



# *Health Precautions*

Training Review Module

3 Clock Hours



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## ***Instructions For Completing This Training Module***

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1. After reviewing this material with your day home representative, please read and study the material carefully.
2. Complete the test for the material and return it to Child Food Program Of Texas at your convenience. There is no deadline to have this test back to us.
3. When we receive your completed test, we will evaluate it and then send you a certificate for 3 clock hours for completing this material.

## ***Objectives***

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1. To plan and conduct daily trainings which will help in preventing illnesses.
2. To conduct daily health checks to identify existing problems for which medical help may be needed.
3. To screen on a periodic basis to identify those children in need of referral to other professionals

## ***Table of Contents***

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### **Unit 1 - Daily Health Routines**

Toileting . . . . .	Pg 3
Toilet Training . . . . .	Pg 3
Facilities for Children . . . . .	Pg 4
Bathroom Guidelines . . . . .	Pg 4
Cleanliness . . . . .	Pg 4
Eating . . . . .	Pg 5
Washing Hands . . . . .	Pg 5
Basic Foods . . . . .	Pg 5
Food Servings . . . . .	Pg 5
Bottle Feeding . . . . .	Pg 6
Dental Care . . . . .	Pg 6
Care of Teeth . . . . .	Pg 6
Brushing the Teeth . . . . .	Pg 7
Maintaining Sanitary Conditions . . . . .	Pg 7

### **Unit 2. - Daily Health Check**

Observations . . . . .	Pg 8
Recording Observations . . . . .	Pg 9

### **Unit 3. - Periodic Screening and Reporting**

Health . . . . .	Pg 10
Vision . . . . .	Pg 13
Hearing . . . . .	Pg 14
Speech . . . . .	Pg 16
Motor Skills . . . . .	Pg 18
Behavior . . . . .	Pg 20
Learning . . . . .	Pg 22

# Daily Health Routines

It is much easier to care for children when they can take care of their own toileting, eating, and dental needs. Teaching each child the right way and stressing cleanliness takes time and effort on your part, but it is worth it in the long run.

The major reason for teaching proper selfcare is that illnesses are often carried through lack of cleanliness. Children can learn to brush their teeth, wipe themselves, and wash their hands independently at a young age. In fact, children enjoy the ritual and routine of washing when they are not rushed.

## Toileting

Toileting and washing routines are an important part of the child's needs. In addition to teaching good health habits, these routines provide a way of learning independence, responsibility, cleanliness, and how to follow directions. When several children are together, as in a day-care center or day home, they also learn courtesy, sharing, and how to help others.

It is most important that these routines be pleasant, leisurely experiences and viewed as fun rather than chores. Never shame, rush, or prod children who are learning to take care of their own needs.

## Toilet Training

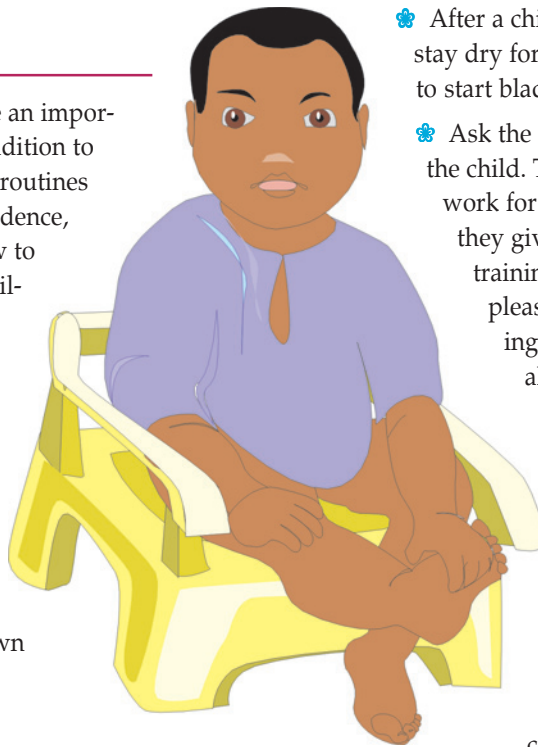
Before you can start any kind of toilet training, children should be able to walk and say a few words. Usually children cannot control their muscles enough for training until they are 18 months old, and many children are 22-24 months old before they have sufficient control.

Talk with the parents to be sure you follow the same procedures as are followed at home. Changing toilet training methods is confusing to children. The following points will help if you are toilet training a young child.

