

Health, Safety, Nutrition

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Just the Facts</p>	<p>Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Out-of-Home Child Care Programs, 2nd Edition (a joint publication of the American Academy of Pediatrics, National Resource Center, and the American Public Health Association) http://cfoc.nrckids.org/StandardView.cfm</p> <p>Division for Early Childhood (DEC). (2013). Promoting the Health, Safety and Well-Being of Young Children with Disabilities and Developmental Delays http://www.dec-sped.org/uploads/docs/about_dec/position_concept_papers/Promotion_Paper_Promoting%20Health_Executive%20Summary_Final.pdf (executive summary)</p> <p>http://www.dec-sped.org/uploads/docs/about_dec/position_concept_papers/Promotion_Paper_Promoting%20Health_Final%2002%2013.pdf (position statement)</p> <p>The Foundations of Lifelong Health are Built in Early Childhood http://developingchild.harvard.edu/index.php/resources/reports_and_working_papers/foundations-of-lifelong-health/</p> <p>National Association for Sport and Physical Education. (2009). Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Edition http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm</p> <p>Prevention of Child Abuse in Early Childhood Programs and the Responsibilities of Early Childhood Professionals to Prevent Child Abuse http://www.naeyc.org/files/naeyc/file/positions/PSCHAB98.PDF</p> <p>What Can CCDF Learn from the Research on Children’s Safety and Health in Child Care? http://www.nccp.org/publications/pdf/text_1062.pdf</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Read All About It</p>	<p>Child Hunger on the Rise and Causing Problems in the Classroom http://www.care2.com/causes/child-hunger-on-the-rise-and-causing-problems-in-the-classroom.html#ixzz2dMJ6dorZ</p> <p>Family Mealtimes Don’t Predict Success in School http://blogs.edweek.org/edweek/early_years/2013/07/family_mealtimes_dont_predict_success_in_school_study_states.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+EarlyYears+%28Early+Years%29</p> <p>Food Insecurity http://www.childrenshealthwatch.org/publication-category/action-briefs/ Part 1: Too Hungry to Learn: Food Insecurity and School Readiness Part 2: Feeding Our Human Capital: Food Insecurity and Tomorrow’s Workforce</p> <p>How we Play- Cultural Determinants of Physical Activity in Young Children http://www.aahperd.org/headstartbodystart/activityresources/upload/HowWePlay_LitReview.pdf</p> <p>Moving Bodies, Building Minds: Foster Preschoolers’ Critical Thinking and Problem Solving Through Movement http://www.naeyc.org/files/yc/file/201109/Moving%20Bodies_Russo_Marigliano_Online_0911.pdf</p> <p>NEXT for Young Children (companion activities) http://www.naeyc.org/files/yc/file/201109/NEXT%20YC0911.pdf</p> <p>Mullis, L. (2002). Natural environments: A letter from a mother to friends, families, and professionals. <i>Young Exceptional Children</i>, 5(3), 21-24. http://yec.sagepub.com/content/5/3/21.full.pdf+html</p> <p>Prevent Body Issues by Talking to Kids About Healthy Food, Not Weight http://thinkprogress.org/health/2013/06/25/2211491/parents-body-image-childhood-obesity/</p> <p>Preventing childhood obesity in early care and education programs http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">See for Yourself</p>	<p>Breast Feeding in the Child Care Setting http://www.youtube.com/watch?v=55P4L3JlrJo</p> <p>Childhood Obesity in America http://justthink.org/about/childhood-obesity-in-america/</p> <p>Gonzalez-Mena, J. (1996). <i>Diversity: Contrasting perspectives</i>. Crystal Lake, IL: Magna Systems. (7 minutes) http://learningseed.vidcaster.com/j7Dj/diversity-contrasting-perspectives/</p> <p>Early Childhood Obesity (English and Spanish) http://makinghealthasier.org/EarlyEd</p> <p>Family Style Meals in the Child Care Setting (includes consideration of children who are culturally and ability diverse) http://www.youtube.com/watch?v=nj_s89ydnBs&feature=player_embedded</p> <p>Hand Washing and Basic Health Considerations http://www.youtube.com/watch?v=clkHWPW54jQ</p> <p>How Nutrition and Physical Activity Affect Early Childhood Development http://www.youtube.com/watch?v=Pp8Jwf1trH0</p> <p>Infant Nutrition in the Child Care Setting http://www.youtube.com/watch?v=55P4L3JlrJo</p> <p>Little Kids, Big Questions http://www.zerotothree.org/about-us/funded-projects/parenting-resources/podcast/</p> <p>Physical Activity in the Child Care Setting http://www.youtube.com/watch?v=F-mcKvLKntk</p> <p>The Rules of Safe Sleep http://www.dfps.state.tx.us/Room_to_Breathe/</p> <p>Safe