HEALTHY LEARNING ENVIRONMENTS

Successful Solutions Professional Development LLC

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ECE Virtual Classroom
Online Courses for Early Childhood Educators

Table of Contents

Healthy Learning Environments
2 clock hours early childhood education

Course Description
Illnesses are common among young children, and those in the early childhood program are likely to be two to three times more at risk of getting sick. This risk can be reduced through educating educators and creating a healthy environment. This topic is designed to introduce the practices that keep children healthy and safe in early childhood programs.

- **Washington STARS Credit: Health, Safety and Nutrition (2 hours)**
- **CDA Content Area: Planning a Safe and Healthy Learning Environment (2 hours)**

CDA Settings
- Infant/Toddler
- Preschool
- Family Child Care (Mixed-Age)

Learning Outcomes
- ✓ Identify a healthy physical environment for children, including procedures for health, safety, and sanitation.
- ✓ Identify signs of and care for basic childhood illnesses and injuries.
- ✓ State what a communicable disease is
- ✓ Identify why children in the child care setting have more illnesses
- ✓ Explain the techniques of infection control and the need for using universal precautions all the time
- ✓ Recall proper procedures for hand washing
- ✓ State the importance of cleaning and disinfecting

Course Content
1. Course Agenda
2. Health Policies
3. Discussion: Ill Child (1/5)
4. Keeping Children Healthy
5. Daily Health Check
6. Discussion: Responding to the Child (2/5)
7. Health Policies (3/5)
8. Medication Management
9. Key Points to Medication Management
10. Medication Management (4/5)
11. Understanding the Spread of Disease

12. Transmission of Germs
13. Universal and Standard Precautions
14. Handwashing
15. Personal Protective Equipment
16. Gloves
17. Immunizations
18. Cleaning
19. Sanitizing versus Disinfecting
20. Keeping Your Classroom Healthy
21. Children with Special Needs
22. The Americans with Disabilities Act
23. Quiz (5/5)
24. Evaluation Form

Sources

1. Child Care Licensing Guidebook, Washington State Department of Early Learning, Second Edition, DEL-LC-2001(x) 10/06

2. Model curriculum for the Washington State Training and Registry System (STARS) 20-hour basic child care training, Washington State Department of Early Learning.

3. Classroom Management Strategies: http://www.state.nj.us/education/ece/psguide/ClassroomManagementStrategies.pdf

4. USDA ERS - Food Security in the U.S., http://www.ers.usda.gov/topics/food-nutrition-assistance/

5. Tips On Building Healthy Attachment With Young Children: By Pablee Wong, MC, RCC, RMFT, RPT-S, http://counsellinggroup.org/tips-building-healthy-attachment-young-children

6. Aronson, S. (2002). Healthy young children: A manual for programs (4th ed.). Washington, DC: National Association for the Education of Young Children.

7. Benenson, A. (1990). Control of communicable diseases in man. Washington, DC: American Public Health Association.

8. Caring for our children, national health and safety performance standards: Guidelines for out-of-home child care programs. (2nd Edition) (2002). American Academy of Pediatrics.

9. Keeping healthy: Parents, teachers, and children. (1995). Washington, DC: National Association for the Education of Young Children, Brochure #577.

10. The ABC's of clean. Soap and Detergent Association, 475 Park Ave. S., New York, NY 10016. Center for Disease Control and Prevention: http://www.cdc.gov/asthma/children.htm

11. U.S. Department of Agriculture; ww.usda.gov/

12. Centers for Disease Control and Prevention (2010). How to Clean and Disinfect Schools to Help Slow the Spread of Flu. Retrieved from http://www.cdc.gov/flu/pdf/freeresources/updated/cleaning_disinfecting_schools.pdf

13. Centers for Disease Control and Prevention (n.d.). Cover Your Cough. Retrieved from http://www.cdc.gov/flu/protect/covercough.htm

Glossary of Terms

Bloodborne pathogens
Microorganisms in human blood that can cause disease in humans. These pathogens include, but are not limited to, hepatitis B (HBV), hepatitis C (HCV) and human immunodeficiency virus (HIV). Needlesticks and other sharps-related injuries may expose workers to bloodborne pathogens.

Clean
To remove dirt or debris from a surface or object

Communicable disease
An infectious disease transmissible (as from person to person) by direct contact with an affected individual

Disinfect
Clean (something), especially with a chemical, in order to destroy bacteria.

Exclusion
Exclusion is another word for sending a child home from child care. Children are excluded until they are considered healthy enough to return.

Fecal matter
Solid human waste or the product of a bowel movement.

