

## **THE PRIMER**

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### **ABOUT THE PRIMER**

*The Primer* is the newsletter of the ASHA Council on Early Childhood Health Education and Services, which has been formed to assist ASHA in the development and promotion of health education and health services for young children. Council membership is open to any ASHA member in good standing and currently numbers over 300.

Contributions from readers of *The Primer* are encouraged and should be sent to David Denton (see above for address and e-mail). Address corrections should be sent to ASHA at 7263 State Route 43, PO Box 708, Kent, OH 44240.

This is the last issue of *The Primer* that will be mailed; this and future issues of *The Primer* will be posted on the Council's Webpage (see article, below).

### **IT'S CONFERENCE TIME**

*School Health Beyond the Borders* is the theme of the 77th Annual ASHA School Health Conference, scheduled October 15-18, 2003, in El Paso, Texas. The conference begins on Wednesday with pre-conference workshops, and then begins in full swing on Wednesday evening. Go to <http://ashaweb.org/conferences.html> for more information or to download registration forms. For hotel accommodations, contact the Camino Real Hotel at 800/769-4300 or 915/534-3099. The ASHA room rate is \$87 single/double.

The Council on Early Childhood Health Education and Services will hold their annual meeting on Friday, October 17, 4:45-6:00 pm. Please make plans to attend.

The *ASHA Night Out* will begin immediately after the Council meeting. Enjoy a trip to Juarez, with dinner and entertainment at a nice restaurant.

### **WORKSHIPS FOR CHILDCARE PROVIDERS**

For the past several years, a Council goal has been to improve the health, safety, and quality of care for young children in the city or area where the annual ASHA conference is held. The Council has worked with local child care agencies to offer half-day health and safety workshops for local child care providers. We will host this year's workshop on Saturday, October 18 in collaboration with the Paso del Norte Association for Education of Young Children. Six topics will be presented in *both* English and Spanish: newborn and infant care, classroom and nursery safety, playground safety, child abuse prevention, emergency situations, and sanitation and disease prevention.

This year, we have expanded this project through the help and support of the Paso del Norte

Foundation, the Texas Department of Protection and Regulatory Services Child Care Licensing, and the Texas Chapter of the American Academy of Pediatrics. First, we are helping establish a community “lending library” of health and safety resources, including prepackaged staff and training programs on 18 different topics, reproducible parent materials, and comprehensive preschool health education curriculums. These materials will be available on loan to individuals providing training for child caregivers and parents. (Go to [www.childhealthonline.org](http://www.childhealthonline.org) for more information about the various resources.)

On the afternoon of Friday, October 17, we will conduct a 3-hour train-the-trainer session to introduce these resources. This workshop will be held at the Texas Tech Health Sciences Center. ASHA Council members are welcome to attend.

For more information on these workshops, contact Dr. Charlotte Hendricks at 205-663-7402 or by e-mail at [chendricks@childhealthonline.org](mailto:chendricks@childhealthonline.org)

## **COUNCIL HAS WEBPAGE**

The Council now has a Webpage! Charlotte Hendricks has developed and maintains our Webpage through the [www.childhealthonline.org](http://www.childhealthonline.org) Website. Click on the “ASHA Council” button to access the Webpage. There also is a direct link to and from the ASHA Website. The Council’s Webpage currently includes the Council minutes, annual report, information about upcoming events and activities, and contact information for Council officers. The *Primer* will also be added to this Webpage. Please visit this site and let us know what you think. If you have information that would be appropriate for the site, please let us know.

