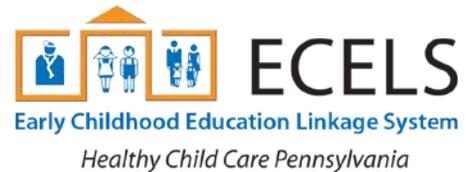


Early Childhood Education Linkage System/ Healthy Child Care Pennsylvania
PA Chapter, American Academy of Pediatrics
Rose Tree Corporate Center II, Suite 3007
1400 N. Providence Road
Media, PA 19063
Phone: 484-444-3003; Fax: 484-446-3255; e-mail: ecels@paaap.org
Website: www.ecels-healthychildcarepa.org



January 2014

To: Pennsylvania Early Learning Practitioners

Re: Model Child Care Health Policies Self-Learning Module for Early Education and Child Care Providers

Directions: Thank you for selecting this module to develop/renew your health and safety policies. The module has (8) activities.

1. Review *Model Child Care Health Policies*, 5th Edition (*MCCHP*). Click [HERE](#) to obtain this document. You can also access this document from the home page of the ECELS website, www.ecels-healthychildcarepa.org Select Publications, then Manuals/Pamphlets/Policies. Work with staff in your program to develop/review/update your facility's health and safety policies using *MCCHP*. Use the fill-in-the-blank policies to substitute for or modify your program's policies.
2. Review and revise your **Admission and Exclusion Policy** to reflect Section 11 of *MCCHP*. This model policy is consistent with *Managing Infectious Diseases in Child Care and Schools*, 3rd Edition. This book is available at the AAP online bookstore at www.aap.org/bookstore
3. Review and revise your policies to implement the American Academy of Pediatrics **Safe Sleep Policy**. This topic is in Section 6 of *MCCHP*.
4. Review and revise your policies to implement the **Bloodborne Pathogen Exposure Control Plan**. This topic is on pages 47-48 of *MCCHP*. Consider completing the entire self-learning module "Bloodborne Pathogens: Keeping Safe While Touching Blood" for an additional 2 hours of credit.
5. Answer the self-assessment multiple choice and implementation questions found in this document packet. If more than one staff member is seeking credit for completing the *MCCHP self-learning* module, each person must independently complete the self-assessment.
6. Select **one health and safety policy from your updated policies** for review by ECELS staff. For credit, you only need to submit one policy for the facility, even if more than one person in the facility is completing this module.
7. Follow the instructions on the ECELS website Self-Learning Module page Click [HERE](#) and review the information in the box with the heading "Important Reminders". Click on the green rectangle labeled "Click here to order SLM reviews" to pay the review fee.
8. Submit the following for each staff member seeking credit:
 - Self-assessment independently completed
 - Registration form
 - One copy of the updated program policy of your choice
 - Module Review Payment Form if more than one staff member is completing the moduleSend the documents to ECELS via e-mail, fax or surface mail.

ECELS staff will review the work you submit and offer advice if you need help to complete the module successfully. If you have questions, please contact the ECELS office. ECELS will award (2) hours of professional development credit to each person who completes the module. You will receive email confirmation with instructions on how to access your certificate from the PA Keys website. Processing takes approximately 3-6 weeks after submission of required documentation.

Sincerely,

Susan Aronson, MD, FAAP
ECELS Pediatric Advisor

Julie McCloskey, RN, BSN
ECELS T/TA Coordinator

Training costs have been underwritten by the PA Department of Public Welfare, Office of Child Development and Early Learning

Name _____
Facility Address _____
_____ County _____
City _____ State _____ Zipcode _____ Phone (____) _____
Email Address _____

Model Child Care Health Policies Self-Learning Module

DIRECTIONS: Read the following questions. Choose the correct answer. **Return the answer sheet to ECELS along with the health and safety policy of your choice for review.**

1. The vehicle used by the program for transportation must have:
 - a. A current license and licensed driver according to state law
 - b. A complete first-aid kit and emergency contact information
 - c. A driver trained in safety issues, first-aid and CPR
 - d. All of the above

2. Who should review health and safety policies?
 - a. The health consultant should review the policies every two to three years
 - b. Teachers/caregivers should review the policies every two to three years
 - c. Those responsible for the facility, those with expertise about the topic, and those affected by the policies should review the policies every year
 - d. No review is required after the policies are completed unless there is a problem

3. Children involved in large muscle play require extra supervision. One practical way to have good supervision for the activity is:
 - a. Develop and post a written schedule to assign teachers/caregivers to the large muscle play area
 - b. Arrange for extra staff members to be present for active play time
 - c. Keep the children inside for play activities when substitute teachers are with the group
 - d. Only have large muscle play on the days when there are no substitute teachers present

4. The policy for cleaning, sanitizing, and disinfecting should include:
 - a. Cleaning/disinfecting door handles weekly
 - b. Cleaning/sanitizing food preparation surfaces after each use
 - c. Sanitizing mounted toys before and after each use
 - d. Answers a & c

