Health & Safety
for Infants & Toddlers

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A member of the National Head Start Training and Technical Assistance Network
Are We Moving in the Right Direction?

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Objectives

Review AR Child Care Licensing regulations relating to health & safety

Describe the 5 elements in the AR Framework for infant & toddler Care

Discuss best practice strategies
Agenda

Introductions
Why is Health & Safety important?
AR Framework for Infant & Toddler Care
Licensing requirements
Best practice strategies
Health and Safety Facts About Our Children and Their Families

• 40% of two year olds are not immunized against preventable disease (national)

• Millions of children die or are injured in preventable accidents

• 15% or 43.8 million families in the United States are without health insurance

Taken From: ECHO and Family Center Council Network
Why is Health & Safety Important?

Safety is freedom from danger and danger is minimized by reducing hazards.

Children feel safe when they know that:
- No great harm will come to them
- Adults can do something to prevent dangerous situations
- Those around them share their concern for safety and act cautiously

Infants and toddlers depend on adults to keep them safe. Adults have the responsibility of setting up an environment that is free from dangers or reduces danger for crawling infants and tumbling toddlers.

Keeping children safe involves:
- Providing safe indoor and outdoor environments
- Responding to accidents and emergencies
- Helping infants and toddlers begin to develop safe habits

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Program ~ general

- Written daily routine, DAP
- Avoid activities/experiences that may damage self-esteem
- Rest period
- Parents have full access
- One hour of outdoor play daily, minimum
  ~ suitable weather

Program ~ infants/toddlers

- Visually monitor sleeping children at all times
  ~ check breathing often
- Opportunities to explore
  ~ 1 hour or less in crib/playpen
- Appropriate cribs/cots/mats
- Daily outdoor play
- Caregivers will hold and play with infants ~ other than diapering & feeding
AR Child Care Licensing Regulations

- Behavior Guidance ~ general
  - Individualized / consistent, DAP
  - NO physical punishment
  - Use acceptable techniques
  - Inform parents of program behavior guidance practices

- Behavior Guidance ~ infants/toddlers
  - No time out for children less that 2 years old
  - May place child in crib/playpen while teacher attends to the situation
Records ~ general

Each Child’s file must contain the following:

- Application – name, date of birth, address, names of parents/guardians, phone number, parent’s work place, enrollment date,

- Emergency contact information & who can pick up child

- Medical Home ~ Dental Home name & number

- Written consent to obtain emergency medical attention

- Written permission for field trips
Records ~ general

Each Child’s file must contain the following:

- Pertinent medical history
- Authorized record of up-to-date immunizations or exemption
- Record of all accidents or injuries ~ location, time, area
- Attendance records
- Roster for field trips must be checked before departure, when preparing to return to center and after return to center
Nutrition ~ general

Lunch must be served every day
All meals must meet USDA CACFP guidelines
Breakfast available for arrival prior to 7:00 a.m.
No more than 3 hours between breakfast and lunch
Meals are served at tables
All food surfaces must be kept sanitary
Staff shall not consume food or drink not available to the children in their presence
Mid-morning snack or breakfast and afternoon snack must be served
Nutrition ~ Infants/Toddlers

Routine use of food, bottles and formula shall be agreed upon by staff and parents, special instructions about food allergies must be in writing

Feedings for all children up to 12 months shall be documented and shared with parent

Bottles and food shall be prepared in an area separate from the diaper change area

Water used for formula prep cannot come from hot water source
Nutrition ~ Infants/Toddlers

Children shall not share the same bottle of eating utensils
Must use sanitary practices for cleaning bottles, cups and utensils
Infants under 6 months of age shall be held while feeding
Bottles and ‘sippy’ cups must be labeled with the child’s name and refrigerated
Straps shall be used in high chairs at all times
Buildings ~ general

Annual written verification of meeting National Fire Safety Code 101
No centers in basements or floors above ground level
Annual written verification of State Health Dept. requirements
All spaces shall be kept clean & free of potentially hazardous objects
35 square feet per child of usable indoor floor space, cannot include bathrooms, kitchen, hallways, closets or storage spaces
Separate space for isolation of ill children, and under constant supervision
Buildings ~ general

Children’s space must be well heated, lighted and ventilated, glass doors clearly marked, windows shall have screens Guards around gas/electric heaters, hot radiators/water heaters, air conditioners and electric fans Floors, walls and ceilings in good repair, use lead free paint Must maintain an operable telephone When using manufactured homes ~ tied down double-wide, older than 1976, no metal roofs or walls, no single-wide mfg homes

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Buildings ~ general

Portable classroom buildings require Fire Dept. approval

Buildings ~ Infants/Toddlers

Designated areas of care for infant/toddler shall be separate from areas used by older children

When sharing the same eating space with older children, maintain separation
Grounds ~ general
Provide the safest possible playground equipment ~ meet Consumer Product Commission’s safety guidelines