## **COUNCIL PROPOSES TRAINING GUIDELINES FOR CAREGIVER HEALTH AND SAFETY COURSE**

To help ensure that “no child is left behind,” it is of utmost importance to promote the health and well-being of young children. Research shows that the education of early childhood educators, including childcare providers, is a predictor of quality caregiving. Furthermore, ongoing training is essential for improving the quality of care that children experience. However, many childcare providers do not receive adequate training on the health and safety of young children. The text posted on the Council website is a sample outline for a 40-hour staff training or 3 credit hour college course that addresses this educational and training gap. We are interested in getting your feedback. Go to the Council Website, ([www.childhealthonline.org](http://www.childhealthonline.org) - then click on ASHA Council button) -- click on “Current Projects” for the complete outline. Please send comments to Charlotte Hendricks at [chendricks@childhealthonline.org](mailto:chendricks@childhealthonline.org) or print this outline, then fax your edits to 205-621-2149.

## **2003 COUNCIL REPORT**

by David Denton, PhD, Chair

The ASHA Council on Early Childhood Health Education and Services is one of ASHA’s largest and most active councils. The council is dedicated to promoting the importance of health

education and health services for children ages birth through five years, addressing such important topics as health and safety in child care, health education for preschool-age children, and promotion of normal brain development through developmentally-appropriate practice. The Council's annual report to the ASHA board lists selected goals and activities related to them that Council members engaged in during the last year.

#### Interdisciplinary Collaboration

- Worked as a member of Partnership Council and Evaluation Committee of Success by Six (2002-present)
- Attended multiple conferences to collaborate with professionals on the health and safety of young children.
- Continued to facilitate the Health in Education Network for the Association for Supervision and Curriculum Development (ASCD) to make public health and public education initiatives more visible to school superintendents, principals, curriculum directors, and policy makers worldwide.
- Continued communicating with state policy-makers about ASHA's and the Council's concerns that child health not be neglected because of a renewed emphasis on academic skills in preschool programs.

#### Publications

- Published and edited *HealthyCHILDCare*, a bimonthly-monthly publication subscribed to by thousands of child care providers across the nation.

#### Professional Development

- Planned an expanded fourth annual workshop on health education and safety for local child care providers at the 2003 ASHA Annual Meeting in El Paso.
- Assisted Department of Regulation and Licensing in El Paso in establishment of a permanent library of training resources.

#### Advocacy

- Promoted child/school health and provided support materials to legislative leaders in 16 states.
- Promoted advocacy for children's health to university students majoring in early childhood education and elementary education.

#### Resources

- Promoted ASHA membership among school nurses and university students majoring in early childhood education and elementary education in selected states.

### **CHILD ABUSE IN SCHOOLS, CHILDCARE**

Child abuse remains a horrific public health and social problem in the United States. In 2001, approximately three million children were reported to Child Protective Services for suspected child abuse and neglect. In addition, for the year 2000, nearly four children died each day as a result of child maltreatment, with children under five years old accounting for four out of five of

all reported fatalities. Nevertheless, fatalities due to child maltreatment are severely underreported.

The cost of human suffering associated with child maltreatment is immeasurable, and the economic costs are staggering as well. Most child abuse prevention efforts have targeted individual parents, families, or children with the purpose of changing attitudes and behaviors that contribute to risk. Another powerful prevention tool is the multifaceted ecological model that views the child's environment as a series of interconnected levels, with the child at the center of the circle of influence. Within the ecological model, schools play a critical role in the identification and prevention of child abuse and neglect. One avenue for effectual school-based prevention efforts is through the coordinated school health program (CSHP), which embraces prevention at the core of its mission. The CSHP can be a catalyst for the multifaceted, ecological approach essential for the prevention of child maltreatment.

For that reason, Council leaders have submitted a resolution to ASHA calling for the organization to, among other things, promote interdisciplinary collaboration to prevent abuse and neglect; make recommendations for school and childcare personnel regarding child maltreatment and neglect; and work with schools and childcare centers to implement those and other policies and procedures. Furthermore, the resolution calls on ASHA to recommend schools provide students with evidence-based instruction on child abuse prevention and incorporate such instruction into parenting education programs.

As a leader in protecting and promoting the health and well-being of American children and youth, ASHA has an opportunity to take a proactive stance on this issue and become a powerful change agent. The resolution will be considered during the 77<sup>th</sup> Annual Conference in El Paso, TX.

