Introduction to What’s New in
Caring for Our Children:
National Health and Safety
Performance Standards;
Guidelines for Early Care and
Education Programs, 3rd Edition

Presented by:
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Clinical Professor, University of Washington
Objectives

1. Learn up-to-date, research-based, best practice standards for health and safety to improve care for children in early education and child care programs.

2. Apply the new *Caring for our Children* standards to improve the quality of care for children in ECE, provide education and resources for early learning practitioners.

3. Identify 3 new *Caring for our Children* standards or other new health and safety tools that you will implement in your work.
Scope of Health and Safety in Child Care

• Health and safety topics in group care for children to prevent harm & promote health
  – Injuries (minor to serious, physical and social-emotional)
  – Infectious diseases
  – Healthful habits
  – Policies and practices
  – Care plans for children with chronic health conditions

• Licensing Professionals and Child Care Health Consultants can help ECE programs ensure safe and health practices and environment.
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- Definitive source on best practice in health and safety in early care and education settings
- Evidence-based
- Expert consensus
- Model for health & safety practices
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Partners:
• American Academy of Pediatrics (AAP)
• American Public Health Association (APHA)
• National Resource Center for Health and Safety in Child Care and Early Education (at University of Colorado) (NRC)

Funded through Maternal and Child Health Bureau Cooperative Agreement (MCHB)
CFOC 3rd Ed.

- 3rd edition Revision completed and published in June 2011
- 3 year revision process
- 10 Technical Panels - 85 panel members - Content Experts from AAP, APHA, and subject specialists
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Steering Committee:

- **AAP** – Danette Glassy, MD, FAAP, Co-chair
- **APHA** – Jonathan Kotch, MD, FAAP, Co-chair but currently Brian Johnston, MD, FAAP
- **MCHB Project Officer** – Barbara Hamilton, MA
- **NRC** – Marilyn Krajicek, EdD, RN, FAAN
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Revision Process

- 100+ Stakeholders – Providers, Researchers, Educators, Regulators, Parents and Health consultants
- Technical Panels have reviewed Stakeholder feedback and recommendations
- Partner Organization Steering Committee and Boards will give final approval
Content

Chapter 1: Staffing
Chapter 2: Program Activities for Healthy Development
Chapter 3: Health Promotion and Protection
Chapter 4: Nutrition and Food Service
Chapter 5: Facilities, Supplies, Equipment & Environmental Health
Chapter 6: Play Areas/Playgrounds & Transportation
Chapter 7: Infectious Disease
Chapter 8: Children With Special Health Care Needs & Disabilities
Chapter 9: Administration
Chapter 10: Licensing & Community Action
How do I get one?

Available for purchase from AAP Bookstore –
www.aap.org
From APHA -
www.apha.org/publications/bookstore/

On line at the National Resource Center for Health and Safety in Child Care: www.nrckids.org
New This Edition

Online edition available in HTML and PDF by chapter so easy to search
Online editions will be continually updated
Frequently Asked Questions section for clarifications
First Change

Major Change in *Caring for Our Children*, 3rd Edition (*CFOC3*):

**Standard 3.1.4.1: Safe Sleep Practices and SIDS/Suffocation Risk Reduction** (p. 96 in hard copy)

**Change:** The use of blankets is no longer recommended. *(This is addressed in the COMMENTS section of the standard, under "Use of Blankets" on page 98). (updated December 2011)*
First Spin Off

Preventing Childhood Obesity in Early Care and Education Programs (2nd Edition)

- Published July 2010
- Nutrition, Physical Activity, and Screen Time Standards
CFOC Nutrition Standards

• Encourage mothers to breastfeed at the child care program before leaving and on return
  – provide comfortable, private areas
• Teach caregivers/teachers to support and advocate breastfeeding
• Implement policies and procedures on handling and feeding human milk safely
• Use procedures for safe infant formula preparation (factory-sealed containers, proper mixing, storage etc.)
CFOC Nutrition Standards

- Feed infants on cue by consistent caregiver
- Bottle feeding techniques
- Accommodate use of special infant formulas and milk (e.g. soy) when necessary
- Bottles and infant foods do not have to be warmed from the refrigerator
- Use 2% milk for children 12 months to 2 years, for whom overweight or obesity is a concern with written documentation from health professional
- Use skim or 1% milk for children 2 years of age and older
CFOC Nutrition Standards

- Accommodate vegetarian diets
- Serve small size portions
- Provide age-appropriate nutritious snacks
- Teachers/Caregivers model healthy eating habits
- Teachers/Caregivers sit with children during meal time and encourage socialization
- Never use food as a reward/punishment
CFOC Nutrition Standards

- Make water available throughout the day
- Do not give fruit juice to children <12 months
- Use only 100% juice, & limit amount to 4-6 ounces for children 1–6 years of age
- Encourage whole fruits
- Provide written guidelines re: nutritional requirements for food brought from home
- Provide nutrition education for children and parents
- Stock food & water supply for disasters (72 hours)
Data: Physical Activity in Child Care

Children are sedentary for most (70-83%) of their time in child care, excluding nap\(^1-2\)

- only small amount (2-3%) of time in *vigorous* activity
- only 12-46 min of *moderate or vigorous* activity over course of 6 hour day in child care\(^1-2\)

The amount of physical activity children get in child care varies widely, and depends mostly on the center attended (27-47% of variance), not child factors (3-10% of variance combined)\(^1-3\)

1. Pate RR et al *Pediatrics*. Nov 2004

Slide copied with permission from Copeland, K presentation slides at American Academy of Pediatrics, National Conference and Exhibition, 2010.
**CFOC Physical Activity Standards**

