Promoting Health and Wellness of Children
Child Guidance
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Health awareness involves recognizing wellness and the symptoms of illness and disability.
Characteristics of a Healthy Child

• Active, alert, curious, and often noisy
• Have clear skin, bright eyes
• Their bowel movements are regular and normal
• They sleep soundly
• Good eaters
Characteristics of a Healthy Child

• Steadily gain weight and grow taller
• Healthy children enjoy both individual and group activities
• Familiar surroundings and activities make them feel secure
Characteristics of a Healthy Child

• They are curious and excited about new experiences
• Healthy children trust others
• Generally feel good about themselves
Sick children usually have shorter attention spans than healthy children, and they have little energy.
Signs and Symptoms of Illness

- Convulsions, seizures
- Flushed face and hot, dry skin
- Hoarse or husky voice
- Large amounts of sweating
- Nausea, vomiting, diarrhea
Signs and Symptoms of Illness

• Pain in ear, head, chest, stomach, abdomen, or joints
• Raised temperature
• Rash, bumps, or breaking out of skin
• Runny nose, sneezes, coughs
Signs and Symptoms of Illness

- Sore throat
- Stiff back or neck
- Swollen glands
- Unusual paleness or coldness
- Watery or glassy appearance of the eyes
Screening and other health assessment methods are used to help detect serious illnesses and disabilities in the early stages.
Health Screening in Childcare

Providing routine health screening in childcare is essential for preventative health and the early detection and prompt treatment of illness or disability.
## Categories of Diseases

<table>
<thead>
<tr>
<th>Contagious Disease</th>
<th>Infectious Diseases</th>
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<tbody>
<tr>
<td>Contagious diseases are communicable by contact with a diseased person or with an object that a diseased person has used</td>
<td>Infectious diseases can move from one person to another or from one part of the body to another.</td>
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</tbody>
</table>
Each child care program should have written policies and procedures for handling situations when children become ill.
Promoting health and wellness in children is important in helping children protect and improve their health.
Health Habits and Attitudes

- Body awareness
- Dental hygiene
- Dressing for the weather
- Feelings and emotions
- Good posture
Health Habits and Attitudes

- Interactions with others
- Nutrition
- Personal cleanliness
- Play and exercise
- Self-image
- Sleep and rest
Health Habits and Attitudes

(click on link)

Cover That Cough or Sneeze
Health Habits and Attitudes

(click on link)

Clean Hands Prevent the Flu
Nutritious Snacks and Meals

One important responsibility of a child care director is seeing that nutritious meals and snacks are served.
Nutritious Snacks and Meals

Put a plan into action by:

• Providing healthy eating habits
• Serve small portions
• Choose healthy snacks
• Beverages count too!
• Limit the amount of empty calories
Nearly one out of three children is overweight or obese in the United States

Consequences from obesity include:
• Hypertension
• High cholesterol
• Type 2 diabetes
• Sleep apnea
Children’s physical activity has markedly decreased, and their more sedentary activities have increased.
Portion Control Quiz
(click on link)
To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.
Encourage healthy eating habits
How Do You Get Children to Try New Foods?

Food Variety Quiz
(click on link)
Look for ways to make favorite dishes healthier
Quiz: You Make the Call
(click on link)
Balancing Calories: Help Kids Stay Active

Benefits include:

• Strengthening bones
• Decreasing blood pressure
• Reducing stress and anxiety
• Increasing self-esteem
• Helping with weight management
Balancing Calories: Help Kids Stay Active

The Adventures of Zobey (click on link)
Reduce Sedentary Time

Limit the time children watch television, play video games, or surf the web to no more than two hours per day.
Accurate and accessible child care health records and resources are important for the following reasons:

- To fulfill licensing requirements
- To protect child care programs and child care employees from liability
- To provide the best possible health and emergency care for children
Resources for Managing Health Care of Children

Children’s Health Program

CHIP/ Children’s Medicaid
County Health Clinics

Health Clinics in Texas
(click on link)
The current child immunization schedule can be found at this location:
Vaccines schedules for children 0-6 years-old schedule
(click on link)
The current child immunization schedule can be found at this location: [Children ages 7-18 years-old immunization schedule](link) (click on link)
References and Resources

Microsoft Office Clip Art: Used with permission from Microsoft.

Websites:

American Academy of Pediatrics
An official site of the American Academy of Pediatrics—an organization of 60,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.
http://www.aap.org

Centers for Disease Control and Prevention
The early years of a child's life are very important for his or her health and development.
http://www.cdc.gov/ncbddd/childdevelopment/index.html

Centers for Disease Control and Prevention
Recommended immunization schedule for persons aged 0 through 6 years—United States, 2012

Centers for Disease Control and Prevention
Recommended immunization schedule for persons aged 7 through 18 years—United States, 2012 (for those who fall behind or start late).

CHIP/Children’s Medicaid
Children in Texas without health insurance may be able to get low cost or free health coverage from the Children’s Health Insurance Program (CHIP) or Children’s Medicaid.
http://wwwCHIPmedicaid.org/
References and Resources

Child and Adult Care Food Program (CACFP)
The goal of the CACFP is to improve and maintain the health and nutritional status of children and adults, promote development of good eating habits, and integrate nutritious food service with organized child and adult day care services.
http://www.squaremeals.org/Programs/ChildandAdultCareFoodProgram.aspx

Health Screening in Childcare Setting
Health screening is an important component of the health program in childcare, and the first step to improved health outcomes for children and staff.
http://www.healthychild.net/InSicknessandHealth.php?article_id=26

I CAN DO IT? Raising Confident Children
When children strive to do more, they eventually become successful in performing certain tasks.
http://www.bbblocks.samhsa.gov/family/time/raisingconfidentchildren.aspx

Is There an Obesity Tipping Point in Infancy?
According to the CDC’s National Health and Nutrition Examination Survey, rates of obesity in youngsters ages 2 to 5 have more than doubled since 1980, from 5.0% to 12.4%
http://www.time.com/time/specials/packages/article/0,28804,1972947_1973062_1973065,00.html

Quiz: You Make the Call
Young children make food choices based on the food choices that the adults in their lives make: what to eat and how much. So, it is up to adults to make good choices to ensure that children are eating healthy.
Texas Department of State Health Services
Primary Health Care services are available through health care providers across Texas. A list of clinic locations organized alphabetically by city.
http://www.dshs.state.tx.us/phc/locator/locator.shtm

We Can!
Families finding the balance-A Parent Handbook

MyPlate.gov
MyPlate, the government’s newest symbol for healthy eating, uses a dinner plate icon as a simple visual reminder of what to serve yourself, and your family for meals and at snack time.
http://www.myplate.gov

Obesity and Making Healthy Food Choices
Serious short-term and long-term consequences result from obesity, including the increased risk for disorders such as hypertension, high cholesterol, type 2 diabetes, and sleep apnea.
http://www.bblocks.samhsa.gov/educators/lesson_plans/obesity_nutrition.aspx

Team Nutrition
A poster with instructions on how to wash your hands

Wak/Med Health and Hospitals
Stop the spread of germs that make you and others sick!
http://www.wakemed.org/body.cfm?id=1116
Clean Hands Prevent the Flu
Clean hands can help prevent the spread of infectious diseases, such as flu. This podcast explains the proper way to wash your hands.
http://youtu.be/XHISh559oho

Cover That Cough or Sneeze
Cover that cough - cover your mouth and nose with a tissue when you cough or sneeze. No tissue? Use your upper sleeve - not your hands.
http://youtu.be/hhlYCHjkRg8

3-D Organizer for Promoting Health and Wellness of Children
http://youtu.be/IyiWftroaQs