Fecal-oral route

When the disease spreads through the fecal-oral route, it means that contaminated feces from an infected person are somehow ingested by another person.

Hand sanitizer

Alcohol-based hand sanitizer is an alternative to soap and water when sinks are not available. The sanitizer can be a liquid, gel, or foam, but it should contain at least 60% alcohol.

Health check

A quick way to check for illnesses or other health concerns.

Herd immunity

Herd immunity is a form of immunity that occurs when the vaccination of a significant portion of a population (or herd) provides a measure of protection for individuals who have not developed immunity.'

Immunizations

Immunizations work by stimulating the immune system, the natural disease-fighting system of the body. The healthy immune system is able to recognize invading bacteria and viruses and produce substances (antibodies) to destroy or disable them.

Sanitize

To reduce the germs on a surface or object so it meets health guidelines.

Standard Precautions

The CDC's recommended steps you should take any time you come into contact with blood or body fluids to prevent the spread of disease.

Personal protective equipment (PPE)

Special equipment clothing you wear for protection against hazards. PPE prevents blood or OPIMs (other potentially infectious materials) from passing through to or contacting your clothes or your body.

Reportable illness

Reportable illnesses are considered serious public health concerns. Doctors and hospitals have to report these illnesses to public health officials when they are diagnosed. This helps with tracking and controlling outbreaks.

Vaccination

Vaccination is the administration of antigenic material (a vaccine) to stimulate an individual's immune system to develop adaptive immunity to a pathogen.

Optional Resources for Further Study

- Dental Care: Educational Materials, Delta Dental of Washington, https://www.deltadentalwa.com/our-foundation/educational-materials
- American Dental Association thanks Surgeon General for fluoridation support, https://www.ada.org/en/publications/ada-news/2015-archive/december/association-thanks-surgeon-general-for-fluoridation-support
- Caring for Our Children, National Health and Safety Performance Standards, http://nrckids.org/CFOC
- Health and Safety Checklist for Early Care and Education Programs: Based on Caring for Our Children National Health and Safety Performance Standards, https://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/HS_Checklist.pdf
- Video: Fulfilling the Promise: Promoting Children's Healthy Development: Paul Dworkin at TEDxBushnellPark, https://youtu.be/GPL3zxwqeOo
- Diaper-Changing Steps for Childcare Settings, Centers for Disease Control and Prevention website, https://www.cdc.gov/healthywater/hygiene/diapering/childcare.html
- Diaper Changing Procedures Poster, https://www.cdc.gov/healthywater/pdf/hygiene/Diapering-procedures-childcare-508c.PDF
- Frequently Asked Questions About Whooping Cough (Pertussis), https://www.cdc.gov/pertussis/about/faqs.html
- The Flue & You, CDC, https://www.cdc.gov/flu/pdf/freeresources/updated/fluandyou_upright.pdf
- Certificate of Immunization (CIS) form from the Washington Department of Health , https://www.doh.wa.gov/Portals/1/Documents/Pubs/348-013_CertificateImmunizationStatusForm.pdf
- Immunizations, Association of State and Territorial Health Officials, http://www.astho.org/Programs/Immunization/
- Public Health Resources: State or Territorial Health Departments, Centers for Disease Control and Prevention, https://www.cdc.gov/mmwr/international/relres.html
- CDC's Infectious Disease National Centers, https://www.cdc.gov/oid/centers.html

Sample Health Policy Documents
- Sample Health Policy from the Child Care Licensing Guidebook, DEL, https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/sample_health_policy.pdf
- Sample Medication Record, https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/%E2%80%8Bsample_medication_record.pdf
- Sample Medication Authorization Form, https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/%E2%80%8Bsample_medication_authorization_form_%E2%80%8B.pdf
- Sample Animals on Premises Policy, https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/sample_animals_on_premises_policy.pdf
- Sample Fish Policy, https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/sample_fish_policy.pdf
- Sample Disaster/Crisis Plan , https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/sample_disaster_crisis_plan_%E2%80%8B%E2%80%8B.pdf
- Recommended Immunization Schedule for Children and Adolescents Aged 18 Years or Younger, UNITED STATES, 2018, Source: Centers for Disease Control and Prevention, http://www.immunize.org/cdc/schedules/cdc-child-iz-schedule.html
- Different states have different rules about disinfecting solutions, water temperatures, and the use of dishwashers., https://childcareta.acf.hhs.gov/licensing