- Start with bowel training. Provide a low potty chair for children to sit on. Have them sit no longer

than five minutes at a time. At first you may let them sit there less than five minutes. It also helps if they see other children using the toilet.

- Take children to the potty chair about the same time they usually soil their diapers. Often they will give you some type of warning sound. When children are successful, always praise them.
- Clean the potty chair after each child uses it.
- Be patient. Even when bowel training is successful, there will be accidents now and then.
- After a child is bowel trained and able to stay dry for at least two hours, you may want to start bladder training.
- Ask the parent to bring training pants for the child. Training pants may result in more work for you when there are accidents, but they give the child a clearer notion of training. Children are usually very pleased to be out of diapers and wearing pants instead. Training pants are also easier to get off in a hurry.
- Once you start a child in training pants, it is best not to use diapers again. If the child wets when sleeping, put several pairs of training pants and a pair of rubber pants on the child.
- Check to see that the training pants are not too tight and uncomfortable. Children usually outgrow their pants before wearing them out.
- Take children to the toilet about the times they usually wet. You have to adapt to their schedule.
- Toilet training can be quite tedious, and occasionally a child may refuse to use the toilet or be reluctant or frightened about it.
- Treat accidents matter of factly without shaming or punishment. Accidents simply will happen.
- Do not use force. If a child refuses to cooperate, relax training for a while.



## Facilities for Children

It would be nice if all toilets and washbasins for children were conveniently located and properly sized for children. Since that is not the case, most bathrooms in homes and centers have to be adapted for children. You can help by making things as safe and convenient as possible.

- ❁ Commodes are a safety hazard and frustrating to children if they can't get on by themselves. Place a wooden platform or a sturdy stepstool in front of a standard size toilet. This will help the children reach the commode and give them a place to put their feet while sitting.
- ❁ Place a sturdy stool, platform, or wooden box in front of the washbasin. Be sure it is large enough for the children to stand on without falling off when reaching for the soap.
- ❁ Place toilet paper, soap, and paper towels within reach of the child. If washable towels are used, hang them on a low rack.
- ❁ Place a wastebasket close to the washbasin for discarding used paper towels.
- ❁ Be sure the floor is clear of bath mats or towels on which children can slip and fall.

## Bathroom Guidelines

It is important for children to become independent in their toileting habits. Supervision is critical for younger children. Until older children can care for themselves independently, supervision is also important.

Whether in a home or a center, teach the children specific rules for using the bathroom. Establishing and following rules help the children learn and make your job easier. You should adapt the following rules to meet your particular needs:

- ❁ Always wash hands immediately after using the toilet.
- ❁ One paper towel will usually dry hands if it is unfolded before use. Before throwing the towel away, use it to wipe spilled soap off the sink.
- ❁ If using cloth towels, always use a separate one for each child. Having differently colored towels for each child helps.
- ❁ Teach the children to tell an adult if they use the last piece of toilet paper or the last paper towel.
- ❁ Paper towels, toilet paper rolls, and other objects are not to be put in toilets.
- ❁ The bathroom is not a place for playing games.
- ❁ Children should not sit on the bathroom floor.
- ❁ When with several children, no one leaves until the adult says it is all right.
- ❁ Take all the children to the bathroom at certain times during the day, such as before outdoor play and before meals.
- ❁ Always flush the toilet after each child finishes.

Four- and 5-year-olds are usually able to go to the bathroom by themselves after they have learned basic toileting rules. However, a few children of this age may not be ready for the full responsibility of going directly there and returning right away. If a child has not returned in a few minutes, check to see if he or she is in need of help or has stayed to play in the water.

Three-year-olds usually need longer to learn the routines of going to the bathroom. Three-year-olds must be reminded to go and many need to be taken to the bathroom. Children often become so busy playing that they forget to go soon enough. All 2-year-olds, and many 3-year-olds, should go to the bathroom every two hours and before going outside.

## Cleanliness

Teaching the children good bathroom habits and keeping the bathroom clean are critical to the health of each child. Many germs are spread during toileting and in bathrooms. Cleanliness is essential. The following points should be remembered:

- ❁ Teach all children, especially girls, to wipe themselves from front to back. This helps keep germs from the anal area from contacting the urinary or vaginal area. Wiping from front to back helps reduce urinary tract as well as other infections.
- ❁ Teach all children how to wash their hands thoroughly after toileting. Oral-fecal (mouth-stool) contamination is a prime source of many diseases including pinworms and hepatitis.

