

# American Academy of Pediatrics

## Recommended Child Care Health and Safety Resources

### Web Sites and Other Electronic Resources

#### **American Academy of Pediatrics (AAP) Early Education and Child Care Initiatives**

[www.healthychildcare.org](http://www.healthychildcare.org)

The AAP has long supported the concept that health is the foundation of quality child care. This Web site provides resources on early childhood education and the health and safety of children in child care with customized sections for health professionals, child care providers, and parents. Visit the Resource Library, a database with a wealth of resources related to early education and child care, and search by topic, type of resource, AAP materials, and/or materials for families.

This is also the official Web site for the AAP Section on Early Education and Child Care and includes contact information for AAP Chapter Child Care Contacts and other leaders that you can collaborate with to initiate quality improvement efforts in child care settings. Are you interested in joining the AAP in its efforts to promote the health and safety of children in child care? Encourage your colleagues to join the AAP Section on Early Education and Child Care.

#### ***Early Education and Child Care in Action: An Electronic Newsletter for Health Care Professionals***

This quarterly newsletter was created for members of the AAP Section on Early Education and Child Care and their child care partners. It provides announcements, current resources, and funding opportunities. View current and past issues at [www.healthychildcare.org/ENewsHP.html](http://www.healthychildcare.org/ENewsHP.html)

#### ***Health and Safety E-News: A Resource for Caregivers and Teachers***

This quarterly newsletter includes practical steps that caregivers and teachers can take to promote the health and development of children in child care. Each newsletter is brief, and focuses on one health and/or safety topic. Encourage your child care partners to view and sign up to receive this helpful resource at [www.healthychildcare.org/ENewsCaregiver.html](http://www.healthychildcare.org/ENewsCaregiver.html). You can print copies to use as handouts when training child care providers or other child care professionals.

#### **AAP Materials to Promote Safe Sleep and Reduce the Risk of SIDS in Child Care**

[www.healthychildcare.org/sids.html](http://www.healthychildcare.org/sids.html)

**Online Module:** A FREE 1-hour course to educate everyone who cares for babies.

**Speaker's Kit:** This PowerPoint presentation with speaker's notes is a tool for health professionals, public health educators, and others who train child care providers or community representatives about infant sleep positioning, safe sleep practices, and strategies for reducing the risk of SIDS in child care.

**A Child Care Provider's Guide to Safe Sleep:** Covers infant sleep positioning and safety sleep strategies.

**A Parents' Guide to Safe Sleep:** Similar to above; helps parents to talk with caregivers about safe sleep.

**Tummy Time:** Identifies way for parents and caregivers to offer supervised tummy time for awake infants.

#### **Healthy Futures Medication Administration Curriculum**

[www.healthychildcare.org/HealthyFutures.html](http://www.healthychildcare.org/HealthyFutures.html)

As part of the *Healthy Futures: Improving Health Outcomes for Young Children* project, the AAP has developed a medication administration curriculum designed for use by health care professionals when presenting to early education and child care professionals. The curriculum is divided into 5 modules and includes PowerPoint presentations, video clips, activities, forms, and pre- and post-tests. The curriculum is estimated to take 4 hours to present, however, it can be adapted to meet time constraints and the learner and instructor needs.

#### **The National Resource Center for Health and Safety in Child Care and Early Education (NRC)**

<http://nrckids.org>

The NRC (directed by AAP affiliate member Marilyn Krajicek, EdD, RN, FAAN) works in partnership with the AAP to promote the health and safety of children in out-of-home child care settings through production and dissemination of publications such as *Caring for Our Children, 2<sup>nd</sup> Ed.*, *Stepping Stones*, and *Healthy*

Kids, Healthy Care (a Web site and booklet for parents of children in child care). The NRC Web site also includes standards-based resources on health consultation, caregiver health, children with special needs, emergency/disaster preparedness, medication administration, SIDS risk reduction, transporting children, the medical home, and inclusion/exclusion. The Web site includes all state child care regulations, contacts for regulatory (licensing) agencies, and online tools to compare state regulations with national health and safety guidelines recommended by the AAP.

### **Healthy Kids, Healthy Care**

[www.healthykids.us/](http://www.healthykids.us/)

This comprehensive health and safety Web site (which AAP members helped to develop) is a parent-friendly tool on health and safety issues in child care, created by the NRC based on *Caring for Our Children*, 2<sup>nd</sup> Ed. The Web site provides strategies and resources to help parents talk to their child's caregivers about how to improve health and safety practices.

### **The National Training Institute for Child Care Health Consultants (NTI)**

<http://nti.unc.edu/>

The NTI (directed by AAP member Jonathan Kotch, MD, MPH, FAAP) works in partnership with the AAP to support the health and safety of young children in child care settings through the coordination of a national child care health consultant Train-the-Trainers program that mobilizes and supports states to maintain statewide networks and training of child care health consultants. Visit the Resource Database for links to resources related to the NTI curriculum.

