

Study Guide for Healthy Childcare®, Volume 11, Issue 6

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Safety First: Promoting Health & Safety With National Health Observances

What is a national health observance?

How can you use health observances in the childcare setting?

What guideline should be kept in mind when using health observances?

What are examples of appropriate health observances to include in an early care and education setting?

What are examples of health observances that promote child safety?

What are examples of health observances that promote child health issues?

What are four key health issues for children that health observances can help support?

What health observances can help support sound nutrition and regular physical activity when promoting heart health?

What is an example of a community representative that can come into your program during a specific health observance to help present health information?

Where can your early care and education program find materials to support National Handwashing Awareness Week?

Where can you find a list of health observances?

Nutrition Action: Multicultural Foods in Storybooks

What can multicultural foods help expose young children to?

How can books that focus on food expand the curriculum in an early care and education setting?

What are four ways to introduce multicultural foods in the early care and education setting?

What is one guideline to keep in place with selecting appropriate storybooks to use in teaching about multicultural foods?

What might a multicultural storybook focus on?

How can parents contribute to teaching about multicultural foods?

How do you choose books about multicultural foods?

What is one resource for helping finding multicultural foods books?

What are two examples of books that can introduce foods of the world?

What are two examples of board books that can be introduced to young children?

What folk tale book can be adapted to teach about food and sharing?

In Sickness & Health: Measles in Childcare

Why has measles become less prevalent in the U.S.?

What is the percentage of cases of measles reduced in the U.S. since immunization began?

How does a measles outbreak typically begin?

What group of people makes up the largest percentage of those infected with measles?

What is the medical term for measles?

What percentage of measles cases result in complications?

What are the three most common complications of measles?

What population groups are at increased risk for serious illness from measles?

What percentage of people who have not been vaccinated and who are exposed to measles will contract the disease?

How is the measles virus spread?

How long can measles virus droplets remain active on surfaces such as toys or doorknobs?

What are the first symptoms of measles?

How many days after exposure will symptoms of measles appear?

What are Koplik's spots?

How many days will a measles rash likely last?

At what age should children receive their first measles immunization?

What is the gap that exists for infants regarding measles immunity?

Why is measles a concern in childcare?

What is the recommended age for children to receive the second dose of the measles vaccine?

What percentage of people will receive immunity to measles after the first dose of the vaccine?

What are two groups of people who should not get the measles vaccine?

What can childcare programs do to prevent measles outbreaks?

The Medicine Chest: Oral Motor Exercises for Young Children

How can oral motor exercises help a young child?

How many different kinds of muscles are in the tongue?

Why do the muscles in the tongue need to be flexible?

At what age might a child be able to produce the sounds of the letters t, f, j, g, and k?

What are developmental speech errors?

What are two examples of speech issues that might require a speech therapist?

How can oral motor exercises help in speech production?

What can the role of an adult be in helping with speech exercises?

How can clicking sounds help in making sounds?

How can wiggling the tongue help in exercising oral muscles?

What are two oral motor exercises that children can do to practice blowing?

What national organization can provide resources on speech development?
