

# California Training Institute

## A Curriculum for Child Care Health Consultants

First Edition, 2006



### Developed by

California Childcare Health Program

(510) 839-1195 • (800) 333-3212 Healthline

[www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org)

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The California Childcare Health Program is administered by the University of California, San Francisco School of Nursing, Department of Family Health Care Nursing.



## Acknowledgements

The California Childcare Health Program is administered by the University of California, San Francisco School of Nursing, Department of Family Health Care Nursing.

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### California Childcare Health Program

The mission of the California Childcare Health Program is to improve the quality of child care by initiating and strengthening linkages between the health, safety and child care communities and the families they serve.

Portions of this curriculum were adapted from the training modules of the National Training Institute for Child Care Health Consultants, North Carolina Department of Maternal and Child Health, The University of North Carolina at Chapel Hill; 2004-2005.

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# Introduction



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This module is part of the California Training Institute's curriculum for Child Care Health Consultants.



## The Role of Child Care Health Consultants in ECE Programs

A Child Care Health Consultant (CCHC) is a health care professional (optimally, either a pediatrician, pediatric nurse practitioner, pediatric or community health nurse) with expertise in child health. *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, Second Edition* (CFOC)(American Academy of Pediatrics [AAP], American Public Health Association, & National Resource Center for Health and Safety in Child Care, 2002) outlines the CCHC roles and responsibilities (Standards 1.040, 1.041).

Few early care and education (ECE) staff are trained as health professionals and few health professionals have training about ECE programs. When physical, mental, social or health concerns are raised for a child or family in an ECE program, they should be addressed appropriately, often through consultation with or referral to resources available in the community. ECE providers can consult with health consultants in a variety of fields (such as physical and mental health care, nutrition, environmental safety and injury prevention, oral health care, and developmental disabilities). A primary role of the CCHC is to be a liaison between ECE providers, parents and health care professionals.

CCHCs can help ECE program directors and staff identify where health and safety improvements are needed, and thus play an important role in improving children's health and safety in ECE programs. CCHCs also work with families to ensure that they have access to affordable and appropriate medical, dental and mental health services, as well as health insurance. The CCHC is most effective when equipped with knowledge and training.

The role of CCHCs in ECE programs is so important to the quality of programs that CFOC (AAP et al., 2002, Standard 1.040) states that: "Each center, large family child care home, and small family child care home network shall use the services of a health consultant qualified to provide advice for child care as defined in Standard 1.041. Centers and large and small family child care home providers shall avail themselves of community resources established for health consultation to child care."

## Qualifications of CCHCs

CCHCs should have specific training in the ECE setting and be familiar with ECE regulations and community resources. Knowledge and experience related to early child development and ECE health and safety issues are preferred. CCHCs should be able to work as program consultants and have strong written, verbal and interpersonal communication skills.

Specifically, CCHCs should be knowledgeable about the following topics, either personally or through collaboration with other health professionals (AAP et al., 2002):

- National health and safety standards for out-of-home child care
- How child care facilities conduct their day-to-day operations
- Child care licensing requirements
- Disease reporting requirements for child care providers
- Immunizations for children
- Immunizations for child care providers
- Injury prevention for children
- Staff health, including occupational health risks for child care providers
- Oral health for children
- Nutrition for children
- Inclusion of children with special health needs in child care
- Recognition and reporting requirements for child abuse and neglect
- Community health and mental health resources for child and parent health

In addition, CFOC states that the skills of a CCHC shall include the ability to perform or arrange for performance of the following activities (AAP et al., 2002):

- Teaching child care providers about health and safety issues

- Teaching parents about health and safety issues
- Assessing child care providers' needs for health and safety training
- Assessing parents' needs for health and safety training
- Meeting on-site with child care providers about health and safety
- Providing telephone advice to child care providers about health and safety
- Providing referrals to community services
- Developing or updating policies and procedures for child care facilities
- Reviewing health records of children
- Reviewing health records of child care providers
- Helping to manage the care of children with special health care needs
- Consulting with a child's health professional about medication
- Interpreting standards or regulations and providing technical advice, separate and apart from the enforcement role of a regulation inspector
- learning objectives for the topic being covered
- the California law, regulation and/or national standard which applies to the topic
- information the CCHC needs to **know** about this topic
- what a CCHC needs to **do** about this topic
- activities and assignments to be completed before finishing this curriculum
- references
- resources for use in the field
- handouts which may be used by the CCHC as reference materials or duplicated and distributed to ECE programs and families

The modules can be used together as a full training package or trainers can choose which modules to use to best meet the needs of the participants. The curriculum is accompanied by a separate Instructor's Guide that includes lesson plans and activities for each topic.

The content of this curriculum follows the current Community Care Licensing regulations in California (State of California, 2002) and the national standards described in CFOC (AAP et al., 2002). This curriculum teaches CCHCs about their role and how to work with Child Care Health Advocates (CCHAs), resource and referral agencies, and local health departments. Additionally, CCHCs will improve their abilities in the areas of teaching, communication, collaboration and making referrals.