If you are interested in helping ASHA and the Council on this issue, contact Marilyn Massey-Stokes, EdD, CHES at Texas Tech University Box by calling 806-742-2375, x411 or e-mailing [marilyn.massey-stokes@ttu.edu](mailto:marilyn.massey-stokes@ttu.edu). For more information on child abuse and neglect, visit the National Clearinghouse on Child Abuse and Neglect Information at <http://www.calib.com/nccanch/>.

### ***HEALTHY CHILDCare* UPDATE**

*Healthy CHILDCare* is entering its seventh year of providing health and safety information to childcare providers. Edited by the Council, *Healthy CHILDCare* is a bimonthly publication filled with information on medicines, illnesses, staff wellness, nutrition, safety, health education activities for children, posters and newsletters for parents and more. In each issue, you'll find articles from nationally-recognized early childhood professionals, pediatricians, nurses, registered dietitians, and others.

Each issue of *Healthy CHILDCare* contains approximately one hour of "training." Our Website – [www.healthychild.net](http://www.healthychild.net) – includes questions and answers that childcare programs can use to gauge information learned or relearned.

More than 30,000 childcare providers use *Healthy CHILDCare*. Our October-November issue is a special issue devoted to infant health, and our February-March 2004 issue will focus on emergency preparation.

*Healthy CHILDCare* also publishes the Health and Safety Resource Guide, a two-page supplement to *Healthy CHILDCare*. The Resource Guide includes a training outline on a particular health and safety topic and dozens and dozens of resources to contact.

In 2002, *Healthy CHILDCare* published *I Am Amazing*, a program promoting health, safety, and self esteem. This is a complete curriculum of activities to introduce healthy habits and decision making to preschool age children.

### ***Healthy CHILDCare Magazine Needs Authors***

Yes, we need authors! Please take a look at our Website, [www.healthychild.net](http://www.healthychild.net), to view the library of our past seven years. The library can help you see not only what articles we have included but also provides information on the style and length of articles.

Each issue of *Healthy Childcare* includes five articles which address health and safety issues:

- Medicine Chest: Medicines, treatments, preventive measures, clinical information.
- In Sickness & Health: Health promotion, illness, disease prevention.
- Nutrition Action: Nutrition information, cooking activities, nutrition education ideas.
- Safety First: Safety awareness & promotion in and around the childcare setting.
- Health & You: The health and well being of the childcare worker.

**Topics:** Manuscripts must be directly related to a specific health and safety issue in the childcare setting. We do not cover general child development or administrative issues.

**Author credentials:** Authors must be employed and/or credentialed in an area of childcare health and safety. We are looking for health professionals, such as physicians, nurses, dentists, health educators and childcare health consultants, registered dietitians, licensed pharmacists, physical therapists, speech pathologists, etc., who are familiar with the needs and interests of childcare providers. We also look for early childhood educators and childcare providers who have special interest and knowledge in areas of health and safety. Our readers look to *Healthy Childcare* as a health and safety resource and thus, our authors must have appropriate professional experience. Submissions from free lance writers who do not have appropriate backgrounds will not be considered.

**Length of manuscripts:** Manuscripts should be fairly short and to the point, between 1,000-1,200 words, and written at a 6th-8th grade reading level. Rule of thumb for length: The manuscript should be two, single-spaced pages. Resources and references are in addition to these two pages.

**Audience:** *Healthy CHILDCare* readers are child caregivers in all types of settings – large and

small; center-based, group care, and family home; mother's-day out; after school care; etc. Our readers often do not have access to health and safety training, and *Healthy CHILDCare* can provide "to their door" training. While we do have parents who read *Healthy CHILDCare*, they are not our primary audience. However, we include reproducible posters and parent newsletters so that the childcare provider can connect with parents on health and safety information, and each article includes a 2-3 sentence 'parent connection.'

