

FAMILY HEALTH PROGRAM™

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In proud partnership with



The Centers for Disease Control and Prevention's
"Learn the Signs. Act Early." Campaign



Looking After **You and Your Young Child**

For mothers of children ages 18 months to 5 years



Welcome . . .

. . . to the Family Health Program™ brought to you in proud partnership with the Centers for Disease Control and Prevention's "Learn the Signs. Act Early." Campaign, National Association of Pediatric Nurse Practitioners (NAPNP), Visiting Nurse Associations of America (VNA), and the makers of LYSOL® brand products.

Looking After You and Your Young Child places special focus on you and on your child from ages 18 months to five years. This informative guide explores need-to-know areas of health, well-being, and germ protection — to help keep you, your young child, and your home happy and healthy.

A Health Program Especially for You

Children have special needs, and are more susceptible to infectious diseases than adults. They are also just learning about personal hygiene habits like frequent and proper handwashing. However, as public health experts, we know that there are several ways to help raise a healthy child and protect him or her from illness, including:

- A healthy diet and lifestyle for you and your growing child to help ensure that you are both better equipped to combat infections, and to minimize the risks of other health problems, such as tooth decay.
- Routine immunizations to protect your child from some serious and sometimes fatal diseases like polio, diphtheria, tetanus, whooping cough, hepatitis, and influenza.
- Thorough personal and home hygiene to help prevent the spread of disease-causing germs to your child and other family members.

Your Healthy Home

The CDC, NAPNP, VNA and LYSOL® partnership team is committed to **education** for the health and well-being of you and your child, and to keeping you and your family **healthy** by providing safe and convenient disinfecting and cleaning solutions for your home.

For more on what we are doing to help you ensure a healthy home, please visit: www.cdc.gov, www.napnap.org, www.vnaa.org, and www.lysol.com.

We wish you all the best in *Looking After You and Your Young Child!*

National Center on Birth Defects
and Developmental Disabilities
Centers for Disease Control
and Prevention



The Centers for Disease Control and Prevention's
"Learn the Signs. Act Early." Campaign

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Looking After You and Your Young Child

The health and well-being of you and your young child are impacted by many things. Throughout *Looking After You and Your Young Child*, you'll find practical information and tips on topics that can affect both of you.

You'll discover need-to-know advice in such areas as hygiene and well-being, food safety for you and your child, common childhood illnesses, safety, germ prevention at home, and more. In addition, you'll find references to help you locate further information on those subjects of particular interest to you — including important information on early childhood development.

So, read on!

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The web links provided in each chapter were current at time of publication. In the event that they change and/or are no longer available, we suggest that you visit the "home page" of the named organization or company. From there, search for topical information.

Child Care

Today, more and more young children are spending at least some time each day in child care. This could be with relatives or in another type of child care setting. In all cases, there are steps you can take to locate a setting that is best for your child.



Finding the Right Setting

All children need a child care setting where they will be safe and healthy . . . and where they will thrive. Here are some suggestions to help you feel confident in your choice.

Locating Child Care Sources

If you are looking for safe and reliable child care, try these contacts:

- American Red Cross: *Choosing Quality Child Care Search Guide*. To order, contact American Red Cross, Badger Chapter by calling **608-233-9300 x 253**, or sending an email to customerservice@arcbadger.org.
- National Association of Pediatric Nurse Practitioners' *A Parent's Guide to Choosing Quality Child Care* (www.napnap.org/shop/index.cfm?id=49)
- A local community child care resource: ask for licensed child care facilities.
- *Child Care Aware*: National Hotline (**800-424-2246**).
- National Association for Family Child Care (**800-359-3817**).
- National Association for Education of Young Children (**800-424-2460**).
- National Resource Center for Health and Safety in Child Care (**800-598-KIDS**).

Once you have a list of possibilities, visit a variety of child care centers and judge for yourself. Plan to visit when children are there and spend a few hours so you can observe the interaction between caregivers and children. Also, plan to visit when other parents will be there to pick up their children so you can ask about their experiences as well.