- Layout and design
- General Hazards
- Slides
- Swings
- Climbing equipment
- Merry-go-rounds
- Seesaws

Fall zones/surfacing
- equipment over 24” high
- minimum 6’ all directions from perimeter
- shock absorbent material ~ sand, pea gravel, wood chips, wood mulch, shredded rubber, commercial matting
- Free of obstacles
The Dirty Dozen Checklist

1. Improper protective surfacing
2. Inadequate use zone
3. Protrusions and entanglements
4. Entrapments in openings
5. Insufficient spacing
6. Trip hazards
7. Lack of supervision
8. Age-inappropriate activities
9. Lack of maintenance
10. pinch, crush, shearing and sharp edges
11. Platforms with no guardrails
12. Equipment not recommended for public playgrounds
Furniture and Equipment ~ general

Sufficient toys, books and indoor toys, outdoor equipment to meet the needs of all children

Sturdy, clean and safe

lead free paint on toys and equipment

Appropriately sized tables and chairs

Individual space for personal belongings

Storage for extra materials when not in use
Furniture and Equipment ~ general

Sleeping arrangements

- Labeled individual cot or mat, bottom sheet and cover
- Mats must be 2” thick, washable, waterproof, appropriate size
- At least 1 foot apart when napping
- Wash sheets and covers weekly or when soiled, no sharing
- Sufficient lighting to provide adequate supervision
Sleeping arrangements for infants & toddlers

Individually labeled or safe playpen with waterproof mattress
Slats no greater than 2 3/8” apart
Mattresses fit snugly, < 1 inch gap between crib and mattress
Corner posts must be the same height as end panels
End panels extend below mattress at lowest point, no cutouts
Minimize loose blankets & pillows ~ keep away from infant’s face

**ALWAYS** place infants on their back to sleep
Health ~ general

Policy for when a child is too sick to attend
Separate, supervised space for sick children
Injuries ~ immediate attention, notify parents
(if medical attention is needed, inform licensing)
Parent notification of contagious illness at the center
Smoking is prohibited
Keep garbage and soiled diapers in closed container
No pets or animals that present a health & safety risk
Medication Administration

* Signed parental permission
* Date, type, drug name, time and dosage
* In original container, expiration date ~
* Labeled with child’s name
* Keep out of the reach of children
* Stored in locked area

The “Six Rights”

1. Right child
2. Right medicine
3. Right time/date
4. Right dose
5. Right route
6. Right documentation
First Aid Kits ~ Kept out of children’s reach

- Adhesive band-aids
- Sterile gauze squares
- Adhesive tape
- Roll of gauze bandages
- Antiseptic
- Thermometer
- Scissors
- Disposable gloves
- Tweezers

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Communicable diseases that must be reported

- Hepatitis
- Rash illnesses (measles & rubella)
- Whooping cough (pertussis)
- Meningitis
- Mumps
- Tuberculosis
- Salmonellas (including typhoid)
- E-coli
Immunizations

Maintain roster on infants and toddlers who are not up to date, and parent notification

Verify immunization status within 15 days of enrollment, if not up to date child cannot remain at center

Protect children from sun exposure, written parental permission to apply sunscreen
Diapering

Preparations kept out of the reach of children, agreed upon by parent
Safe diaper changing area
Sanitized after each use
Equipped with necessary supplies
Remove soiled/wet diapers, clean child thoroughly,
  replace with clean diaper
Soiled cloth diapers or clothes shall not be rinsed
  bag and send home
10 Steps to Diaper Changing

1. Prepare the area
2. Place child on changing surface
3. Remove child’s clothing
4. Unfasten soiled diaper, clean from front to back
5. Remove soiled diaper and fold wipes inside, dispose, remove gloves
6. Clean your hands and child’s with clean wipes
7. Put clean diaper on child
8. Dress the child
9. Wash the child’s hands, return to play
10. Clean and sanitize the diapering area, wash your hands with soap & water
Infant/toddler toilet facilities

At least one toilet and one sink available,
  for every 15 children 18 mos or older ~ 1 additional toilet & sink
Provide bathroom that opens directly into classroom
  or provide additional staff for supervision
Potty chairs do not count in lieu of toilets, must be placed in area
  with toilets
Empty and sanitize potties immediately after use
Toilet learning

Assist child in toilet routine and hygiene

Do NOT:

Place child on toilet/potty for prolonged time periods
Use harsh language
Punish or berate for soiling clothing
Use physical force to put child on toilet/potty against their will
Leave a child unsupervised on toilet/potty
Safety

Post procedures /diagrams for emergency drills in each classroom
Monthly fire and tornado drills
Staff & volunteer training in safety drills
All must participate in drills
Maintain a record of emergency drills
date, time of drill, number of children participating,
length of time taken to reach safety
Safety