Contact Charlotte Hendricks, *Healthy CHILDCare* editor at [chendricks@childhealthonline.org](mailto:chendricks@childhealthonline.org) or 205-663-7402 for more information.

## **RECENT HEALTHYCHILDCARE ARTICLES**

Volume 6, Issue 4, June-July 2003

Eye Injury Prevention

Arts and Crafts the Safe Way

Tummy Talk

Sand Sanitation and Safety

Cholesterol Tests

Emergency Kits

Volume 6, Issue 5, August-September 2003

From the Bottle to Table

My Five Senses

Water Play Safety

Health Insurance for Children

Pinworms

Health Information from the Web

## **JOIN THE HCCA SPEAKERS BUREAU**

Healthy Child Care America has developed a Speakers Bureau on Early Childhood Education to identify community leaders who can speak on child care health and safety topics and mobilize others to get involved in program activities. Individuals who join the Speakers Bureau can help develop child care and health partnerships; promote the effective use of national, state, and local resources; and encourage implementation of the 10 steps outlined in the *Healthy Child Care America Blueprint for Action*. As a member of the Speakers Bureau, you can help your colleagues become aware of initiatives in your community or state so that they can also work to improve the health and safety of children in child care settings. Sign up for the Speakers Bureau and start making a difference in your community today by visiting [www.healthychildcare.org](http://www.healthychildcare.org) or calling 888-227-5409.

## **FREE POSTERS**

Healthy Child Care America has developed the following posters for community agencies, medical offices, and other sites. Two of the posters help families make good choices about

quality out-of-home child care (items HCCTSTH and HCPSTV), and a third poster supports breastfeeding (item HCCPSTBF). For a limited time, you can contact the Healthy Child Care America program at 888-227-5409 or [childcare@aap.org](mailto:childcare@aap.org) to request a total of six free posters. When placing an order, please include the item number for each poster.

## **CHILD CARE HEALTH AND SAFETY LEGISLATION UPDATES**

*adapted from the National Council on State Legislatures (NCSL)*

Many legislatures have been active on child care and early childhood education legislation during the 2003 legislative session. Although many states are experiencing fiscal challenges, child care and early education issues remain on their agendas. Bills often address financing issues, tax credits, child care subsidies, and licensing and regulation issues. Occasionally, bills address health and safety issues in child care.

State legislatures often consider bills to add duties or requirements for licensing of child care and early childhood education programs. During the last session, 23 states proposed bills related to licensing standards. Examples of these include bills about facility safety, such as protecting children from pesticides (*Illinois* and *New York*), air quality in child care and Head Start centers (*New York*), and authorization for dispensing medication (*North Carolina*). *Georgia* and *Maine* considered changes in staff-to-child ratios

Two states specifically addressed infant and toddler issues. *Illinois* considered adding an infant-toddler initiative to its comprehensive state child care plan. The bill would address the shortage of care for young children under age 3 by adding a requirement for a collaborative initiative and an annual report. *Iowa* considered a bill that would establish an at-home infant care program.

*North Carolina* passed a bill featuring a “safe sleep policy.” This bill will require child care facilities to develop and maintain a safe sleep policy that includes requiring caregivers to place children on their backs to sleep to reduce the risk of sudden infant death syndrome (SIDS), and to require certain agencies and the medical community to cooperate in investigating reports of child abuse and neglect in child care facilities.

Lack of access to high-quality programs, inadequate funding and lack of advocacy are potential barriers to child care for children with disabilities and other special needs, according to a study, *Barriers to Inclusive Child Care: Research Study Findings and Recommendations*. Researchers at the WestEd Center for Prevention and Early Intervention conducted the study, gathering data from participants in California and outlining several recommendations designed to enhance access and success in quality child care programs. The executive summary and full report can be found online at [www.wested.org/cs/cpei/print/docs/339](http://www.wested.org/cs/cpei/print/docs/339).

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