

Resources on Health and Safety in Early Child Care

On General Health Topics

Books and articles

- American Academy of Pediatrics. 2001. *Promoting optimal health for America's children*. Elk Grove Village, IL: Author.
- American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care. 2002. *Caring for our children: National health and safety performance standards—Guidelines for out-of-home care*. 2nd ed. Elk Grove Village, IL: Authors. Online: <http://nrc.uchsc.edu>
- American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care. 2003. *Stepping stones to using "Caring for Our Children."* 2nd ed. Elk Grove Village, IL: Authors.
- Aronson, S.S. 2002. *Model child care health policies*. 4th ed. Washington, DC: NAEYC. Online: <http://paaap.org/pdf/ecels/mcchp.pdf>
- Aronson, S.S., ed., with P.M. Spahr. 2002. *Healthy young children: A manual for programs*. 4th ed. Washington, DC: NAEYC.
- Bright Futures at Georgetown University. 2002. *Guidelines for health supervision of infants, children, and adolescents*, 2nd ed.; and the Bright Futures in Practice series: *Physical activity* (2001); *Mental health* (2002); *Nutrition* (2002); *Oral Health Care* (2002). Washington, DC: Georgetown University. Available in Spanish. Online: <http://www.brightfutures.org/publications/index.html>
- Dayle, R.A., S.S. Aronson, L. Jansen-McWilliams, & K.J. Kelleher. 2001. Use of a statewide system to improve health and safety in child care facilities. *Ambulatory Pediatrics* 1 (2): 73–78.
- Grason, H., & B. Guyer. 1995. *The Public MCH [Maternal and Child Health] Program Functions Framework: Essential public health services to promote maternal and child health in America*. Baltimore: Women's and Children's Health Policy Center, The Johns Hopkins University.
- Healthy Child Care America. 1998. *Healthy Child Care America: Blueprint for action*. Washington, DC: U.S. Department of Health and Human Services Child Care Bureau, Administration for Children and Families, and Maternal and Child Health Bureau in DHHS, and Health Resources Services Administration.
- Lucarelli, P. 2002. Raising the bar for health and safety in child care. *Pediatric Nursing* 22 (3): 239–41, 291.
- Schwalberg, R., H. Bellamy, S. Anderson, K. Jacquart, B. Zimmerman, & J. Gallagher. 1998. *Promoting health and safety in child care: A review of the literature and available resources*. Washington, DC: Health Systems Research.
- Shelov, S.P., & R.E. Hannemann, eds. 1991. *Caring for your baby and young child: Birth to age 5*. New York: Bantam
- Tinsley, B.J. 2003. *How children learn to be healthy*. New York: Cambridge University Press.

Web sites

- American Academy of Pediatrics (AAP)** offers numerous resources for parents and early childhood educators. In collaboration with the Department of Health and Human Services, the Child Care Bureau, and the Maternal and Child Health Bureau, AAP sponsors the Healthy Child Care America Campaign. <http://www.healthychildcare.org>
- California Childcare Health Program** offers a number of training curricula as well as a newsletter, fact sheets (many available in Spanish), and resources and links for numerous health and safety topics. <http://www.ucsfchildcarehealth.org>
- Health Systems Research** reviews literature and resources at the state and federal levels to assist child care providers in their increasingly important role in the overall system of health and safety services for children. <http://www.hsrnet.com/pdf/childcare.pdf>
- Healthfinder Español** brings together in Spanish Internet information on doctors, prescriptions, hospitals, health insurance, privacy, and more. <http://www.healthfinder.gov/espanol>
- Healthy Child Care America** provides parents, teachers, and health-care professionals with the latest information on a wide range of health issues ranging from SIDS to child passenger safety. <http://www.healthychildcare.org>
- Human Development and Family Science**, Ohio State University Extension, offers fact sheets for providers (“Health and Safety for Caregivers”) under Health and Safety. <http://www.hec.ohiostate.edu/famlife/yc/care.htm>
- Maternal and Child Health Library** is a virtual guide for research and resources relating to mother and child health. <http://www.mchlibrary.info>
- Medlineplus Health Information** provides links to Internet sources on a wide variety of topics, like gun safety, all-terrain vehicles, and safety seats, as well as infant and newborn care, school health, child and teen health and safety. <http://www.nlm.nih.gov/medlineplus/childsafety.html>
- National Black Child Development Institute** offers a link to *An Activity Book for African American Families: Helping Children Cope with Crises*, a joint project with NICHD. Also find subscription information for *Child Health Talk*. <http://www.nbcdi.org>
- National Center for Education in Maternal and Child Health**, at Georgetown University’s Public Policy Institute, offers a virtual library of resources. Included are knowledge paths, bibliographies, and documents. <http://www.ncemch.org>
- National Child Care Information Center**, a project of the Child Care Bureau, offers a searchable library of materials. <http://www.nccic.org>
- National Resource Center for Health and Safety in Child Care**, University of Colorado Health Science Center, provides access to state licensing information (<http://nrc.uchsc.edu/STATES/states.htm>); electronic versions of *Caring for Our Children: National Health and Safety Performance Standards—Guidelines for Out-of-Home Care*, 2nd ed., and *Stepping Stones to Using “Caring for Our Children*; links to other health and safety Web sites; and other resources for providers and health consultants. <http://nrc.uchsc.edu>
- Pennsylvania Chapter, American Academy of Pediatrics**, shares many helpful tools and articles on its Web site, including the text of *Health Link*, a quarterly newsletter for child care providers and child care health consultants. <http://www.paaap.org>
- Zero to Three** provides resources for parents and professionals on health-and-safety-related topics such as breastfeeding, infant mental health, development, and more. <http://www.zerotothree.org>. *The Magic of Everyday Moments* focuses on parent/child bonding during daily routines. <http://www.zerotothree.org/magic>