The modules included in the training are:

- The Field of Child Care Health Consultation
- The Field of Early Care and Education
- Quality in Early Care and Education
- School Readiness
- Preventive Health Care for Children in a Medical Home
- Child Care Health Consultation Skills
- Cultural Competence and Health

## About this Curriculum

The California Training Institute at the California Childcare Health Program (CCHP) developed this curriculum to train health care professionals, including physicians, nurses and pediatric nurse practitioners, to become CCHCs. This curriculum is based on the National Training Institute for Child Care Health Consultants' "Train the Trainers" model. California is one of the few states with a curriculum to train CCHCs directly. CCHP is a community-based program of the University of California, San Francisco School of Nursing, Department of Family Health Care Nursing.

This curriculum is divided into 17 modules, each of which provides:

- the rationale for the topic being covered

- Preventing and Managing Illness in Early Care and Education Programs
- Injury Prevention
- Child Abuse Prevention, Identification and Reporting
- Staff Health in Early Care and Education Programs
- Promoting Children’s Oral Health
- Caring for Children with Disabilities and Other Special Needs
- Environmental Health
- Nutrition and Physical Activity
- Behavioral Health
- Emergency Preparedness

## Terminology

In this curriculum, the term early care and education (ECE) is used to refer to all child care arrangements for children from birth to age 5 years, including family child care homes, child care centers, preschools, nursery schools, and day care programs. This use of terminology is in agreement with the style sheet of the National Association for the Education of Young Children (NAEYC). The terms “ECE professional” and “ECE staff” refer to all teachers, aides, assistant teachers, and non-teaching staff who work with children in ECE programs.

## History: California Childcare Health Program and CCHCs

### California Childcare Health Program (CCHP)

CCHP is a multidisciplinary team dedicated to enhancing the quality of ECE programs for California’s children by initiating and strengthening linkages between the health professionals and ECE communities and the families they serve. CCHP was established in 1987 and has grown to be a state-wide agency providing expertise on health and safety issues in ECE programs.

CCHP provides a statewide, toll-free telephone health and safety consultation service for ECE providers, families, and early childhood agencies called the California Child Care Healthline at (800) 333-3212. CCHP also publishes newsletters, fact sheets, health and safety notes, and training curricula on a variety of health and safety topics including injury prevention, communicable disease, child passenger safety, childhood lead poisoning prevention, environmental health, and care of children with special needs. These materials are available free or at minimal cost at [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org). Most materials are available in both English and Spanish.

CCHP was a grantee of the federal Healthy Child Care America as the state’s lead agency from 1995 to 2005. The Healthy Child Care America Campaign was based on the principle that families, ECE providers and health professionals in partnership can promote the healthy development of young children and increase access in preventive health services, safe physical environments and a medical home for all children. Creating these linkages maximizes resources, helps develop comprehensive and coordinated services, and most importantly, helps nurture children by improving health and safety and quality in ECE programs (United States Department of Health and Human Services [DHS], 2001). CCHP is a state contractor for California First 5 to provide expertise on health and safety in ECE to school readiness programs. CCHP is active in statewide forums, conferences and coalitions. CCHP has implemented local demonstration projects to explore the use of CCHCs and CCHAs in California.

### Child Care Health Linkages Project

The lessons learned from these projects as well as many meetings and workshops with ECE providers, staff in early childhood agencies, medical providers, health departments, early childhood governmental agencies and parents were incorporated into a statewide project known as the Child Care Health Linkages Project (CCHLP).

CCHLP was a model program focused on strengthening families’ and ECE providers’ access to preventive health and safety information and services by successfully linking private and public agencies. It complements the efforts of the Maternal and Child

Health Bureau of the U.S. Department of Health and Human Services, Healthy Child Care America Campaign to create CCHC services in every state. California First 5 funded the Linkages Project from 2001-2004. The model continues to provide focus and direction for School Readiness and other intervention programs.

The Linkages Project's overall objective was to improve the health and safety of children from birth to 5 years of age attending ECE programs in 20 California counties. It included education, service, public policy, and research components as follows:

- Education: The California Training Institute trained CCHCs and CCHAs.
- Service: CCHLP established 20 county-wide health consultation programs.
- Research: CCHLP conducted a study to describe health consultation services and roles of CCHCs and CCHAs, and an outcome evaluation study to show changes in child health status and child care health and safety compliance in ECE programs.

The development of this training curriculum for CCHCs and CCHAs and delivery of the training regionally was the primary focus of the Linkages Project. The adaptation of this curriculum for use in the community college system and School Readiness programs will institutionalize this aspect of the project.

The Linkages model demonstrates that the best way to effectively educate and support the early childhood community and families on health and safety issues is through the adoption of the national standards described in CFOC (AAP et al., 2002).

# RESOURCES

## Publications

Aronson, S. (2002). *Model child care health policies*. Fourth Edition. Washington, DC: National Association for the Education of Young Children.

Aronson, S. (2002). *Healthy young children: A manual for programs*. Fourth Edition. Washington, DC: National Association for the Education of Young Children.

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