

Learning Plan 7 Promoting Child's Health (4 hours)

Overview: This Learning Plan explores universal precautions, which are the steps you take to prevent the spread of diseases communicated by body secretions.

Target Competency: Adhere to health standards, including; universal precautions, sanitary practices, medication administration, safe sleep practices for infants and the care of sick or injured children.

Learning Objectives:

- a. Practice sanitary procedures for child and staff hand washing
- b. Practice sanitary procedures for disinfecting toys, tables and diaper changing stations
- c. Practice diapering techniques for infants, toddlers and young children
- d. Review toileting procedures for children
- e. Identify universal precautions for handling body fluids
- f. Review licensing rules for giving medications in child care and parent authorization forms
- g. Record medication administration in the medical log
- h. Review policies for sick and injured children
- i. Identify symptoms of communicable diseases, reporting, posting and exclusion requirements
- j. Conduct health observations of children
- k. Examine facts, myths, research and prevention strategies to prevent Sudden Infant Death Syndrome (SIDS)

Required Resources:

Internet links:

- [Wisconsin Administrative Licensing Rules and Regulations for Family Child Care](#)
- [Wisconsin Administrative Licensing Rules and Regulations for Group Child Care](#)
- [Disinfecting and Sanitizing](#)
- [Safe to Sleep - SIDS](#)

Handouts:

- Communicable Disease chart
- Sanitizing and Disinfecting

Introduction

Whenever children are together, there is a chance of spreading infections and germs. This is particularly true for infants and toddlers who often use their hands to wipe their noses and rub their eyes and then touch toys or other children. For this reason it is very important for child care providers to understand and implement systems to reduce the spread of germs and illness in their learning environments. Promoting children's health involves following sanitation procedures, universal precautions, safe sleep practices as well understanding when children should not be in child care due to illness. This section of the course will provide an opportunity to explore Wisconsin's Administrative rules and regulations regarding the promotion of child health as well as the training needed to be knowledgeable and able to apply healthy and safe practices.

Assignment 1:

To better understand the licensing rules and regulations regarding children’s health take time now to **review Wisconsin’s Administrative rules and regulations** regarding the following topics. List the page each item is addressed on. Practice using the techniques and procedures listed in the rules and regulations.

Topic	Page(s) in rules and regulations book
Medication Administration	
Safe sleep practices for Infants	
Universal precautions*	
Standard Precautions (note who this is different than universal precautions)	
Sanitary procedures <ul style="list-style-type: none"> a. Handwashing b. Disinfecting toys c. Cleaning tables d. Diaper changing stations 	<ul style="list-style-type: none"> a. b. c. d.
Care of injured or sick children	
Toileting procedures	
Diapering techniques for infants, toddlers and young children.	

***Universal precautions** are defined as measures taken to prevent transmission of infection from contact with blood or other potentially infectious material, as recommended by the US public health service’s centers for disease control. When exposed to blood or bodily fluids containing blood or other types of bodily discharges shall wash hands immediately with soap and warm running water. Single use disposable gloves must be worn if there is contact with blood-containing body fluids or tissue discharges. Hands shall be washed with soap and warm water after removing gloves. Gloves must be discarded in plastic bags.

Assignment 2:

Complete the Sudden Infant Death Syndrome (SIDS) training.

To better understand safe sleep practices, the next assignment will require you to attend or take a SIDS class.

The following website, <https://safetosleep.nichd.nih.gov/> provides additional information about safe sleep. Utilize this site as needed.

4-C offers face to face SIDS training in Madison. The dates and times can be found by following this link, <https://www.4-c.org/professional-development/4-c-training-registration.html>

Attach SIDS training certificate. If you have completed a SIDS training within the past 10 years, it will meet the requirement however a certificate must be provided.

Disinfecting and Sanitizing

Caring for Our Children, a book published by the national resource center for health and safety in child care and early education, explains the rationale for the strict rules and regulation regarding disinfecting and sanitizing.

The rationale states, “Young children sneeze, cough, drool, use diapers and are just learning to use the toilet. They hug, kiss, and touch everything and put objects in their mouths. Illnesses may be spread in a variety of ways, such as by coughing, sneezing, direct skin-to-skin contact, or touching a contaminated object or surface...”

Continue to this website, <http://nrckids.org/> to further research this topic, in addition to the handout provided, *Cleaning, Sanitizing and Disinfecting in Child Care Settings* which can also be found with this link, <https://dcf.wisconsin.gov/files/publications/pdf/5201.pdf> Research other sources for more information about washing and disinfecting toys, diaper changing areas, bathrooms and other surfaces, clothing, linen and furnishings.

