these Health Capsules and notice about posting of the more complete newsletter, Health Link ONLINE to those who have signed up for E-Mail Alert from ECELS by following the instructions on the ECELS home page.

- **Social Emotional Health**



**National Training Institute for Child Care Health Consultants (NTI),**

<http://nti.unc.edu/index.php> is a state-of-the-art national train-the-trainer program that prepares child health and child care professionals to train child care health consultants (CCHCs) in their state, territory, or community. Their **Resource Database** offers excellent references. Select the **Resource Database**, and then select **Mental Health** for many references.



(4) Early Childhood Mental Health pyrami

The **Center on the Social and Emotional Foundations for Early Learning (CSEFEL)**

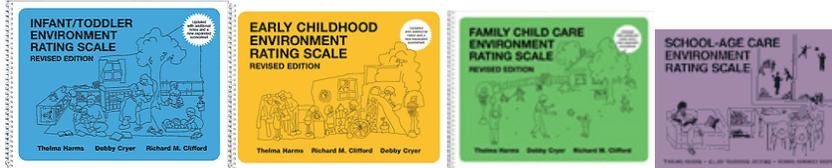
<http://www.vanderbilt.edu/csefel/> is focused on promoting the social emotional development and school readiness of young children birth to age 5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the

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country. The **Pyramid Model for Supporting Social Emotional Competence in Infants and Young Children** is a national tool and used throughout Pennsylvania. The website has training modules, resources, and family tools to implement the principles of the model.

## ERS Scores



The Environmental Rating Scales are child-environment observation tools developed by Thelma Harms, Debby Cryer and Richard Clifford at the Frank Porter Graham Child Development Institute at the University of North Carolina, Chapel Hill. Pennsylvania uses these instruments to measure the quality of performance of child care centers and family child care homes that are involved in the Keystone STARS quality improvement initiatives. The state requires providers to use these tools to self-assess, and also conducts independent assessments by observers who have been taught to use these instruments. Three tools collect scores for seven subscale areas. The tools are the Infant-Toddler Environmental Rating Scale-Revised (ITERS-R), the Early Childhood Environmental Rating Scale-Revised (ECERS-R), the Family Child Care Environmental Rating Scale (FCCERS-R) and the School-age Child Care Environmental Rating Scale (SACCERS). Health and safety items are distributed among the seven subscales, although the largest number are in the Personal Care Routines subscales. Keystone STARS aggregates the data by region and for the state as a whole, using the findings to identify trends and measure progress in quality improvement from year to year. Health and safety items are consistently the lowest scoring. Many of these items are below the minimal score of 3 on a scale of 1=inadequate to 7= excellent. See separate handout "ECELS Summary of Health and Safety Items found in ERS Scores" on the ECELS website in the section for Health Professionals. Select 'Health Consultant Role' and then 'view all' for this list. The PA Key has shared with ECELS regional item scores for each region. ECELS staff can use these results to work with CCHCs to target quality improvement activities where scores are lowest.

## Obesity Risk Reduction

- ECELS new self-learning module, Moving and Munching, Supporting Physical Activity and Nutrition in Early Learning Program is posted on the ECELS website, [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org). Select Child Care Provider Training, Select Self-Learning Modules, select view all, and see SLM Online Fitness and Nutrition- Moving and Munching, Supporting Physical Activity and Nutrition in Early Learning Programs. This module allows programs to assess physical activity and nutrition policies and practices for children ages 3-5 using the Nutrition and Physical Activity Self- Assessment for Child Care (NAP SACC). Based on the assessment, staff develop an action plan to make improvements. Learn how to create a nutritious menu and evaluate the menu according to Child and Adult Care Food Program (CACFP) guidelines. Includes resources for staff and parents
- **Nutrition and Physical Activity Self-Assessment (NAPSACC)** [www.napsacc.org](http://www.napsacc.org)  
NAPSACC is a Centers for Disease Control and Prevention funded research and intervention project. The Center of Excellence for Training and Research Translation, Center for Health Promotion and

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Disease Prevention, UNC, Chapel Hill developed and tested the NAPSACC tool. The website provides NAPSACC Consultant Training, resources, and publications.

