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Knowledge and Competency Framework (KCF) Content Area
The Primary Knowledge and Competency Content Area is listed here to help participants understand what competencies, content areas and/or indicators are addressed in the training.

KCF Content Area: VII A & B Health, Safety and Nutrition

Learning Objectives
- Identify MN Rule 2 and 245A licensing standards and best practices of supervision
- Examine and address supervision challenges experienced in family childcare programs
- Identify three interaction techniques to utilize while supervising
- Describe key facts about brain development
- Define social emotional development and describe how it unfolds in the context of relationships.
- Identify MN Rule 2 and 245A Licensing Standards and best practices around indoor and outdoor supervision; discuss where there are differences
- Examine and address environmental supervision challenges experienced in family childcare program
- Identify three ways to be proactive in the environment
- Identify or determine supervision needs during emergencies or disasters
- Identify resources for emergency preparedness, including disasters and health emergencies
- Identify actions to take before, during, and after health-related events

Session Outline

<table>
<thead>
<tr>
<th>Section</th>
<th>Overview of teaching technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Welcome and Introductions</td>
<td>• Large Group Activity</td>
</tr>
<tr>
<td>• Welcome and Introductions</td>
<td></td>
</tr>
<tr>
<td>• Review and Discuss Objectives</td>
<td></td>
</tr>
<tr>
<td>B. The Developing Brain</td>
<td>• Large group presentation</td>
</tr>
<tr>
<td></td>
<td>• Video clips</td>
</tr>
<tr>
<td>C. Why Focus on Social Emotional Development</td>
<td></td>
</tr>
<tr>
<td>D. Prevention of Abuse and Neglect</td>
<td>• Large Group Activity</td>
</tr>
<tr>
<td>• What is Abuse and Neglect</td>
<td>• Mini Lecture</td>
</tr>
<tr>
<td>Preventing Abuse</td>
<td></td>
</tr>
<tr>
<td>E. Supervision Basics</td>
<td>• Mini Lecture</td>
</tr>
<tr>
<td>• What is Supervision</td>
<td>• Large Group Activity</td>
</tr>
<tr>
<td>Topic</td>
<td>Activity</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Supervision Challenges</td>
<td>Small Group Activity</td>
</tr>
<tr>
<td>Active Supervision</td>
<td></td>
</tr>
<tr>
<td>F. Indoor Safety</td>
<td>Large Group Activity</td>
</tr>
<tr>
<td>Indoor Safety Hazards</td>
<td>Mini Lecture</td>
</tr>
<tr>
<td>Supervision of Indoor Spaces</td>
<td></td>
</tr>
<tr>
<td>G. Outdoor Safety</td>
<td>Pair Share</td>
</tr>
<tr>
<td>Outdoor Hazards</td>
<td>Mini Lecture</td>
</tr>
<tr>
<td>Outdoor Safety</td>
<td>Small Group Activity</td>
</tr>
<tr>
<td>Thinking Ahead</td>
<td>Large Group Activity</td>
</tr>
<tr>
<td>Outdoor Supervision Strategies</td>
<td></td>
</tr>
<tr>
<td>H. Environmental Hazards</td>
<td>Mini Lecture</td>
</tr>
<tr>
<td>Hazardous Materials</td>
<td></td>
</tr>
<tr>
<td>Indoor and Outdoor Contaminants</td>
<td>Large Group Activity</td>
</tr>
<tr>
<td>Pest Control</td>
<td></td>
</tr>
<tr>
<td>I. Emergency Preparedness</td>
<td>Large Group Activity</td>
</tr>
<tr>
<td>What is an emergency or disaster?</td>
<td>Mini Lecture</td>
</tr>
<tr>
<td>Evacuations</td>
<td>Individual Reflection</td>
</tr>
<tr>
<td>Shelter-in-Place</td>
<td></td>
</tr>
<tr>
<td>Building Security</td>
<td></td>
</tr>
<tr>
<td>Notifying Families</td>
<td></td>
</tr>
<tr>
<td>J. Dealing with Illness</td>
<td>Mini Lecture</td>
</tr>
<tr>
<td>Prevention and Control of Infectious Disease</td>
<td>Large Group Activity</td>
</tr>
<tr>
<td>Caring for Ill Children</td>
<td>Small Group Activity</td>
</tr>
<tr>
<td>K. Other Health Information</td>
<td>Mini Lecture</td>
</tr>
<tr>
<td>Medication Administration</td>
<td>Large Group Activity</td>
</tr>
<tr>
<td>Allergies</td>
<td>Small Group Activity</td>
</tr>
<tr>
<td>Asthma</td>
<td></td>
</tr>
<tr>
<td>L. Closing</td>
<td>Individual Reflection</td>
</tr>
<tr>
<td>Providing Active Supervision</td>
<td>Assignments</td>
</tr>
<tr>
<td>Assignments</td>
<td></td>
</tr>
</tbody>
</table>