Hand Washing:

In Wisconsin's Administrative rules and regulations, it is stated that frequent handwashing is recommended to prevent the spread of diarrhea and respiratory illness in children.

Handwashing requires the use of warm running water and soap. The whole hand must be washed, including; under fingernails, the wrist and the back of the hands.

Assignment 4:

Review the rules and regulations and research other resources to help children learn the proper procedure for handwashing and to answer the following questions:

Make a list of times when adults must wash their hands.

Make a list of times when children must wash their hands.

Identify a resource that could be used in your child care program and describe why you chose it.

Communicable Diseases:

The Division of Public Health provides a chart, <https://www.dhs.wisconsin.gov/publications/p4/p44397.pdf> of communicable diseases that are transmitted through normal contact and must be reported to the local public health department.

The chart also provides information regarding the criteria for exclusion of children in the program. Should a child be diagnosed with a communicable disease, the local health department as well as the parents of children who may have been exposed must be notified. The child with the communicable disease may be readmitted to care if there is a written statement from a physician stating that the condition is no longer contagious or if the person has been absent for a period of time equal to the longest usual incubation period for the disease.

Assignment 5:

Review the Wisconsin Childhood Communicable Diseases chart to answer the following questions.

Choose four common communicable diseases. List how each could be spread, and two preventative measures a child care program could use for each method of transmission.

Communicable Disease	How it is spread	2 preventative measures
		1. 2.
		1. 2.
		1. 2.
		1. 2.

Assignment 6:

1) Research common symptoms of illness in children age 0-6 years and list the symptoms of two common illnesses here:

Illness:

Symptoms:

Illness:

Symptoms:

2) Describe how you would complete a daily health check on children in your care. (If unsure of the requirement, review guidelines in the rules and regulations book, under Observation of Children.)

Medications and Sick/Injured Children in Child Care:

The child care program must have health policies in place to address the administration of any needed medication for children. The policy must address administration of medication as well as authorizations needed from families. **Medical logs** are used to record administered medication as well as injuries or unusual bruises, lacerations or burns received by a child in or out of child care. The child care program must also have policies for sick or injured children. Review the WI Administrative Rules and Regulations to learn more about the policy requirements for sick or injured children.

Assignment 7:

Contact the Child Care Information Center (CCIC) at 1-800-362-7353 and request information about maintaining a medical log. Use this information and the rules and regulations handbook for upcoming assignments.

Assignment 8:

Create a poster or handout about Medication Administration. Attach poster or photo of poster.

Assignment 9:

Read each of the below scenarios and answer the questions:

1. Jamie is 6 months old. He has been coughing for the last three hours. His dad said that there was cough medicine in his diaper bag if he needs some. You decide that he needs some medicine and give him 1 tsp. You tell his dad when he picks him up at 5:30pm that you gave him the medicine at 12:00pm. Was the medication dispensed correctly? If not, why not?

2. Kelsey is three years old. She has an ear infection and needs to take medicine at 9:00am and 3:00pm. Her mom fills out the authorization form and puts the medicine in the medicine box in the refrigerator. At 9:00am you get the medicine out of the refrigerator and look on the bottle to see what the dosage is. You notice that the dosage on the bottle says 1 tsp. The dosage on the medicine sheet says 1 1/2 tsp. What do you do?

3. Sam is 6 years old. He has a headache and a slight fever. In his backpack there are some chewable Tylenol tablets. Sam's grandmother said he could take them if he needed to. You tell Sam that it is okay for him to take them by himself. Was the medication dispensed correctly? If not, why not?

4. Azana's mother brought in Amoxicillin for Azana. She filled out the medication authorization and put the medication in the proper place. When it is time to give Azana the medicine you notice that Azana's brother's name is on the prescription label on the medicine. What do you do?

Choose one of the four provided scenarios to record here, as you would in a medical log.

First Aid:

Minor accidents and injuries sometimes occur in child care settings. Even when children are carefully supervised accidents can happen. Responding to these accidents and injuries in a timely manner is an essential responsibility. When treating injuries, it is important to remember what was previously discussed about medication administration. Parent or guardian authorization is required for administration of all medications, whether over the counter or prescribed. Taking a first aid course will provide caregivers with a wealth of information about treatment of injuries. Contact your local Child Care Resource and Referral agency (CCR&R) for a listing of First Aid classes.

Assignment 10:

List first aid practices for the following situations and identify items that might be kept by the center to respond to each of these situations:

1. Bumps
2. Falls
3. Finger pinches
4. Slivers
5. Foreign objects in ear, nose or eye
6. Bee sting
7. Human bite
8. Burns