On Accident Prevention and Fire Safety

Books and articles

- Marin Child Care Council. 2003. *Emergencias de la niñez: Qué hacer*. [Available in English: *Childhood Emergencies: What to do*, revised ed.] St. Paul, MN: Redleaf.
- NAEYC. 1997. FYI. Safety for child passengers. *Young Children* 52 (2): 13.
- Shallcross, M. 1999. Family child care homes need health and safety training and an emergency rescue system. *Young Children* 54 (5): 70–73.
- Thompson, D., & S. Hudson. 2003. The inside information about safety surfacing. *Young Children* 58 (2): 108–11.

Web sites

- American Association of Poison Control Centers** provides families, and child care providers with a compilation of health-related Web sites, poison prevention information, and links to local poison control centers. <http://www.aapcc.org>
- The Art and Creative Materials Institute (ACMI)**, a certification program that demonstrates product conformance with the U.S. Labeling of Hazardous Art Materials Act, provides a search engine to find materials with the ACMI seal.
http://www.duketox.mc.duke.edu/arts_and_creative_materials_inst.htm
- The Centers for Disease Control and Prevention**, within the U.S. Department of Health and Human Services, provides information on a wide range of health topics, and health-related publications and products, as well as data and statistics. <http://www.cdc.gov>
- Child Care Safety Checklist for Parents and Child Care Providers**, from the Consumer Product Safety Commission, helps ensure that child care settings are safe.
<http://www.cpsc.gov/cpsc/pub/pubs/chldcare.html>
- Consumer Product Safety Commission** announces product recalls and product safety news.
<http://www.cpsc.gov>
- Fireproof Children Company** is an international fire-safety education and prevention center. More information about the *play safe! be safe!* education kit, sponsored by the BIC Corporation, Rowan and Blewitt Services, and the FCC can be found at
<http://www.playsafebesafe.com>
- Handbook for Public Playground Safety** is available from the Consumer Product Safety Commission. <http://www.cpsc.gov/CPSPUB/PUBS/325.pdf>
- National Fire Protection Association** seeks to reduce the threat of fire by providing and advocating codes and standards (<http://www.nfpa.org/Codes/index.asp>), research (<http://www.nfpa.org/Research/index.asp>), and training and education (<http://www.nfpa.org/catalog/home/index.asp>). The Web site also provides important fire-safety tips.
- National Program for Playground Safety** provides safety tips and FAQs, resources and statistics, a newsletter, and other features. <http://www.uni.edu/playground/home.html>
- National Safe Kids Campaign**, to protect children from unintentional injury, gives safety tips, information on product recalls, Teacher's Desk, and Kids' Corner.
<http://www.safekids.org>
- Risk Watch: Make Time for Safety** is a National Fire Protection Association injury prevention program for school-age children. The Web site provides resources for parents, teachers, and children on poisoning prevention strategies, water safety, and other safety topics.
<http://www.nfpa.org/riskwatch/kids.html>

On Allergies and Asthma

Books and articles

- American Lung Association (ALA). 1994. *Childhood asthma*. Brochure. New York: Author.
- Barber, M. 2001. *The parent's guide to food allergies*. New York: Henry Holt.
- Rogers, R. 2003. *No lobster, please! A story of a child with a severe seafood allergy*. Boston, MA: Heartsome.
- Ministry for Children and Families. 1999. *Life-threatening food allergies in school and child-care settings: A practical resource for parents, care providers and staff*. British Columbia: Author.
Online: <http://www.users.bigpond.net.au/allergydietitian/fa/Food%20Anaphylaxis.pdf>
- Weiner, E. 1999. *Taking food allergies to school*. St. Louis, MO: JayJo Books.
- Welch, M.J., ed. 2000. *American Academy of Pediatrics guide to your child's allergies and asthma: Breathing easy and bringing up healthy, active children*. New York: Villard.