**Resources for the developing brain section:**

Zero to Three Website: [https://www.zerotothree.org/](https://www.zerotothree.org/)

Harvard Center on the Developing Child Website: [https://developingchild.harvard.edu/](https://developingchild.harvard.edu/)
Supervision

Rule 2 Definition (Licensing minimum standard)

A caregiving being within sight or hearing of an infant, toddler or pre-schooler at all times so that the caregiver is capable of intervening to protect the health and safety of the child. For the school-age child, it means a caregiver being available for assistance and care so that the child’s health and safety is protected.

Caring for Our Children Standards

Caregivers should supervise infants, toddlers and preschoolers by sight and hearing, even when children are going to sleep, napping or sleeping, are beginning to wake up, or are indoors or outdoors. School age children should be within sight or hearing at all times. This is best practice.

Effective Supervision Is:

- PROACTIVE
- DYNAMIC
- POSITIVE

Factors to Consider when Supervising:

- Understand the developmental skills and abilities of each child
- Establish clear, simple safety rules and teach those to children
- Maintain awareness of potential safety hazards
- Have a plan for where supervision of children can be done most effectively to reduce problem behaviors and make sure children are safe. Can the provider see and hear every child from where they are in the space?
- Use positive language and proactive strategies to promote safety with the children

1. The water temperature in sinks and tubs accessible to children must not exceed ______ degrees Fahrenheit to prevent children from scalding themselves while washing.
   110  120  130  None of the above – children must only use cold water
2. Gates or barriers must be used on stairs when children between what ages are in care?
   4 and 12 months  5 and 15 months  6 and 18 months
3. True or False  Stairways must be well-lighted, in good repair, and free of clutter and obstructions.
4. True or False  Diapering must not take place in food preparation areas.
5. All food and cooking utensils must be stored to protect them from:
   Dust  Vermin  Pipe leakage  Other contamination
   None of the above  All of the above
6. True or False  Appliances used in food storage and preparation must be safe and clean.
7. True or False  Pet cages must be located and cleaned away from any food preparation, storage, or serving areas.
8. True or False  All medicines, chemicals, detergents, poisonous plants, alcoholic beverages, and other toxic substances must be inaccessible to children.
9. True or False  Toilet training chairs, chairs, stools, and seats must be washed with soap and water when soiled, and at least ______:
   Hourly  Every morning and afternoon  Daily  Weekly
10. True or False  Every bathroom door lock must permit opening of the locked door from the outside and the opening device must be readily accessible to all caregivers.
11. True or False  All electric receptacles accessible to children under first grade must be tamper-proof or shielded when not in use.
12. True or False  All major electrical appliances must be properly installed, grounded in accordance with the state electric code, and in good working order.
13. True or False  Extension cords can be used as a substitute for permanent wiring.
14. True or False  Extension cords and flexible cords can be affixed to structures, extended through walls, ceilings, floors, under doors or floor coverings, and be subjected to environmental damage or physical impact.
15. True or False  Electrical wiring must be sized to provide for the load and be in good repair.
16. True or False  Excess accumulations of storage (clutter) can cause fire loading, entrapment, or difficulty in removing victims from an emergency situation.
17. True or False  Window blinds can cause a strangulation hazard. Best practice is to use cordless or inaccessible cord window coverings, and not to place beds, cribs and furniture near windows.
18. True or False  Furniture hazards may include tipping and upholstered furniture fires. Best practice is to anchor furniture to the wall or floor. Place TVs and other large equipment on low, sturdy bases. Keep heat sources (candles, space heaters, etc) away from upholstered furniture.
Think about pets, hazardous materials and contaminants, poisonous plants, and pest control. Identify hazards and actions to take.
SECURITY ASSESSMENT

Think about security in the child care setting and community. What do you have in place? What are some strategies you have thought about or pursued?