❁ Oral-fecal and skin-fecal contamination can occur any time a washcloth that has been used on the anal or urinary area is used anywhere else on the body. After using a washcloth on the child's bottom, always put it out of the reach of other children and wash it as soon as possible.

❁ Clean bathrooms with a good antiseptic daily. Germs can stay for a long time unless you use a germ killer.

❁ Any time a child has an accident in the bathroom or "misses" the commode, clean the area before another child uses it.

## Eating

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Eating is an important part of everyone's life and should be a pleasure. The children in your care will grow and thrive on a well-balanced diet, and will learn good eating habits by watching you.

### Washing Hands

Before every meal, all children should wash their hands under running water. Hands of all ages carry germs, and it is best that dirty hands are not in touch with the mouth. Hands may not look dirty, but germs may still be there.



### Basic Foods

Serve only foods and drinks that are nutritious. The simplest, surest way is to supply foods for meals using the Four Basic Food Groups.

#### The Milk Group:

- ❁ milk or ice cream
- ❁ cheese
- ❁ soups and custards made of milk

#### The Bread and Cereal Group:

- ❁ enriched or whole grain bread
- ❁ cereal
- ❁ rice
- ❁ macaroni
- ❁ spaghetti
- ❁ crackers

#### The Fruit and Vegetable Group:

- ❁ apricots
- ❁ cantaloupe
- ❁ oranges
- ❁ broccoli
- ❁ carrots
- ❁ greens
- ❁ squash
- ❁ sweet potatoes

#### The Meat Group:

- ❁ red meats
- ❁ fish
- ❁ poultry
- ❁ eggs
- ❁ cheese

### Food Servings

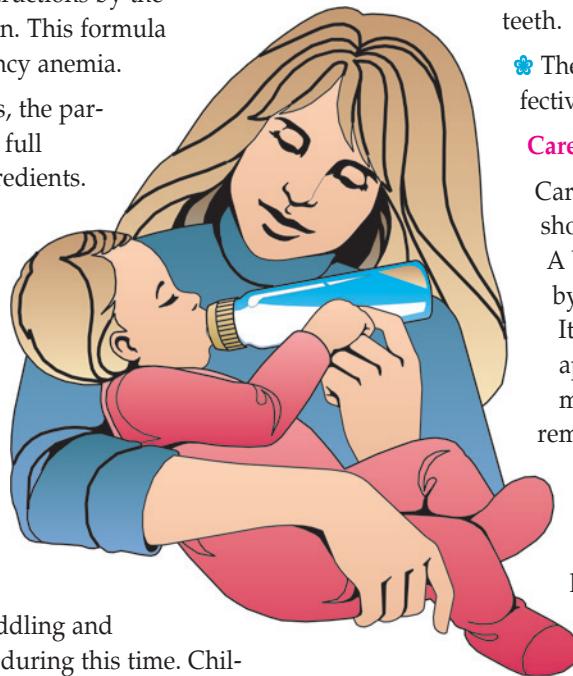
The following is a chart showing the least number of servings of the Four Basic Food Groups for each child according to the amount of time spent in your care.

FOOD SERVINGS		
	Time In Care	
Four Basic Food Groups	5 - 8 hours	8 hrs or longer
Milk Group	1 serving	2 - 3 servings
Bread/Cereal Group	1 serving	2 - 3 servings
Fruit/Vegetable Group	2 servings	3 - 4 servings
Meat Group	1 - 2 ounces	2 - 4 ounces

Snacks should also be nutritious. Snacks can include: fresh fruits, raw vegetables, peanut butter, hard boiled eggs, bread or crackers, ice cream, or milk.

### Bottle Feeding

- ❁ If you provide the formula for bottle feeding, use a pre-mixed, iron-fortified formula unless you have been given other instructions by the child's parents or physician. This formula helps prevent iron deficiency anemia.
- ❁ When caring for infants, the parents will usually bring the full bottles or the formula ingredients.
- ❁ Have parents provide baby bottles labeled with the child's name.
- ❁ If the infant uses a special formula, have the parents bring enough for each day. Keep the formula refrigerated.
- ❁ Hold infants during feeding. They need the cuddling and warmth that you can give during this time. Children who drink from bottles while lying down can strangle, get ear infections, or dental decay.
- ❁ After feeding, wash the baby bottle right away. Do not wait for the parent to wash it at home. Milk left in bottles will cause bacteria to form. These



germs remain in the bottle even after thorough washing, and the bottle can never be properly cleaned. If it is necessary to sterilize a bottle, do it at a convenient time, but it still must be washed immediately after feeding. Rinsing the bottle in hot water is not enough.