- Promote development of infant movement skills – plenty of tummy time when awake
- Promote active daily play for 1-6 year olds:
  - 2-3 outdoor occasions = 60-90 min/day
  - 2 or more structured activities over course of day (indoor and/or outdoor)
  - Time for unstructured active play
  - Moderate to vigorous activity: Toddlers: 60-90 min/8 hour day; Preschoolers: 90-120 min/8 hour day
Teacher/Caregivers encourage and participate in physical activities:

- Lead structured activities
- Wear clothing that permits safe and easy movement
- Prompt children to be active
CFOC Physical Activity Standards

- Avoid restricting movement:
- Limit sedentary time or confinement in high chairs, seats, swings, etc. - no more than 15 minutes except for naps, meals & rare projects
- Use cribs only for sleeping or resting
- Increase minimum usable indoor floor space/child to 42 square feet (50 square feet/child is better)
- Do not allow staff to restrict active play as a punishment
CFOC Physical Activity Standards

• Added Chapter: Play Areas/Playgrounds & Transport
• Materials/equipment comply with ASTM & CPSC
• No trampolines or ball pits
• Helmets for any type of riding toy
• Updated seat restraint requirements
• Written policies & practices to promote physical activity: benefits, duration, setting, clothing
CFOC Screen Time Standards

- Less than 2 years of age: No computer/DVD/TV
- 2 years and older: No more than 30 minutes per week of media time, and only for educational/physical activity purposes. Computer use in 15 minute increments; school age children may have longer for homework.
- Teachers/Caregivers act as role models – no TV watching while providing care for children
- Children with special needs may require and consistently use assistive and adaptive computer technology
Changes in CFOC 3rd Edition

• Minimum age to enter group care:
  – Healthy full-term at 3 months of age
  – Breastfeeding duration is longer
  – Mothers are stronger
  – Families have time to adjust
  – Babies less than 3 months of age are more vulnerable to infectious diseases and can become seriously ill without obvious signs
  – A desirable goal when sufficient resources are available; some families waiting until 3 months of age to enroll may not be possible.
### Routine Schedule for Cleaning, Sanitizing and Disinfecting

**NEW**

**Guide for Cleaning, Sanitizing, and Disinfecting**

<table>
<thead>
<tr>
<th>Areas</th>
<th>Before Each Use</th>
<th>After Each Use</th>
<th>Daily (At the End of the Day)</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food preparation surfaces</td>
<td>Clean, Sanitize</td>
<td>Clean, Sanitize</td>
<td>Use a sanitizer safe for food contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating utensils &amp; dishes</td>
<td>Clean, Sanitize</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>If washing the dishes and utensils by hand, use a sanitizer safe for food contact as the final step in the process; Use of an automated dishwasher will sanitize</td>
</tr>
<tr>
<td>Tables &amp; highchair trays</td>
<td>Clean, Sanitize</td>
<td>Clean, Sanitize</td>
<td>Use a sanitizer safe for food contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Countertops</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
<td>Use a sanitizer safe for food contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food preparation appliances</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
<td>Use a sanitizer safe for food contact</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed use tables</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
<td>Before serving food</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refrigerator</td>
<td>Clean</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Child Care Areas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plastic mouthing toys</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pacifiers</td>
<td>Clean</td>
<td>Clean, Sanitize</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hats</td>
<td>Clean</td>
<td>Clean</td>
<td>Clean after each use if head lice present</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Door &amp; cabinet handles</td>
<td>Clean</td>
<td>Clean, Disinfect</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Changes in *CFOC* 3rd Edition

• Continued emphasis on Health Consultation including nutrition
• Early Childhood Education Consultation: knowledge, experience, role, visits at least semi-annually
• Social-Emotional Health:
  – Mental Health Consultation: knowledge, experience, skill, role, visits at least quarterly
  – Monitoring development through coordinated developmental screening
NEW Changes in CFOC 3rd Edition

- Handling challenging behavior
- Swaddling of infants not recommended
- Pacifier use per AAP recommendations
- Changing soiled underwear/pull-ups
- Adult-supervised use of alcohol hand sanitizers acceptable alternate for handwashing for children 24 months and older (as long as hands are visibly clean)
Changes in CFOC 3rd Edition

- Allowed & prohibited animals; animal care
- Preventing Shaken Baby Syndrome
- Procedures for sun protection, sunscreen
- Use of insect repellant, protecting from & removing ticks
Changes in *CFOC* 3rd Edition

- Inclusion/exclusion
- Thermometer use
- OTC meds require orders from licensed health provider (except sunscreen & insect repellant)
Changes in CFOC 3rd Edition

Greatly expanded Environmental Health

- Environmental audit
- Integrated Pest Management (IPM) CA Tool Kit
- Use of play dough & other manipulative materials
- Avoiding plastics with PVC, BPA, phthalates; materials with CCA pressure-treated wood
- No use of screens or ends of cribs to separate sleepers instead of distance
- Regulation Inspections: 2/year; one unannounced
Changes in CFOC 3rd Edition

Infectious Diseases standards updated to match *Managing Infectious Diseases in Child Care and Schools, 2nd edition*

- Influenza immunization for adults & children
- Recommended vaccines for all adults
- New conjunctivitis, enterovirus, HPV (warts), impetigo, lymphadenitis, molluscum, MRSA, Thrush, Roseola

Policies to correspond with new & changed standards

- e.g. Oral Health, Med Admin, Sign-out/in, Food/Nutrition, Physical Activity, Shelter-in-Place, Influenza Vaccine, Pandemic Influenza
Healthy Child Care America

Child Care Health Partnership
National Resource Center for Health and Safety in Child Care
National Training Institute for Child Care Health Consultants
QUESTIONS?
Let’s Move! Child Care
http://healthykidshealthyfuture.org/startearly.html