PREVENTION AND CONTROL OF INFECTIOUS DISEASE

- Clean – to physically remove all dirt and contamination before sanitizing or disinfecting.
- Sanitize – reduce (but not eliminate) germs on inanimate surfaces. Generally it is appropriate to sanitize toys, food contact surfaces and pacifiers using ¼ tsp bleach to 1 quart of water.
- Disinfect – destroys or inactivates germs on inanimate objects. Generally it is appropriate to disinfect hard, non-porous surfaces like diaper changing tables, door handles, toilets, and other bathroom surfaces. Rule 2 requires diapering surfaces to be cleaned with soap and water and then disinfected with a solution of at least 2 tsp chlorine bleach to 1 quart of water. Alternative options are included in statute: https://www.revisor.mn.gov/statutes/cite/245A.148

MEDICATION ADMINISTRATION

What are some best practices and minimum licensing requirements for medication administration?
RESOURCES

Caring for Our Children: National Health and Safety Performance Standards
http://cfoc.nrckids.org/index.cfm

Admission and Arrangements Form
http://www.dhs.state.mn.us/main/groups/licensing/documents/pub/dhs16_177974.pdf

MN Rules and Statutes (search for Rule 2 and statute 245A)
https://www.revisor.mn.gov/

Resource Guide for Mandated Reporters of Child Maltreatment Concerns
https://edocs.dhs.state.mn.us/Ifservlet/Public/DHS-2917-ENG

Safe Kids Worldwide
http://www.safekids.org/

MN Pollution Control Agency
https://www.pca.state.mn.us/

Lead Safety – Environmental Protection Agency
https://www.epa.gov/lead

MN Poison Control
www.mnpoison.org

Poisonous Plants in Family Child Care

Centers for Disease Control – Mosquito Control
http://www.cdc.gov/westnile/prevention/index.html

Consumer Product Safety Commission
http://www.cpsc.gov/

Look Before You Lock
http://www.nhtsa.gov/About+NHTSA/Press+Releases/2014/NHTSA+urges+parents+and+caregivers+to+think+Where’s+Baby,+Look+Before+You+Lock

MN Department of Public Safety – Office of Traffic Safety
https://dps.mn.gov/

Keeping Kids Safe: Child Care Provider Emergency Planning Guide -
https://edocs.dhs.state.mn.us/Ifservlet/Public/DHS-7414-ENG

Minnesota State Child Care Emergency Plan-
https://edocs.dhs.state.mn.us/Ifservlet/Public/DHS-7415-ENG

MN Child Care Emergency Plan –

MN Admission and Arrangements - https://edocs.dhs.state.mn.us/Ifservlet/Public/DHS-7776-ENG

Hennepin County Infectious Disease in Childcare and School Manual-
http://www.hennepin.us/childcaremanual
Reportable Diseases from the MN Department of Health
http://www.health.state.mn.us/divs/idepc/dtopics/reportable/index.html
Immunization Schedules from the MN Department of Health
http://www.health.state.mn.us/divs/idepc/immunize/schedules.html
Foodborne Illness – United States Department of Agriculture
http://www.usda.gov/wps/portal/usda/usdahome
What’s the Difference Between a Food Intolerance and Food Allergy? – Mayo Clinic
Asthma and Allergy Foundation of America
http://www.aafa.org/
Sudden Unexpected Infant Death and Abusive Head Trauma videos
http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_188848#
Emergency Preparedness for Children with Special Health Care Needs
http://pediatrics.aappublications.org/content/pediatrics/104/4/e53.full.pdf
Centers for Disease Control – Emergency Preparedness
http://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html
Center for Inclusive Child Care
http://www.inclusivechildcare.org/

Writing Space for Final Reflection