Maintain a log of child product recall and safety notices, post
Keep medicines and poisonous substances out of reach
Supervise supplies used for children’s activities
Check all bags brought by children
Keep purses and staff items stored out of reach
Keep guards on all electrical outlets
Train staff on use of fire extinguisher
Maintain smoke detectors and fire extinguishers
NO balloons to be used in infant/toddler areas
Elements of Quality

Relationships
- Caregiver- family
- Caregiver – child
- Child – Child

Diversity
- Cultural
- Individual differences

Environment
- Physical
- Program

Experiences
- Routines
- Activities
- Sensory
- Language
Health & Safety

Nutrition:

1. Caregivers have basic knowledge of nutrition and age appropriate feeding practices

2. Nutritional needs of infants and toddlers are met; caregivers work closely with families to ensure proper amounts and types of foods are served in a consistent manner
Health & Safety

Sanitation:

1. Sanitary practices /guidelines are in place to prevent the spread of disease. Examples: diapering/toileting are in an area separate from food service areas, caregivers and children wash their hands to prevent contamination.

2. Bottles and food are handled in a safe and sanitary manner.
Health & Safety

Safety:

1. A hazard free environment is maintained for infants and toddlers both indoors and outdoors. The environment is planned so materials and equipment are age appropriate and in good repair.

2. Caregivers are engaged with children and therefore able to visually and physically monitor their behavior.
Top 5 Causes of Missed Child Care

- Colds
- Stomach flu (gastroenteritis)
- Ear infection
- Pink eye (conjunctivitis)
- Strep throat

Taken from Mayo Clinic [http://www.mayoclinic.com/health/childrens](http://www.mayoclinic.com/health/childrens)
The infant and toddler caregiving environment should:

- Ensure **SAFETY**
- Promote **HEALTH**
- Provide **COMFORT**
- Be **CONVENIENT**
- Be **CHILD-SIZED**
- Maximize **FLEXIBILITY**
- Encourage **MOVEMENT**
- Allow for **CHOICE**
Blood Borne Pathogens

Blood Borne Pathogens (BBP’s) are serious viral infections that can make one very sick.

There are three BBP’s that may pose a risk:
- Hepatitis B (HBV)
- Hepatitis C (HCV)
- Human Immunodeficiency Virus (HIV)

Hepatitis B is a serious disease caused by a virus that attacks the liver. The virus, which is called hepatitis B virus (HBV), can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death. Hepatitis B Vaccine is available for all age groups to prevent Hepatitis B virus infection.

Hepatitis C is a liver disease caused by the hepatitis C virus (HCV), which is found in the blood of persons who have the disease. HCV is spread by contact with the blood of an infected person. There is no vaccine for HCV, but there are anti-viral drugs effective for some who have already contracted the disease.

Human Immunodeficiency Virus (HIV) attacks the immune system and destroys the body’s ability to fight infection. There are approximately 800,000 to 900,000 people in the USA who are HIV-positive. There is no vaccine for HIV and no cure for AIDS.
Ten Steps towards a Safer Playground

Equipment Spacing
Make sure play structures more than 30 inches high are spaced at least nine feet apart.

Catch Points and Protruding Hardware
Check for dangerous hardware, like open “S” hooks or protruding bolt ends.

Openings That Can Trap
Make sure spaces that could trap children, such as openings in guardrails or between ladder rungs, measure less than 3.5 inches or more than 9 inches.

Routine Maintenance
Check playgrounds daily to see that equipment and surfacing are in good condition.

Supervision
Carefully supervise children on playgrounds to make sure they are safe.

Protective Surfacing
Make sure surfaces around the playground have at least 12 inches of mulch, sand, pea gravel or manufactured safety surfaces.

Fall Zones
Check that protective surfacing extends at least six feet in all directions from play equipment. For swings, be sure surfacing extends in back and front.

Pinch, Crush, Shearing and Sharp Hazards
Check for sharp points or edges on equipment.

Tripping Hazards
Look for tripping hazards, like exposed concrete footing, tree stumps and rocks.

Guardrails
Make sure elevated surfaces such as platforms and ramps have guardrails to prevent falls.
The Environment

- The quality and effectiveness of the learning environment is dependent on how well it arranges materials and equipment.
- The learning environment is the place where adults care for infants and toddlers. It includes both spaces.
- The environment includes features such as the size of the room, its colors, the flooring, the amount of light and the number of windows.
- A high quality learning environment for infants and toddlers responds to the children’s needs of development.
- The way the space is designed affects supervision, safety, behaviors, attitudes and the various types of activities available to children.
- Infants spend 70 percent of their day in planned spaces that are age appropriate, safe and create a nurturing environment.
- These areas include:
  - Changing and bathroom
  - Sleeping
  - Eating
  - Storage
  - Play areas for active and quiet play in addition to individual and group play
  - Toddlers need interest areas with games, toys, manipulatives, blocks, materials for pretend play, music, art supplies, sand, and water, books, puppets and large motor items.
  - The high quality outdoor environment has soft and hard surfaces, shady and sunny areas and safe places to crawl, walk, run and play.
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