Web sites

- American Academy of Allergy Asthma and Immunology** provides parents and health-care professionals with information on asthma and allergy medications, treatment options, and health alerts. <http://www.aaaai.org>

- Asthma and Allergy Foundation of America** provides the latest research on asthma and allergies, information about available support groups for parents, links to educational programs, and advocacy tips. <http://www.aafa.org>
- NFSMI/UM (National Food Service Management Institute/University of Mississippi)**. 2003. *From the trainer's tablet: Lessons for family/home child care providers: Food intolerance and allergies*. University, MS: Author. <http://www.nfsmi.org/Information/cclessons/allergies.pdf>
- The Food Allergy and Anaphylaxis Network** provides the latest allergy information, educational seminars, and books, videos and other educational products to parents, teachers, and health-care professionals. <http://www.foodallergy.org>

On Physical Development and Fitness

Books and articles

- Marcon, R.A. 2003. Research in Review. Growing children: The physical side of development. *Young Children* 58 (1): 80–87.
- Miller, S.E. 1999. Balloons, blankets, and balls. *Young Children*. 54 (5): 58–63.
- Pica, R. 1997. Beyond physical development: Why young children need to move. *Young Children* 52 (6): 4–11.
- Sanders, S.W. 2002. *Active for life: Developmentally appropriate movement programs for young children*. Washington, DC: NAEYC.

Web sites

- National Clearinghouse for Educational Facilities**. A free public service disseminating information such as resources lists on playgrounds and outdoor learning; links to a wide variety of relevant information. <http://www.edfacilities.org>
- PE Central**. Provides information about developmentally appropriate physical education activities for children. Numerous topics are addressed along with suggested lessons for different ages. <http://www.pecentral.org>

On Health Consultations

Books and articles

- Cianciolo S. 2001. Child care health consultants. *Healthy Child Care* 4: 6–7.8
- Dooling, M., & M.S. Ulione. 2000. Health consultation in child care: A partnership that works. *Young Children* 55 (2): 23–26.
- NAEYC. 1997. FYI. Healthy children, healthy partnerships. *Young Children* 52 (4): 74.
- NTICCHC (National Training Institute for Child Care Health Consultants). 2003. *Building consultation skills: Part A*. Chapel Hill, NC: University of North Carolina, Department of Maternal and Child Health.
- Pennsylvania Chapter of the American Academy of Pediatrics, Early Childhood Committee. 1993. *Preparing for illness: A joint responsibility for parents and caregivers*. Booklet. Washington, DC: NAEYC.

On Health Insurance for Children and Families

Web sites

- Covering Kids and Families** is a National Health Access Initiative for children and adults from low-income, uninsured children households. <http://www.coveringkids.org>
- Insure Kids Now**, a program of the United States Department of Health and Human Services, provides families and child care centers with information and resources about free and low-cost child health insurance. <http://www.insurekidsnow.gov>

The Nation's Network of Child Care Resource & Referral (NACCRRA) provides a network of resource and referral centers to help families, child care providers, and communities find, provide, and plan for affordable, quality childcare that meets children's special needs. <http://www.naccrra.org>

State Children's Health Insurance Program (SCHIP), run through the Centers for Medicare and Medicaid Services, provides researchers and consumers with an index of topics including regulations, annual reports, and eligibility. <http://www.cms.hhs.gov/schip>

On Lead Poisoning

Books and articles

Childcare Health Program. 1997. *Child care lead poisoning prevention*. Berkeley, CA: Author.

Mulroy, M.T., K. Filchak, & M.M. Gaudio. 1997. *What you should know about lead poisoning: A resource manual for childcare providers*. Storrs: University of Connecticut Cooperative Extension System. Online: <http://www.canr.uconn.edu/bestpractices>

President's Task Force on Environmental Health Risks and Safety Risks to Children. 2000. *Eliminating childhood lead poisoning: A federal strategy targeting lead paint hazards*. Online: <http://www.epa.gov/children/whatwe/leadhaz/pdf>

Web sites

Alliance for Healthy Homes provides families with general information about lead poisoning prevention and other housing-related health hazards. <http://www.afhh.org>

Community Environmental Health Resource Center provides community-based groups in low-income neighborhoods with resources for documenting and addressing environmental health hazards in housing. <http://www.cehrc.org>

Resource Guide on Children's Environmental Health provides information on and links to national and local organizations to protect children; sources of information on environmental hazards, health effects, and exposure routes; Internet sites; search tools; and glossary. <http://www.cehn.org/cehn/resourceguide/rgabout.html>

On Nutrition

Books and articles

A guide to feeding young children with special needs: For early childhood programs, families, and anyone responsible for the feeding of young children. 1995. Phoenix: Arizona Department of Health Services.