### Dental Care

The importance of primary (baby) teeth is being stressed more and more by dentists. The primary teeth have several functions including the following:

- ❁ They help in chewing food and contribute to digestion.
- ❁ They contribute to facial development and expression.
- ❁ They allow space for permanent teeth to come in. When a primary tooth is lost too early, teeth on either side may take up some of the space. This may result in an eventual shift of all the child's teeth.
- ❁ They help a child talk clearly and effectively.

### Care of Teeth

Care of an infant's primary teeth should begin as soon as teeth appear. A baby's first tooth may be expected by approximately six months of age. It will be the first of 20 primary teeth appearing between six and 24 months of age. Some of them will remain in the mouth until the child is around 12 years old.

- ❁ As the child grows and different stages of training are started, help the child in routine care of teeth.
- ❁ Very early in a child's training, teach the basics of good teeth care. Habits learned as children will probably last through life. Dental health habits should be taught along with feeding, washing, and dressing.

❁ Helpful dental habits include:

- eating a balanced diet every day.
- brushing after every meal and snack. If brushing is not convenient, rinse the mouth well with water.
- visiting the dentist when children are between 2 and 4 years old. Continue visits at regular intervals.

### Brushing the Teeth

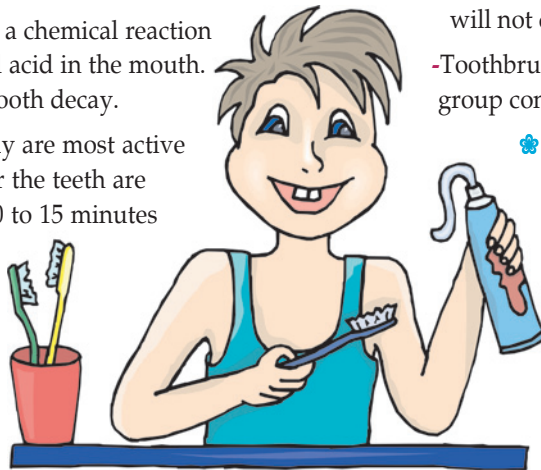
The toothbrush does the same thing that raw, coarse foods did for the teeth and gums of primitive people. It removes leftover food in which acid-producing bacteria live.

❁ Tooth decay is caused by a chemical reaction between bacteria, sugar, and acid in the mouth. Brushing the teeth reduces tooth decay.

❁ The acids that cause decay are most active right after meals. The sooner the teeth are brushed after eating—from 10 to 15 minutes after meals—the better the results in fighting tooth decay.

❁ For effective tooth brushing:

- Brush right after eating.
- Use a circular wrist motion to brush front and back of teeth, brushing from the gum line toward the biting or chewing surfaces.
- Brush the top and bottom chewing surfaces with a back and forth scrubbing motion.
- Brush in a definite order. For example, start at upper left back corner and finish with lower right corner.
- Rinse the mouth after brushing.
- Use the proper size of toothbrush and grade of bristles. Replace toothbrushes when they become worn.



### Maintaining Sanitary Conditions

❁ Children should have their own toothbrushes. Each toothbrush should be rinsed well before and after use.

❁ Each toothbrush should be stored by itself and in a place the child can reach.

- If there is room for toothbrush holders, the toothbrushes can be hung up to help them dry.

- Children can have paper cups that are changed daily to store their toothbrushes in.

- Toothbrushes can be stored in the plastic containers in which they are bought. However, be sure the container has air holes or the brushes will not dry.

- Toothbrushes should never be stored in one group container.

❁ Children's toothbrushes should have their names or color code on them.

- Names can be placed on the toothbrush handle or on the container.

- If you have only a few children, use differently colored toothbrushes for each child.

- Children should be taught to use their own toothbrushes. They should never use anyone else's.

❁ The number of children in the bathroom at one time will depend on your space.

- No more than one child at a time should be at a sink. Children tend to spit on each other while brushing.

- An adult or older child should supervise any child under 3 years of age.

- Children should be taught how to wipe or rinse off the sink after use, and how to clean and replace their toothbrushes.