### **Statewide Early Childhood Comprehensive Systems (ECCS)**

<http://eccs.hrsa.gov>

The purpose of the federally-funded Early Childhood Comprehensive Systems Initiative is to support states to plan, develop, and implement strategies to integrate early childhood systems related to 5 focal areas: early care and education, medical home, mental health, parent education, family support. States achieve this by blending funding and integrating existing systems to improve services for children, families and communities support children to be safe, healthy, and ready to learn at school entry. Some AAP members are involved in these efforts at various levels, but many opportunities exist for others to partner with their state colleagues and enhance the medical and health components of these initiatives. The Web site offers resources for ECCS representatives and contact information for state ECCS coordinators.

### **Child Care Aware**

[www.childcareaware.org](http://www.childcareaware.org)

Child Care Aware helps parents identify and locate quality child care and related resources in their community. Parents seeking local child care programs can search by zip code on this site and find the closest Child Care Resource and Referral Agency (CCR&R) that can help them find a licensed child care center or family child care home that is best suited to their family's needs. These agencies are an excellent source for child care and community resources. Pediatricians can partner with their local CCR&R by developing a shared list of community resources that includes state-supported health and social services.

### **National Association of Child Care Resource & Referral Agencies (NACCRRRA)**

[www.naccrra.org/](http://www.naccrra.org/)

NACCRRRA provides technical consultation and resources to supports its members who are professionals who work in Child Care Resource and Referral Agencies. Visit these pages to access recent reports and resources that will help you determine collaborative health and safety strategies:

[www.naccrra.org/publications/naccrra-publications/we-can-do-better-2009-update](http://www.naccrra.org/publications/naccrra-publications/we-can-do-better-2009-update)

**We CAN Do Better: 2009 Update. NACCRRRA's Ranking of State Child Care Center Regulation and Oversight**

[www.naccrra.org/parent/quality\\_indicators.php](http://www.naccrra.org/parent/quality_indicators.php)

**Is This the Right Place for My Child? 38 Research-based Indicators for High-Quality Care** (includes a checklist with questions that parents can ask to evaluate child care programs)

## **Manuals, Books, and Publications Available Through the AAP Bookstore**

[www.aap.org/bookstorepubs.html](http://www.aap.org/bookstorepubs.html)

**Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Out-of-Home Child Care Programs, 2<sup>nd</sup> Edition:** This manual (a joint publication of the AAP, NRC, and the American Public Health Association) contains national health and safety recommendations and guidelines for children in family- and center-based child care programs. The entire text of the manual can be viewed, searched, or downloaded online at <http://nrckids.org/CFOC/index.html>. Major policy changes since the publication of this manual can be found at <http://nrckids.org/CFOC/updates.htm>

**Health in Child Care Health Manual; 4<sup>th</sup> Edition:** This AAP manual serves as an authoritative, up-to-date, compilation of child care recommendations and resources for pediatricians, family practitioners, public health professionals, child care health consultants, and child care providers. Appendices include sample forms and letters, safety checklists, guidelines for health supervision, a staff health assessment tool, special care plans, and more.

**Managing Chronic Health Needs in Child Care and Schools: A Quick Reference Guide:** This new guide helps caregivers and teachers face the challenges of caring for children with chronic medical conditions and special health care needs. This manual provides more than 35 quick-access fact sheets on specific conditions like allergies, autism, and seizures. \*Available as an AAP eBook\*

**Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide, 2<sup>nd</sup> Ed:** Incorporating content from *Caring for Our Children*, the AAP Red Book®, and color images from the Visual Red Book on CD-ROM, this quick reference guide is an essential resource for all caregivers, teachers, and health professionals who work to prevent, identify, and respond to the most common childhood infectious diseases. Written in concise, non-technical language and spiral-bound for easy use, the guide provides a valuable new tool to help caregivers and teachers handle child illness and communicate with health care professionals and parents. Reference sheets for 50 common infectious diseases and conditions, exclusion guidelines, and relevant forms, charts, and letters are included. \*Available as an AAP eBook\*

**Pediatric First Aid for Caregivers and Teachers (PedFacts):** PedFacts is an educational program developed by the AAP to prepare caregivers and teachers to appropriately recognize and respond to the ill or injured child. Materials for caregivers/teachers and instructors are available. PedFacts is available in a DVD, VHS, or print version. Additional information is available at [www.pedfactsonline.com](http://www.pedfactsonline.com)

**The Pediatricians Role in Promoting Health and Safety in Child Care:** With a majority of young children enrolled in out-of-home child care programs, the need for pediatrician expertise and involvement in child care issues has never been greater. This manual is a valuable resource for pediatricians and supports their involvement in early education and child care at 3 levels: within their office practice, in their community or as a health consultant, and as an advocate/educator at the national level, ultimately helping them to promote the health and safety of children in these settings.