Locating Childcare

- Visit a variety of centers
- Ask key questions
- Judge for yourself

Researching Child Care: What to Ask

Parents should not rely on their feeling or limited judgment alone. A nice provider is not necessarily a quality provider. Use these questions as a framework for research and comparing child care providers.

Staff Training and Approach:

- What is the educational background of the director and staff in relation to child development?
- Does the caregiver use straightforward, simple words to talk to your child?
- How does the provider address diversity — not just cultural or language, but socio-economic, religious, ability, and diversity in family structure?
- Does the caregiver use positive discipline techniques? Toileting? Feeding?
- Can the caregiver and/or staff handle conflicts without losing patience, shaming your child, punishing your child, or frequently showing anger?
- Does the caregiver enjoy children?
- Is there a primary and stable caregiver for your child?
- Have all adults that will work with the child(ren) had a criminal background check? If so, by what agency?
- What behavior guidance policies and procedures do they use? Why?
- What happens when providers are ill or on vacation?
- How do the providers share information with parents about successes and concerns?

Activities and Setting:

- Are activities and schedules explained to your child?
- Are toys and materials well organized so your child can choose what interests him/her?
- What curriculum is used for children of different ages?
- Is the caregiver able to accommodate any special needs of your child?
- Does the environment accommodate any special needs of your child?
- Is the environment sanitary and safe?
- Are the surroundings appealing, with comfortable lighting and an acceptable noise level?
- What is the ratio of adult teachers to children? Does this change with the age of the child?
- What is the square footage per child inside and outside?

Keeping Your Child Safe: Key Resources for Parents

There are many resources for learning more about ensuring that your child stays safe while in someone else's care, while playing, or when faced with a variety of emergencies. Visit these websites to learn more:

- Centers for Disease Control and Prevention: www.cdc.gov/ounceofprevention and www.cdc.gov
- National Safe Kids Campaign: www.safekids.org
- American Association of Poison Control Centers: www.aapcc.org
- Consumer Product Safety Commission: www.cpsc.gov

State Childcare Requirements

To learn more about any specific childcare requirements for your state as well as other policy issues, visit the National Association for the Education of Young Children's website at www.naeyc.org/policy

Atmosphere and Accreditation:

- Can a parent visit at any time?
- Will your child feel good about coming here?
- What is the look and feel of the home or center, both inside and outside?
- How does the provider/teacher handle transitions in and out of care, or transitions to another classroom?
- What policies and procedures are in place for safety? Security? Infection control? Food handling and nutrition?
- Is the child care program licensed by the state or local government?
- Is the child care program accredited by the National Association for the Education of Young Children or the National Association of Family Child Care?
- What are the alternative arrangements for daycare if the daycare center closes?
- What is the policy on caring for sick children?
- How does the provider monitor children while playing outside?
- How old is the playground equipment and has it been recently inspected?
- Do they encourage enrollment with children of varying ethnic, cultural, and religious backgrounds?
- Do they include children with special needs? How?

FREE MATERIALS

On Child Development

CDC's "Learn the Signs. Act Early." campaign also has free resources on early childhood development for child care providers. Make sure your child's day care center has them! Visit www.cdc.gov/actearly to order the free materials.

➔ For More Information . . .

Choosing an Appropriate Child Care Provider: www.naeyc.org or www.zerotothree.org and select Child Care

Local Babysitting Training: www.redcross.org/where/chapts.asp (enter your zip code)

Babysitting Guidelines to share with your babysitters: kidshealth.org/teen/school_jobs/jobs/babysit.html

Brochure on A Parent's Guide to Choosing Quality Child Care: www.napnap.org/shop/index.cfm?id=49

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The Centers for Disease Control and Prevention's
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Act Early

www.cdc.gov/actearly



www.napnap.org



Germ Protection Center

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germ_protection_center_colds_and_flu](http://www.vnaa.org/vnaa/g/?h=html/germ_protection_center_colds_and_flu)



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