- **Tuscarora Intermediate Unit (TIU) Wellness Assessment Pilot-** The Keystone Kids Go! Workgroup recruited STARS programs interested in participating in a self-assessment process using NAPSACC. Participating programs conduct NAPSACC, identify goals to improve nutrition and physical activity, and seek technical assistance from local consultants. TIU is currently gathering data from the programs in the pilot.
- **Staff Health: California Child Care Health Program** <http://www.ucsfchildcarehealth.org/>



PDF/Adobe Acrobat - [Quick View](#)

2 ■ *Staff Health* ■ Instructor's Guide: A Curriculum for Child Care Health Advocates .... CCHAs can assist ECE programs in improving *staff health*. ... [www.ucsfchildcarehealth.org/.../CCHA\\_IG\\_10\\_StaffHealth\\_v2.pdf](http://www.ucsfchildcarehealth.org/.../CCHA_IG_10_StaffHealth_v2.pdf) -



**ECELS-Healthy Child Care PA** [WKSHP-Caring for the Caregiver](#)

**UPDATED** Teaches early learning practitioners how to recognize and manage occupational health risks addressed in *Caring for Our Children: the National Health and Safety Standards*. Addresses management of stress, infectious disease risks and musculo-skeletal (ergonomic) challenges intrinsic to providing child care. Includes assessment of personal and worksite health promotion strategies. - Workshop content revised in 2008. (ECERS-ITERS: Parents and Staff. K7C1-84; 2 hours credit. Meets STAR Level 2 Performance Standard for Health and Safety)

## Healthy Futures Medication Administration

See separate handout for Table of Contents and selected slides from Module 2. For the entire curriculum, go to <http://www.healthychildcare.org/HealthyFutures.html>

## Children with Special Health Care Needs

- Active CCHCs may contact ECELS to request a free copy of the 2009 Quick Reference Guide from the American Academy of Pediatrics: *Managing Chronic Health Needs in Child Care and Schools*.
- ECELS is revising the self-learning module on Children with Special Health Care Needs intending to put the module entirely online, with video components that users will be able to view online.

## General Resources

- **Healthy Child Care America** [www.healthychildcare.org](http://www.healthychildcare.org)

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The HCCA program is a collaborative effort of health professionals and child care providers working to improve the early education and health and safety of children in out-of-home child care. This includes increasing access to preventive health services, safe physical environments, and a medical home for all children. The program also strives to increase pediatrician participation and effectiveness in providing high-quality care and promoting early education and children's health and well-being.

### Pennsylvania and National List Serv Resources



**Healthy Child Care America:** Child care providers and others who care for young children can sign up to receive a free electronic quarterly newsletter

from the American Academy of Pediatrics. The newsletter includes practical steps that caregivers and teachers can take to promote the health and development of children in child care. Sign up [here](#).



The **Build Initiative** is a project of the Pennsylvania Departments of Education and Public Welfare to inform early learning professional, the early childhood community, policymakers, community leader and the public on developments in early childhood education and care in Pennsylvania. The biweekly, **Build Early Education E-Newsletter** is open to anyone providing early education, research, and resource updates for early learning professionals, <http://www.buildinitiative.org/>. Click on the link [subscribe here](#). Archived copies <http://www.papromiseforchildren.com/>



**ECELS-Healthy Child Care PA** program of The PA Chapter of the American Academy of Pediatrics [www.ecels-healthychildcarepa.org](http://www.ecels-healthychildcarepa.org), provides health professional consultation, training, and technical assistance to improve early learning and school-age programs in the Commonwealth. To receive **E-Mail Alerts** about health and safety news, website postings, and *Health Link ONLINE*, select [Sign-Up](#), [Remove](#) or [Update](#) your e-mail address. You must respond to the **E-Mail Alert** confirmation email to join the list.



The **National Child Care Information and Technical Assistance Center**, a service of the [Child Care Bureau](#), is a national clearinghouse and technical assistance (TA) center that provides comprehensive child care information resources and TA services to Child Care and Development Fund (CCDF) Administrators and other key stakeholders, <http://nccic.acf.hhs.gov/index.cfm>. At the top of the page, select '**E-Mail Alerts**.'



**National Resource Center for Health and Safety in Child Care and Early Education** <http://nrckids.org> promotes health and safety in out-of-home child care settings throughout the US. The NRC listserv is: [nrc@lists.ucdenver.edu](mailto:nrc@lists.ucdenver.edu).

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