

Health, Safety, and Nutrition

Assessment Key/Rate Yourself:

Novice

1. Not yet aware
2. Developing an understanding
3. Beginning to apply

Intermediate

4. Frequently applies
5. Consistently applies

Master

6. Thorough knowledge, ability to modify, evaluate, and synthesize
7. Fosters growth, exercises leadership, and advocates

Criteria	Assessment							Comments
	Novice			Inter.		Master		
	1	2	3	4	5	6	7	
Utilizes developmental levels, capabilities, and limitations of the children to plan and implement developmentally appropriate activities and programs in health, safety, and nutrition								
Health								
Understands the importance of and maintains health records and up-to-date immunizations on the children in care								
Understands and implements healthy sanitation and hygiene methods (hand washing, bleach solution, air space, etc.) to prevent the spreading of childhood infectious diseases								
Understands the mechanisms of how communicable diseases are spread and transmitted (respiratory, fecal-oral, direct, blood-borne contact)								
Conducts daily health checks and uses primary indicators (such as fever, diarrhea, draining eyes, etc.) to determine if a child should be excluded from care								
Exhibits understanding and knowledge of the importance of education, supervision, and role modeling in the prevention of communicable diseases								
Utilizes policies for exclusion of ill children, administration of medication, and others that provide safeguards for child health and safety (such as handwashing and transportation policies)								

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Implements a plan for health policies and records for staff and promotes their good health								
Utilizes appropriate health appraisals, screening, and assessment services and tools, as available, and makes appropriate referrals when indicated								
Assists young children as individually appropriate in developing decision making and interpersonal skills that enable them to make healthy choices								
Safety								
Establishes an environment that is safe and free from potential dangers by identifying hazards, assessing risks, and taking appropriate corrective action								
Is proficient in following emergency plans and implementing CPR and First Aid to infants and older children								
Demonstrates ability to identify and discuss the safety hazards of indoor equipment and toys for infants, toddlers, and pre-schoolers								
Is proficient and able to identify the methods and means of fire and burn prevention and poison control in the child care setting								

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Provides a child care playground environment and outdoor equipment that is safe and free from risk (safety zones, height of equipment, absorbing surface, no peeling paint, etc.)								
Demonstrates ability to identify water safety hazards in outdoor child care settings								
Is proficient and able to identify the guidelines for safe transportation and traffic in child care situations (authorization slips, safety seats, seat belts, etc.)								
Is proficient in and able to identify signs of abuse (abuse indicators), and can identify how to document and report suspected child abuse and neglect to designated authorities								
Utilizes appropriate measures for caring for an abused or neglected child								
Utilizes a plan to prevent child abuse in the child care setting (probationary period for new employees, education on positive discipline, low child/provider ratio, etc.)								
Nutrition								
Implements the dietary guidelines based on the USDA Food Guide Pyramid, the Recommended Daily Allowances, and other measures that provide guidelines for nutritional well-being								

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Understands childhood nutrition in regard to the challenges of malnutrition, undernutrition, and overnutrition								
Exhibits understanding and knowledge of breast feeding, bottle feeding, and the introduction of solids into the infant's diet (formula, feeding patterns, sanitary practices, cereal, etc.)								
Exhibits understanding and knowledge of the impact of development on the feeding behavior of toddlers (self-feeding, control issues, food jags, juice vs. milk, etc.)								
Exhibits understanding and knowledge of food behaviors of the preschoolers (influence of friends and adults and the television)								
Exhibits understanding and knowledge of nutritional needs of the school aged child (slow growth, very active, fast food, menu planning, etc.)								
Exhibits knowledge of the guidelines for subsidized food programs available in Montana								
Effectively utilizes healthy and proper menu planning for a child's well being, taking into account education, role-modeling, and culture								
Exhibits knowledge of the need for food sanitation and safe food practices in a child care setting (purchasing, storage, handling, cooking, etc.)								