5. Exclusion of ill children from child care is based on which of the following?
 - a. Whether the child can participate in activities that the facility routinely offers
 - b. Ability of staff to meet the needs of the ill child and other children in the group
 - c. Whether the child's illness poses an increased risk to other children and staff
 - d. All of the above

6. The best place to find current recommendations on immunizations and routine preventive health services for children is the:
 - a. Local medical association
 - b. Parent of one of the children enrolled who goes to a pediatrician
 - c. The American Academy of Pediatrics (www.aap.org) or the CDC (<http://www.cdc.gov/vaccines/>)
 - d. Local library
7. Teachers/caregivers can get information about speakers and health education material by contacting:
 - a. Community hospitals - public relations department
 - b. The public Health Department
 - c. Local nursing, medical or dental schools
 - d. All of the above
8. Teachers/caregivers may administer medications in the child care program if certain conditions are met. Which of the following must happen before medication may be given?
 - a. The parent must provide written permission
 - b. The teacher/caregiver receives written instructions which include the medication name, dose, time, route, possible reactions, and how long the medication will be used
 - c. The medication must be placed in the refrigerator by the parent
 - d. Answers a & b
9. Evacuation drills should be:
 - a. Held quarterly at varied times of the day during a variety of activities
 - b. Held monthly and observed at least once a year by an emergency service professional who might be involved in evacuation (e.g. the local fire department)
 - c. Held at least annually when children are not napping and in good weather
 - d. Held when staff members and children are aware that a drill will occur so the children will not be upset
10. To keep the facility secure from potentially threatening individuals:
 - a. Keep all doors into the facility locked to entry from the outside
 - b. Permit only parents & guardians to enter the facility
 - c. Have a plan for handling individuals with threatening behavior
 - d. Answers a & c
11. The Incident Report is part of the safety program and can be a tool to identify areas where injuries occur and improvement is needed. The Incident Report requires the following:
 - a. Completion whenever an injury occurs
 - b. The signatures of the staff member and parent
 - c. Documentation of witnesses
 - d. All of the above.
12. Environmental Health policies should include:
 - a. A plan for protection from exposure to sun
 - b. Inspection of play areas and equipment
 - c. A plan to assess and address the presence of radon
 - d. All of the above

13. Which of the following is a safe food preparation practice?
 - a. Holding cooked foods at a temperature of at least 135 degrees F
 - b. Keeping perishable foods at or below 50 degrees F
 - c. Defrosting frozen food on the counter-top, beyond reach of children
 - d. Storing raw foods above cooked or ready-to-eat foods inside a refrigerator

14. To support mothers who are breastfeeding, programs should:
 - a. Require back-up bottles of formula in addition to the breast milk
 - b. Coordinate feeding routines in child care with the mother's schedule
 - c. Provide a place for nursing mothers to feed their babies
 - d. Answers b & c

15. Safe & healthy sleeping practices include:
 - a. Placing infants on their backs
 - b. Providing sleeping equipment that meets US CPSC standards
 - c. Placing sleeping equipment at least 3 feet apart
 - d. All of the above

16. Teachers/caregivers are exposed to a variety of health hazards on the job. Which of the following is not considered a major health occupational health hazard for teachers/caregivers?
 - a. Injury from machinery
 - b. Infectious disease
 - c. Skin injury from frequent hand washing
 - d. Stress

17. The Refusal to Vaccinate form includes the following information, except:
 - a. The list of nationally recommended immunizations
 - b. Information about the potential consequences of vaccine refusal
 - c. A place to document the child's medical history
 - d. Parent and witness signature

18. When feeding infants and toddlers, teachers/caregivers should do which of the following to promote healthy growth?
 - a. Use whole pasteurized milk for children between 12 and 24 months of age unless a different instruction is given by the child's health care provider
 - b. Warm bottles of formula in microwave oven, then check the temperature with a drop of formula on the teacher/caregiver's skin
 - c. Accept only formula brought to facility in factory sealed containers as ready-to-feed concentrate or powder
 - d. Answers a & c

19. Which of the following is a true statement regarding Child Abuse:
 - a. Evidence of abuse is needed prior to making a report to Childline
 - b. Emotional abuse is not a major form of child abuse
 - c. Unusual bruising and marks may be signs of abuse
 - d. Parental permission is required prior to making a report of suspected abuse

20. Hand washing is the best way to decrease the spread of infection. To help protect the children, staff members should wash their hands:
- a. Upon arrival for the day
 - b. Before and after feeding a child
 - c. After diapering & toileting
 - d. All of the above

Implementation Questions:

1. How will your facility share updated policies with parents?

2. Identify two changes in your child care operations that will be made as a result of reviewing *Model Child Care Health Policies*.