**Stepping Stones:** This handbook is for educators, health professionals and others interested in updating regulations for early education and child care programs. *Stepping Stones* assists professionals who need help in setting priorities for addressing standards in *Caring for Our Children*. *Stepping Stones* is the unaltered text of a subset of 233 standards from *Caring for Our Children*. The selected 233 standards are those which have the greatest impact on reducing disease, disability, and death in childcare settings. The book includes only the standards without the rationale, comments, or references found in *Caring for Our Children*. English and Spanish versions of *Stepping Stones* are posted online at: <http://nrckids.org/STEPPING/index.htm>

**Healthy Kids, Healthy Care Booklet:** Based on *Caring for Our Children* and the Healthy Kids, Healthy Care Web site, this resource provides key information on 34 health and safety practices that parents can look for when evaluating child care programs. The booklet also provides ideas and strategies to help parents talk to their child's caregivers about how to improve health and safety practices.

## **Research Articles and Evidence-based Policies**

### **AAP Policy Statement: *Quality Early Education and Child Care from Birth to Kindergarten***

Pediatricians have a role in promoting access to quality early education and child care beginning at birth for all children. This policy, published by the AAP Committee on Early Childhood, Adoption, and Dependent Care, encourages pediatricians to work with other advocacy groups to improve the health and safety of children in child care. Recommendations for quality improvement and advocacy efforts are included. To read the full policy, visit <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/1/187>

### **The Influence of Child Care Health Consultants in Promoting Children's Health and Well-being: A Report on Selected Resources:**

This Healthy Child Care Consultant Network Support Center (NSC) report presents key findings from a synthesis of 79 published and unpublished resource documents (articles, evaluations, presentations, monographs, etc.) related to child care health consultation.

To read the full report, visit [http://hccnsc.jsi.com/resources/publications/CC\\_lit\\_review\\_Screen\\_All.pdf](http://hccnsc.jsi.com/resources/publications/CC_lit_review_Screen_All.pdf)

***Opportunities for Health Promotion Education in Child Care:*** This article relates to a study that aimed to understand the attitudes toward, barriers to, and strategies for incorporating health promotion activities into child care settings. The article summarizes those topics that are deemed most useful from the perspectives of parents, child care directors, and health consultants. To read the full article, visit

<http://pediatrics.aappublications.org/cgi/content/abstract/116/4/e499> 

Reference: Gupta R, Shuman S, Taveras E, Kulldorff M, Finkelstein J. Opportunities for Health Promotion in Child Care. *Pediatrics*. 2005;116:499-505.

### ***Improving the Health and Safety of Children in Nonparental Early Education and Child Care***

This article discusses demographic information, infection, injury, and the importance of quality. Additionally, the article includes key sections on the effects of child care on development, how pediatricians can get involved, making child care arrangement decisions, accommodating children with special health care needs, and finally, discusses opportunities for health promotion. To read the full text, visit

<http://pedsinreview.aappublications.org/cgi/content/full/26/3/86> 

Reference: Aronson S, Shope T. Improving the Health and Safety of Children in Nonparental Early Education and Child Care. *Pediatrics in Review*. 2005;26:86-95.

### ***State Child Care Regulations Regarding Infant Sleep Environment Since the Healthy Child Care America - Back to Sleep Campaign:***

This article summarizes the effectiveness of the first 2 years of the Healthy Child Care America Back to Sleep Campaign by highlighting changes in child care regulations since the initiation of the campaign in 2003. To read the full text, visit [www.healthychildcare.org/pdf/StateChildCareSIDS.pdf](http://www.healthychildcare.org/pdf/StateChildCareSIDS.pdf)


Reference: Moon RY, Aird L, Kotch L. State Child Care Regulations Regarding Infant Sleep Environment Since the Healthy Child Care America - Back to Sleep Campaign. *Pediatrics*. 2006;118:73-83.

### ***Reducing the Risk of Sudden Infant Death Syndrome in Child Care and Changing Provider Practices: Lessons Learned From a Demonstration Project:***

The purpose of this study was to evaluate the effectiveness of the AAP Speakers' Kit and train-the-trainer model in changing knowledge, attitudes, and behaviors (reported and observed) in child care providers with regards to sleep position and other elements of a safe sleep environment for infants. A secondary objective was to assess challenges and barriers to implementing safe infant sleep guidelines in child care settings. To read the full text, visit

[www.healthychildcare.org/pdf/SIDSproject.pdf](http://www.healthychildcare.org/pdf/SIDSproject.pdf)

Reference: Moon RY, Calabrese R, Aird L. Reducing the Risk of Sudden Infant Death Syndrome in Child Care and Changing Provider Practices: Lessons Learned From a Demonstration Project. *Pediatrics*. 2008;122:788-798.

***Influence of Attendance at Day Care on the Common Cold From Birth Through 13 Years of Age:*** The objective of this study was to describe trends in the occurrence of the common cold during the first 13 years of life among children who attended different childcare settings early in life. To read the full text, visit <http://archpedi.ama-assn.org/cgi/reprint/156/2/121> 

Reference: Ball TM, Holberg CJ, Aldous MB, Martinez FD, Wright AL. Influence of Attendance at Day Care on the Common Cold From Birth Through 13 Years of Age. Arch Pediatr Adolesc Med. 2002;156:121-126