Other Related Health and Safety Topics

PAGE 1–OTHER REALTED HEALTH AND SAFETY TOPICS
A main feature of our lobby is our information booth. Here you can find out valuable information about other health and safety topics that aren’t main exhibits at this time. These topics include nutrition, access to physical activity, caring for children with special needs, and any subject area necessary to promote child development or to protect children’s health and safety.

When you have finished visiting this section of the museum you should be able to:
- locate resources and important information on other health and safety topics not covered in-depth in this course.

PAGE 2–NUTRITION
Children develop lifelong eating habits as a result of early eating experiences. Offering a variety of healthy foods sets the stage for good nutrition in later years.

Let’s Move Child Care is an initiative to prevent childhood obesity by encouraging child care and early education providers to make positive changes in their programs in order to work toward a healthier future for children.

It provides resources and recommendations in three areas of nutrition:
- nurturing healthy eaters;
- providing healthy beverages; and
- supporting breast feeding.

Healthy eating is essential for the healthy development of children’s bodies and minds. Without the proper amounts of nutrients children cannot grow to their full potential.

According to Let’s Move Child Care, best practices for nurturing healthy eaters include:
- serving a fruit or vegetable to toddlers and preschoolers at every meal;
- offering chips, French fries and other fried potatoes once a month or less;
- offering chicken nuggets, fish sticks and fried meats once a month or less; and
- serving all meals family style to preschoolers.

There are choices we make about what we drink when we are thirsty. We know that we need to stay hydrated in order to live, but what you may not realize is that every beverage you drink has either positive or negative effects on your body and health.
That’s why Let’s Move Child Care has established these best practices when it comes to beverage consumption:

- make drinking water available inside and outside for self-service;
- serve children two years and older skim or non-fat milk;
- limit the serving of 100% fruit juice to no more than 4-6 ounces per day; and
- never offer sugary drinks, such as sports drinks, sweet tea and soda.

Breast milk is best for babies. It naturally contains all of the nutrients they need for healthy brain development and growth. However, not all babies can be breast fed. In those instances, infant formula is the only safe alternative.

Let’s Move Child Care best practice for breastfeeding states that breastfeeding mothers should be provided a private area for breastfeeding.

PAGE 3–NUTRITION AND REGULATIONS
There are regulations that all licensed and registered programs need to follow regarding nutrition. The Nutrition section of the regulations contain important information about meals and snacks, beverages, the Child and Adult Care Food Program, or CACFP, obesity prevention, and other things. Visit the link for the type of licensed or registered child care you work in to go to the Nutrition section of the Regulations.

SACC: 414.12
GFDC: 416.12
FDC: 417.12
DCC: 418-1.12

Enrolled legally exempt programs can find regulations in some of these areas here:
LE: 415.4(f)

To locate more information on the topic of nutrition, visit the resource section of this training.

PAGE 4–PHYSICAL ACTIVITY
More young children are overweight than ever before. That’s why it’s important that you provide children access to regular physical activity each and every day.
According to Let’s Move Child Care, evidence shows that children who are active tend to have fewer behavioral and disciplinary problems, do better in school and have longer attention spans.

Physical activity also helps children:
- Builds confidence
- Decreases stress and depression
- Develops and maintains strong bones
- Develops motor skills and builds strength, flexibility and endurance
- Improves social skills and brain development
- Helps maintain a healthy weight.

PAGE 5—HOW MUCH PHYSICAL ACTIVITY?
Let’s Move Child Care recommends the following best practices regarding children’s physical activity:
- preschoolers need two or more hours of active play time every day;
- toddlers should have at least an hour of active play time each day; and
- babies should have short periods of “tummy time” every day.

Regulations regarding physical activity for licensed and registered programs state:
There must be physical activity, appropriate to the ages of the children in care every day.
SACC: 414.7(a)(1)
GFDC: 416.7(a)
FDC: 417.7(a)
DCC: 418-1.7(a)(1)
LE: Disclaimer—Enrolled legally exempt programs are not required to follow these regulations, but they are considered best practice.

For more detailed training on combating the childhood obesity epidemic, take the Professional Development Program’s e-Learning titled “Obesity Prevention” (https://www.ecetp.pdp.albany.edu/elearn_catalog.shtm).

To locate more information on the topic of physical activity in child care visit the resource section of this training.

PAGE 6–CHILDREN WITH SPECIAL NEEDS
Sometimes children come to your program diagnosed with special physical, cognitive or health care needs. Other times the need for additional supports will arise after a child’s been attending your program for a while. Depending on the specific child, you may need to address his or her needs sporadically, from time to time, or, on a more on-going and permanent basis. Regardless of the specifics, part of your role as a child care provider is to meet the needs of all children and families where they are, at the moment.

Caring for children with special needs can present new situations and circumstances that you might not be familiar with. There are resources you can turn to for help, including:

- Child Care Resource and Referral Agencies—a list can be found on the Early Care and Learning Council webpage (http://www.earlycareandlearning.org/new-york-state-ccr-r-members.html);
- Your program’s health care consultant;
- The Americans with Disabilities Act website (https://www.ada.gov/index.html);
- For children under 3 years of age, the New York State Early Intervention Program (https://www.health.ny.gov/community/infants_children/early_intervention/index.htm);
- For children older than 3 years, the child’s school district; and
- For licensed and registered programs, you can refer to the Health and Infection Control section of the regulations.

SACC: 414.11  
GFDC: 416.11  
FDC: 417.11  
DCC: 418-1.11  
LE: Disclaimer—Enrolled legally exempt programs are not required to follow these regulations, but they are considered best practice.

To locate more information on the topic of caring for children with special needs in child care visit the resource section of this training.

PAGE 7–PUNCH YOUR TICKET
You have now effectively located important information about additional health and safety topics in the museum’s lobby. Let’s punch your ticket.

Close this window to continue the course.