Breault, J. 1999. *Special foods for special kids: A training tool for child care providers on feeding children with special needs*. Topeka: National Food Service Management Institute and Kansas State University.

Bruton, S., ed. 1998. *Every little bite counts: Supporting young children with special needs at mealtime*. Sacramento: California Department of Education.

Deitz, W.H., & L. Stern, eds. 1999. *American Academy of Pediatrics guide to your child's nutrition: Making peace at the table and building healthy eating habits for life*. New York: Villard.

Patten, E., & K. Lyons. 2003. *Healthy foods from healthy soils: A hands-on resource for educators*. Gardiner, ME: Tilbury House.

Schenklberg, E. 2003. Teachers on Teaching. In a child's kitchen. *Young Children* 58 (4): 94-96.

USDA (United States Department of Agriculture). 2000. *Building blocks for fun and healthy meals: A menu planner for the Child and Adult Care Food Program*. Washington, DC: Author.

Worobey, H.S. 1999. Recipe cards to share with parents. *Young Children* 54 (5): 34.

Web sites

Child Care Nutrition Resource System provides information on food preparation, food safety, recipes, and other nutrition resources. A useful resource for those working in USDA's Child Nutrition Programs. <http://www.nal.usda.gov/childcare/index.html>

Department of Agriculture invites schools to join Team Nutrition, focusing on nutritious school meals, nutrition education, and a health-promoting school environment. <http://www.fns.usda.gov/tn/Join/index.htm>

Food and Nutrition Information Center at the National Agricultural Library offers resources for consumers, health professionals, teachers, and government staff. Find links to education materials, health reports, and research updates. <http://www.nal.usda.gov/fnic>

National Food Service Management Institute at the University of Mississippi provides resource guides, workshops, teleconferences, audio conferences, and training packages to promote the continuous improvement of Child Nutrition Programs. <http://www.olemiss.edu/depts/nfsmi/index.html>

National Network for Child Care offers Spanish-language resources on nutrition. <http://www.nncc.org/Nutrition/sp.nutr.page.html>

On Oral Health

Books and articles

American Academy of Pediatrics. 2003. Oral health risk assessment timing and establishment of the dental home. *Pediatrics* 111: 1113–16.

American Academy of Pediatric Dentistry. 2002. Policy on the use of a caries-risk assessment tool (CAT) for infants, children, and adolescents. In *Reference manual 2002–2003*, 15–16. Elk Grove Village, IL: Author.

Featherstone, J.D.B. 2000. The science and practice of caries prevention. *Journal of American Dental Association* 13: 887–99.

Holt, K., & K. Kraft. 2003. *Oral health and learning: When children's health suffers, so does their ability to learn*. 2nd ed. Washington, DC: National Maternal and Child Oral Health Resources Center, Georgetown University. Online: <http://www.mchoralhealth.org/PDFs/learningfactsheet.pdf>

Ramos-Gomez, F.J., B. Jue, & C.Y. Bonta. 2002. Implementing an infant oral care program. *Journal of the California Dental Association* 30 (10): 752–61.

U.S. Department of Health and Human Services. 2000. *Oral health in America: A report of the surgeon general*. Executive summary. Bethesda, MD: National Institute of Dental and Craniofacial Research, National Institutes of Health. Online: <http://www.surgeongeneral.gov/library/oralhealth>

Web sites

Brush Up on Healthy Teeth, a CDC campaign, offers a parent fact sheet and quiz. <http://www.cdc.gov/oralhealth/factsheets/brushup.htm>

Medlineplus Child Dental Health offers direct links to news, overviews, nutrition, pictures and diagrams, prevention/screening information, research, specific conditions, statistics, and more. <http://www.nlm.nih.gov/medlineplus/childdentalhealth.html>

National Maternal and Child Oral Health Resource Center, Georgetown University, offers data, Head Start information, listservs, links, and more. <http://www.mchoralhealth.org>

On Specific Health Issues

Books and articles

Bakley, S. 2001. Through the lens of sensory integration: A different way of analyzing challenging behavior. *Young Children* 56 (6): 70–76.

Black, S.M. 1999. HIV/AIDS in early childhood centers: The ethical dilemma of confidentiality versus disclosure. *Young Children* 54 (2): 39–45.



Desrochers, J. 1999. Vision problems—How teachers can help. *Young Children* 54 (2): 36–38.
Harwood, M., & J.S. Kleinfeld. 2002. Up front, in hope: The value of early intervention for children with fetal alcohol syndrome. *Young Children* 57 (4): 86–90.

Web sites

Head Lice Resources You Can Trust provides current, reliable, research-based resources, including Q&A, a video, and printer-friendly materials. <http://lancaster.unl.edu/enviro/pest/lice.htm>
National SIDS/Infant Death Resource Center shares information sheets, publications, bibliographies, and reference and referral services about SIDS and related topics. <http://www.sidscenter.org>
