

Session 1	Participant Guide Health & Safety I - Family Child Care
2016 Curriculum Writer: Barb Wagner; Revised 2023	2 hours

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For additional training references, resources, handouts and more, [visit the course resource page linked here](#) or through the QR code at right!



Course Overview

Knowledge and Competency Framework (KCF) Content Area and CDA Content Areas

The Knowledge and Competency Content Areas and the CDA Content Areas are listed here to help participants understand what content areas are addressed in the training.

- [KCF Content Area](#): VII: Health, Safety and Nutrition (Level 1)
- CDA Content Area: Planning a safe and healthy learning environment

Learning Objectives:

While no training alone can ensure learning objectives, they can be designed to meet certain goals for each learner. If learners are engaged and participatory, they will learn to:

- Describe methods to reduce the spread of infectious disease, including food safety, Standard Precautions, cleaning/sanitizing/disinfecting, handwashing, diapering/toileting, daily health checks, and illness exclusion.
- Describe licensing regulations related to allergy prevention/response, medication administration, exclusion and reporting of infectious disease, handling/disposal of bodily fluids, and mandated reporting.
- Identify types of child maltreatment and corresponding signs and symptoms

Session Agenda:

- A. Introduction
- B. Rules and Regulations (MN Rule 2: Chapter 9502 and Best Practices)
- C. Administering Meds, Allergies, and Food Safety
 - a. Medication Administration
 - b. Asthma, Allergies, and Individual/Allergy Care Plans
 - c. Foodborne Illness
- D. Minimizing the Spread of Infectious Disease
 - a. Infectious Diseases, Exclusion and Reporting
 - b. Handwashing & Diapering
 - c. Cleaning, Sanitizing, and Disinfecting
 - d. Bloodborne Pathogens
 - e. Immunizations
 - f. Daily Health Checks
- E. Mandated Reporting and Child Maltreatment
 - a. What is Abuse and Neglect?
 - b. Mandated Reporting
 - c. Preventing Abuse
- F. Conclusion and Reflection

Important Resources

These two resources form the basis of much of this session's content:

1. MN Licensing Rule 2 Regulations for Family Child Care Providers: [CHAPTER 9502, LICENSING OF DAY CARE FACILITIES](#)
2. Caring for Our Children: National Resource Center for Health and Safety in Child Care and Early Education, 4th Edition <https://nrckids.org/CFOC>

Reflection and Action Planning

Take a few minutes to reflect on what you have learned in this session of this class. Use the spaces below to capture your ideas and plans for action.

In this session I learned...

This session started me thinking about...

Based on what I learned, some things I plan to do ...