Resources to Support Health and Wellness Policies for Infant/Toddler Care

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Welcome

Thank you for supporting the healthy development of infants and toddlers and their families.
Overview

- Policy
- Health and safety concerns for infants and toddlers
- Standards
- Checklists and resources
Policies and Practices

◆ State level
  ▪ §98.41 Health and safety requirements
    • Health and safety training
    • Emergency preparedness
    • Strengthening the adult and child relationship

◆ Federal level (for Early Head Start and Early Head Start–Child Care Partnership programs)
  ▪ Subpart D: Health Program Services, §1302.47 Safety Practices

◆ Provider level
  ▪ Program policies and practices
Health and Safety Concerns for Infants and Toddlers
Three Distinct Stages of Infant Development

Young
Birth–8 months

Mobile
6–18 months

Older
15–36 months

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Diapering

- Handwashing
- Diapering procedure
- Cleaning, sanitizing, disinfecting
- Store diapering supplies properly

Resources

Diapering Poster (Early Childhood Education Linkage System)

Routine Schedule for Cleaning, Sanitizing, and Disinfecting (Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs, 3rd edition [CFOC 3])

Selecting an Appropriate Sanitizer or Disinfectant (CFOC 3)
Feeding

- Choose age-appropriate foods
- Check food temperatures
- Mix and store bottles appropriately
- Position children to eat safely
- Teach toddlers how to eat safely
Sequence of Infant Development and Feeding Skills

<table>
<thead>
<tr>
<th>Baby’s Approx. Age</th>
<th>Mouth Patterns</th>
<th>Hand and Body Skills</th>
<th>Feeding Skills or Abilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth through 5 months</td>
<td>Suck/swallow reflex</td>
<td>Poor control of head, neck, trunk</td>
<td>Swallows liquids but pushes most solid objects from the mouth</td>
</tr>
<tr>
<td></td>
<td>Tongue thrust reflex</td>
<td>Brings hands to mouth around 3 months</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rooting reflex</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gag reflex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 months through 6 months</td>
<td>Draws in upper or lower lip as spoon is removed from mouth</td>
<td>Sits with support</td>
<td>Takes in a spoonful of pureed or strained food and swallows it without choking</td>
</tr>
<tr>
<td></td>
<td>Up-and-down munching movement</td>
<td>Good head control</td>
<td>Drinks small amounts from cup when held by another person, with spilling</td>
</tr>
<tr>
<td></td>
<td>Can transfer food from front to back of tongue to swallow</td>
<td>Uses whole hand to grasp objects (palmar grasp)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tongue thrust and rooting reflexes begin to disappear</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gag reflex diminishes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Opens mouth when sees spoon approaching</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 months through 9 months</td>
<td>Begins to control the position of food in the mouth</td>
<td>Begins to sit alone unsupported</td>
<td>Begins to eat mashed foods</td>
</tr>
<tr>
<td></td>
<td>Up-and-down munching movement</td>
<td>Follows food with eyes</td>
<td>Eats from a spoon easily</td>
</tr>
<tr>
<td></td>
<td>Positions food between jaws for chewing</td>
<td>Begins to use thumb and index finger to pick up objects (pincer grasp)</td>
<td>Drinks from a cup with some spilling</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Begins to feed self with hands</td>
</tr>
</tbody>
</table>

Napping

◆ Safe sleep practices
  ▪ Back to sleep
  ▪ Tummy time
  ▪ Nothing in the crib but the baby
◆ Safe sleep spaces—cribs and cots

Resources
CFOC3 Special Collection, Safe Sleep Practices and SIDS/Suffocation Risk Reduction: http://cfoc.nrckids.org/StandardView/SpcCol/Safe_sleep
Safe Sleep Environments and Reducing Sudden Unexpected Infant Death
### Number of States With SIDS Prevention Requirements in Licensing Regulations in 2014

<table>
<thead>
<tr>
<th>Licensing Requirements</th>
<th>Child Care Centers (N = 53)</th>
<th>FCC Homes (N = 46)</th>
<th>GCC Homes (N = 40)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants must be placed on their backs to sleep</td>
<td>47</td>
<td>39</td>
<td>33</td>
</tr>
<tr>
<td>Physicians may authorize different sleep positions for infants</td>
<td>38</td>
<td>35</td>
<td>29</td>
</tr>
<tr>
<td>Parents can authorize different sleep positions for infants</td>
<td>6</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Soft bedding/materials must not be used in cribs</td>
<td>30</td>
<td>26</td>
<td>20</td>
</tr>
<tr>
<td>Facilities must use cribs that meet the U.S. Consumer Product Safety Commission requirements</td>
<td>15</td>
<td>19</td>
<td>17</td>
</tr>
<tr>
<td>Staff/providers are required to complete training about SIDS prevention</td>
<td>28</td>
<td>17</td>
<td>14</td>
</tr>
</tbody>
</table>

N = The number of States that regulate the type of facility.
Safe Sleep

Safe to Sleep® Campaign Materials

The Safe to Sleep® campaign offers a variety of materials to help share safe sleep information with different audiences. Many of these items are available for download and order. All NIH publications related to SIDS and Safe to Sleep®.

For items that you can use to promote the Safe to Sleep® campaign or your own programs.

To order materials, select the “Order” link to go to the online order form. Once you have completed your order, you can view your order status online. After you have received your order, the online order status will indicate when your order has shipped.