Sleep http://www.michigan.gov/dhs/0,4562,7-124-5453_7124_57836---,00.html</p> <p>Safe Sleep for Your Baby http://www.youtube.com/watch?v=29sLucYtvpA</p> <p>Video Library (physical development, environment/environmental hazards, play, child abuse/maltreatment) http://www.ecetp.pdp.albany.edu/videolibrary.shtm</p> <p>Well Fed: Nourishing Our Children for a Lifetime http://www.youtube.com/watch?v=wH2pJRly0-U</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Find It Online</p>	<p>American Academy of Pediatrics/Healthy Children.org http://www.healthychildren.org/english/Pages/default.aspx</p> <p>Caring for Children with HIV or AIDS in Child Care http://www.childcarelaw.org/docs/caringforchildrenwithhivor aids.pdf</p> <p>Centers for Disease Control and Prevention http://www.cdc.gov/</p> <p>Education and Training on Feeding Your Children (EAT) http://ehs.siu.edu/eat/</p> <p>Food Allergies and Sensitivities http://fnic.nal.usda.gov/diet-and-disease/allergies-and-food-sensitivities</p> <p>Healthy Child Care America http://www.healthychildcare.org/</p> <p>Healthy Eating for Preschoolers http://www.nal.usda.gov/wicworks/Topics/Preschooler.pdf</p> <p>Heartland Equity and Inclusion Project: Health, Safety and Nutrition in Early Childhood http://www.heartland.edu/heip/faculty/chld202.jsp</p> <p>Kirkwood Community College Activity Maps</p> <ul style="list-style-type: none"> • Health, Safety & Nutrition + Assistive Technology http://www.kirkwood.edu/pdf/uploaded/1163/ece_133_at_early_childhood_program_curr_outline%5B1%5D.pdf • Health, Safety & Nutrition + Cultural, Linguistic, and Ability Diversity http://www.kirkwood.edu/pdf/uploaded/1163/ece_133_clad_early_childhood_prog_curr_map_2%5B1%5D.pdf <p>Let's Move http://www.letsmove.gov/</p> <p>Most Popular Resources on Health and Nutrition http://www.zerotothree.org/child-development/health-nutrition/professional-resources-on.html</p> <p>National Center on Health http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Find it Online (continued)</p>	<p>National Resource Center for Health and Safety in Child Care and Education http://nrckids.org/</p> <ul style="list-style-type: none"> • A-Z Child Care Information Links http://nrckids.org/index.cfm/resources/a-z-child-care-information-links1/ • Checklist for Assessing Health and Safety in Child Care Programs http://nrckids.org/default/assets/File/Stepping%20Stones%203rd%20Ed%20Compliance_Comparison%20Checklist_booklet%20Final.pdf • Oral Health in Child Care and Early Education http://cfoc.nrckids.org/StandardView/SpcCol/Oral-Health <p>Sanitation Policies and Procedures http://cfoc.nrckids.org/StandardView/9.2.3.10</p> <p>New Strategies to Improve Food Marketing to Children http://www.rwjf.org/en/about-rwjf/newsroom/newsroom-content/2013/09/strategies-to-improve-food-marketing-to-children.html?cid=XEM_A7540</p> <p>Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html</p> <p>Preventing Childhood Obesity in Early Care and Education Programs http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity</p> <p>Recommended Child Care Health and Safety Resources http://www.healthychildcare.org/pdf/health&safetyresources.pdf</p> <p>Resources on Health and Safety in Early Child Care http://www.naeyc.org/files/naeyc/Resources_Health_Safety_ECC.pdf</p> <p>Safe Sleep Practices and SIDS/Suffocation Risk Reduction http://cfoc.nrckids.org/StandardView/SpcCol/Safe_sleep</p> <p>Safe Kids USA http://www.safekids.org/</p> <p>US Consumer Product Safety Commission http://www.cpsc.gov/</p> <p>US Department of Agriculture</p> <ul style="list-style-type: none"> • Center for Nutrition Policy and Promotion http://www.cnpp.usda.gov/ • Choose My Plate http://www.choosemyplate.gov/ • Child and Adult Care Food Program http://www.fns.usda.gov/cnd/care/ • Recipes for Healthy Kids http://www.teamnutrition.usda.gov/Resources/recipes_for_healthy_kids.html • Nutrition and Wellness Tips for Young Children http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">NC Resources</p>	<p>Color Me Healthy http://colormehealthy.com/</p> <p>Eat Smart Move More NC http://www.eatsmartmovemorenc.com/</p> <p>First 2000 Days http://www.first2000days.org/</p> <p>NC Child Care Health and Safety Resource Center http://www.healthychildcarenc.org/</p> <p>NC Division of Child Development and Early Education http://ncchildcare.nc.gov/general/home.asp</p> <p>NC Healthy Start http://www.nchealthystart.org/</p> <p>NC State University/A&T State University Cooperative Extension Food and Nutrition http://fcs.ces.ncsu.edu/site-fcs-food/</p>