Resources for Teaching Hand Washing to Kids
- Hand Washing Posters, CDC, https://www.cdc.gov/handwashing/posters.html
- Hand Washing Tips, https://www.myececlass-safety.com/uploads/1/1/9/4/119403380/hand_washing_tips.pdf
- Video: Glitter Germ Activity Teaching Children about Germs, https://www.youtube.com/watch?v=cbFjcAdsADg&feature=youtu.be
- Video: Hand Washing Songs: A 20 Second Scrub-A-Dub, https://www.youtube.com/watch?v=o7hSaPW3aY8&feature=youtu.be
- Sheet Music for "A 20-Second Scrub-a-Dub" by Kim Lytton (Lyrics for the Song in the Video), http://handwashing.nmsu.edu/documents/a-20-second-scrub-a-dub.pdf
- Because I Care, I Wash My Hands - Curriculum Resources from College of Agricultural, Consumer and Environmental Sciences, http://handwashing.nmsu.edu/index.html

Course Author

The learning outcomes for this course have been reviewed and updated by Aurora Tollestrup, BS Ed.
Aurora is a full time Coordinator of Online Learning and Instructional Technology with Successful Solutions Training in Child Development. She is also an approved PD Specialists. She can be found in the PD Specialist search on the CDA Council website under Port Orchard, WA.

This topic has been collaboratively created, organized, and developed by our team of trainers, educators, administrators and specialists. We strive to maintain high quality online training methods while adhering to state standards for adult learning and meeting the needs of our students.

ECE Virtual Classroom Academic Coach

The Virtual Classroom Academic Coach's role is to support the ECE students through the training process. The Virtual Classroom Academic Coach reviews assignment per directions, monitors discussion threads, answers inquiries/emails, monitors student engagement, provides online student support, and regularly collaborates with team members on development. The Virtual Classroom Academic Coach serves as the facilitator and grader, while the Online Educators are the official state approved trainers.

Student Support

The best way to reach us is through live student support chat. Look for the Chat with Us bubble on the bottom left corner of the website.

Website: www.myececlass-safety.com
E-mail: info@myececlass.com
Phone: (360) 602-0960

Student Support Hours
Chat & Email Support
Monday - Friday	7 am – 6 pm
Saturday & Sunday	9 am – 6 pm
Holidays (Email Only)	10 am – 4 pm

Phone Support
Monday - Friday	7 am – 6 pm

Required Assignments

Reading
The text on each page should be read. When you submit the worksheets, discussion boards, and click on the NEXT PAGE button, it will create a record of your progress moving through each page.

Videos
Watch the videos as you encounter them. If you have trouble with the videos playing, this may require that you update flash player on your computer. Optionally, some students find that if they are having difficulties playing the videos on their computer, they can view them on their phone. There is a link above the videos to view them on YouTube directly. You may wish to save the Youtube link for the video to refer to in the future, or in order to use another device for viewing.

Discussion
The discussion questions are a required part of the course. You may either post on the discussion board where you are contributing to the thread with other students. Alternately, you have the option of clicking on the link above the discussion board and submitting your response on a worksheet form. The ECE Virtual Classroom Coach will be tracking your submission of the discussion board assignments as part of meeting the learning outcomes for the course.

Worksheets
Check for Understanding worksheets are provided throughout each course. The worksheets allow opportunities to reflect on the course materials as you are progressing through the training. Watch your email in-box for trainer feedback. You may not receive feedback for every single assignment, depending on how quickly you are moving through the course. Instead, you may receive an email letting you know that your work was done well, with a certificate attached. If you need guidance, the trainer or the academic coach will be sending you emails with feedback with instructions for resubmission. Certificates will not be issued if worksheets are skipped, incomplete, or filled in with inappropriate responses.

If you need assistance, we have student support available via Live Student Support Chat 7 days a week (Mon.-Fri. 7 am-8 pm and Sat.-Sun. 9am-6pm PST).

Quizzes
The end of course quizzes are primarily multiple choice and true or false questions, with occasional open-ended questions. 70% or better is required to pass the quiz. You can review

the course materials and retake the quiz as many times as needed to pass. Automated emails are sent to you confirming that you have submitted the worksheets and quizzes and provide you with a link to resume at the next page.

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Optional Course Items

The items below are offered in each course as options. Optional means that you have the choice to utilize them, or not.

Optional Resources for Further Study
We have included a wealth of resource links for you to explore and further your knowledge about each topic.

> *The resource links provided in our website are provided solely for your convenience and may assist you in locating other useful information on the Internet. When you click on these links you will leave our website and will be redirected to another website. These websites are not under the control of Successful Solutions Training in Child Development. Successful Solutions Training in Child Development is not responsible for the content of linked third party websites. We are not affiliated with these third parties nor do we endorse or guarantee their products, services, website content, etc. We make no representation or warranty regarding the accuracy of the information contained in the linked websites. We suggest that you always verify the information obtained from linked websites before acting upon this information.*

Parking Lot

The Parking Lot is offered as an optional opportunity to interact with the trainer about a question that you may have about the course topic. If you do not have a question, it is not necessary to fill out this form, it is not required. If you choose to submit a question to the trainer, she will respond to you by email. Be sure to watch your email in-box.