Materials for Parents and Caregivers

Materials for Providers and Health Workers

Other Materials

https://www.nichd.nih.gov

http://cfoc.nrckids.org/standardview/spccol/safe_sleep
Playing and Environment

Use equipment and materials that are safe for infants and toddlers and have no small parts.
Play and Environment

Set up areas of play that allow for primary caregiving and individualized care
Active Supervision

1. Set up the environment
2. Position staff
3. Scan and count
4. Listen
5. Anticipate children’s behavior
6. Engage and redirect

Program Policies and Practices

- Daily health checks
- Medication administration
- Emergency preparedness
- Shaken baby and abusive head trauma
Daily Health Check

- Look
- Listen
- Feel
- Smell

CFOC3 standard
3.1.1.1 Daily Health Check

http://www.healthychildcarenc.org/PDFs/daily_health_check.pdf
Medication Administration

◆ **Infants**
  - Create a calm environment
  - Don’t mix with formula or breast milk

◆ **Toddlers**
  - Cuddle a toy
  - Provide some quiet time before and after
### Medication Administration

<table>
<thead>
<tr>
<th>Licensing Requirements</th>
<th>Child Care Centers ((N = 53))</th>
<th>FCC Homes ((N = 46))</th>
<th>GCC Homes ((N = 40))</th>
</tr>
</thead>
<tbody>
<tr>
<td>State has requirements about medication administration</td>
<td>53</td>
<td>42</td>
<td>38</td>
</tr>
<tr>
<td>State requires facilities to obtain permission from parents to administer medications</td>
<td>50</td>
<td>41</td>
<td>37</td>
</tr>
<tr>
<td>State requires facilities to obtain written instructions on the administration of medication from parents or physician</td>
<td>47</td>
<td>37</td>
<td>35</td>
</tr>
<tr>
<td>State requires facilities to keep records of medications administered to children</td>
<td>49</td>
<td>34</td>
<td>31</td>
</tr>
<tr>
<td>Staff/providers are required to complete training about medication administration</td>
<td>17</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>

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Shaken Baby Syndrome and Abusive Head Trauma

- Leading cause of child abuse deaths in United States
- 25 percent die
- 80 percent suffer lifelong disabilities
- Shaken baby syndrome occurs most often in babies less than 6 months old
- #1 Trigger is Crying

http://www.dontshake.org/learn-more

http://www2.aap.org/sections/sca/n/practicingsafety/module1.htm
Emergency Preparedness

Staff development

- Have staff, if applicable, been informed and trained on the emergency procedures?
  - Lockdown
  - Evacuation

- Have staff been assigned to assist children in the event of an emergency?
Emergency Preparedness

Planning

◆ Evacuation of children with limited or no mobility
◆ Assessment of evacuation routes for potential hazards
◆ Establishment of primary and secondary evacuation routes
◆ Establishing and practicing emergency procedures with the children
◆ Placement of evacuation cribs, portable play yards with wheels, or strollers near an exit for safe and efficient evacuation of infants

Standards

- National Database of Child Care Licensing Regulations

- Caring for our Children Basics (CFOCB)

- CFOC3 Database of Standards

- Head Start Program Performance Standards
Health and Safety Tools

- Health and Safety Screener (Head Start)
- California Childcare Health Program main website and Health and Safety Checklist for Early Care and Education Programs (evidence-based and linked to CFOC3)
- CFOCB Health and Safety Standards Alignment Tool for Child Care Centers and Family Child Care Homes – States
- CFOCB Alignment Tool for Child Care Programs – Providers (Coming Soon!)
- Model Child Care Health Policies
Technical Assistance Briefs

- Prevention and Control of Infectious Diseases
- Administering Medication
- Prevention of and Response to Emergencies Due to Food and Allergic Reactions
- Reducing the Risk of Sudden Infant Death Syndrome and Using Safe Sleeping Practices
- Building and Physical Premises Safety
- Emergency Preparedness and Response Planning
- Handling, Storing, and Disposing of Hazardous Materials and Biological Contaminants
- Transportation of Children
- Health and Safety Training

Tips for Keeping Children Safe: A Developmental Guide

- Developmental approach to injury prevention
- Age group
- Daily routine
- Hyperlinked to resources

Virtual Early Education Center (VEEC): Room by Room Practices for Health and Safety

The Virtual Early Education Center (VEEC) is an online tool for early care and education (ECE) programs, including Head Start, Early Head Start, and child care. It is designed to have the look and feel of an actual ECE center. Visitors can move from room to room within the VEEC to find information on health and safety practices and useful resources. Use it to explore resources and information regarding Head Start Program Performance Standards and Caring for Our Children (CFOC). Learn more about health-focused ECE and best practices.

Features and functions include:

- Hotspots within each room that provide visitors with information on the Head Start Program Performance Standards, CFOC standards, CFOC Basics, and related resources
- Information on child health and development from infancy to school-age
- Specific resources around safety and injury prevention, including indoor-outdoor play and transportation safety
- Four topic areas to explore:
  - Healthy active living
  - Managing infectious diseases
  - Medication administration
  - Staff wellness

Visit the VEEC (Note: The first time you visit the VEEC, you must register and create a login name.) Also, read the Frequently Asked Questions. [PDF, 134KB]

Virtual Early Childhood Education Center
Pick Your Topic

- Medication administration
- Managing infectious disease
- Healthy active living
- Staff wellness
Hot Spots

Emergency backpack

Telephone

Individual child storage

Mothers’ and nursing room
◆ Rationale
◆ Caring for Our Children standards
◆ Resources
Thank You

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