

Study Guide for Healthy Childcare®, Volume 12, Issue 1

Completed by:

Name _____

Address _____

City State Zip _____

Telephone _____

Email Address _____

Signature _____

Date Completed _____

Study Guide ID# _____

Safety First: Effectively Supervising Young Children

Why is supervising young children important?

Name three challenges to supervising children.

What is one step that you can do to contribute to proper supervision?

How can a smooth traffic flow aid in safety?

How can you facilitate smooth traffic flow?

What can you do with furniture to aid in supervision and child safety?

Where should you sit or stand when you are in charge of young children?

What is the staff/child ratio for your childcare setting? How can you help keep this ratio?

When is the best time to meet with parents to discuss their children and why does this impact supervision?

Why is conducting a head count important?

What are three examples of times to conduct head counts?

What should you do if a child is missing from your group?

What are two tips for safe supervision of children during meal or snack times?

What is the most important aspect of effective scanning?

How can scanning the space where the children are help with safety?

In Sickness and Health: Bronchitis in Young Children

What is bronchitis?

What are the most common types of bronchitis?

How is bronchiolitis different from bronchitis?

What is acute bronchitis?

How is acute bronchitis different than a cold?

What are two symptoms of acute bronchitis?

Why should a child with bronchitis be excluded from childcare?

What can cause bronchitis?

How is acute bronchitis diagnosed?

What is walking pneumonia?

What is chronic bronchitis?

How is bronchitis treated?

Nutrition Action: The Real Scoop on Sugars

What is the Dietary Guideline for sugars?

What is the body's preferred sugar energy source?

What is the fuel preferred by the brain and how does this fuel move through the body?

What are the four simple sugars?

Where are glucose and galactose found in food?

What happens to starches when they are eaten?

Why are sugars added to some foods?

Name five examples of terms on a label that indicate they are sugar ingredients?

What is high fructose corn syrup?

What is the chemical make up of most high fructose corn syrups; what is the chemical make up or mix of white sugar?

How can reading the nutrition facts panel assist in reducing sugar intake?

What are two ways to reduce the amount of sugars in the childcare setting?

Medicine Chest: Bridging Language Barriers

How can language barriers with parents impact the health/safety of children in your care?

What is a strategy to help prevent basic program information to parents in their language?

Name two examples of written forms of communication that might be translated?

Name three examples of ways to communicate to parents who have difficulty understanding English?

What is oral interpretation?

What are two factors to consider when considering using oral interpretation?

When is oral interpretation absolutely necessary?

Where might you find resources to assist with translation and oral interpretation?