You can always leave a message for student support on our Live Chat on the bottom left corner of the website, any time of day or night. If we are not available, we will respond by email as soon as possible.

Certificates

When you submit the evaluation form, that prompts the academic coach to review all of your work. We will evaluate your work to assure that you have met the learning outcomes. Once that assessment is complete, you will receive your certificate by email. Click Here for a sample certificate. (This certificate is an example. The student certificate may vary slightly). Certificates are prepared 7 days a week between 7 am and 7 pm PST. In most cases, you should receive your certificate by email within a few hours after you submit the evaluation form, or first thing the next morning.

State Training Approval

This training may, or may not, meet annual training requirements in your state. Please provide us with your state, and any State registry ID number on the evaluation form, and if we are able to record your completed training with your state, we will. In some cases, for annual state credit, you will need to submit the certificate to the appropriate registry and they may or may not award annual credit. Providing a State Registry number to us does not guarantee that your state will approve the training for annual continuing education credit.

The following states have *pre-approved* our courses:
- Washington State DEL MERIT Trainer: *Aurora Tollestrup STARS ID 4070153592*
- Louisiana Pathway: *Aurora Tollestrup Trainer Number IND-001526*
- Texas: *Aurora Tollestrup Trainer Number 13257*
- Illinois - *Organization Approval Number B102312 (Successful Solutions Prof. Dev.)*
- Colorado Early Childhood: *Aurora Tollestrup Approved Trainer number 547*
- NewMexicoKids Trainer Registry Master Trainer: *Aurora Tollestrup*
- Minnesota Level 2 Trainer: *Aurora Tollestrup*
- Wyoming: *Aurora Tollestrup STARS Trainer ID 4563*
- Ohio (*Aurora Tollestrup OPIN # 1118-074*) * (*Entity OIN # 21084413*)
- North Carolina - Organization approval *(Successful Solutions Prof. Dev.)*
- Utah - Organization approval for Online Career Ladder Courses *(Successful Solutions)*
- Vermont - Organization Approval *(Successful Solutions Prof. Dev.)*
- Arkansas: *Aurora Tollestrup - Intermediate Level Trainer #27540*

Our courses may be accepted many states that do not require pre-approval.

Technical Requirements

- Laptop or PC
- Most students are able to use mobile devices such as tablets to complete courses. However, each device is different, and an individual's skill level with the device may determine their success with using a mobile device.
- Recommended web browser: Google Chrome
    - Microsoft Edge, Safari and Firefox are other acceptable browsers.
    - Internet Explorer is no longer supported by Microsoft, and you may have issues if you use it to take training.
- Operating System
    - Make sure you're using a current operating system (for example, Windows 10).
    - Outdated operating systems may cause technical difficulties.
- Internet Speed
    - Slow internet speed may impact loading time.
- Videos may require Adobe Flash Player.

Adobe Reader is required to open PDF files. Download Adobe Reader can be downloaded free
https://acrobat.adobe.com/us/en/acrobat/pdf-reader.html

Daily Health Check

You should continually look for changes in behavior or appearance that may indicate a change in a child's health. The sooner a sick child is identified, the sooner his or her health needs can be addressed. Early identification can also reduce the spread of illness or disease.

✓ **When to Check Children**

Perform a health check:
- When a child first arrives at a child care setting
- Periodically throughout the day

✓ **How to Check Children**

In order to check a child, ask yourself the following questions:

☐ Does the child behave or look different than normal?

☐ Does the child complain of not feeling well?

☐ Does the child have skin rashes, discoloration of the skin, itchy skin, or scalp?

☐ Does the child appear to have a fever? If so, is his/her temperature above 38 degrees C (100 degrees F)?

☐ Does the child refuse to eat or drink as much as usual (especially when offered favorite foods)?

☐ Does the child vomit?

☐ Does the child have an abnormal stool (white bowel movement, gray bowel movement, blood in the stool, or diarrhea)?

☐ Does the child seem less active than usual?

☐ Does the child seem irritable or easily angered (even after comforting)?

☐ Does the child have severe coughing?

☐ Does the child fail to urinate?

☐ Does the child appear to have less energy, or is the child sleepier, than usual?

If you answered "yes" to any of these questions, the child may be ill. Caregivers should notify the child's parents. Parents may need to consult the child's health care provider about what to do.